

From the Chief Medical Officer  
**Dr Michael McBride**



Department of  
**Health, Social Services  
and Public Safety**

[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

AN ROINN

**Sláinte, Seirbhísí Sóisialta  
agus Sábháilteachta Poiblí**

MÁNNYSTRIE O

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**Circular HSC (SQSD) (NICE) 58/08 CG 43**

Chief Executives of HSS Boards – **for distribution to:**

Directors of Public Health  
Directors of Nursing  
Directors of Pharmaceutical Services  
Directors of Primary Care – for cascade to prescribing and GP  
Advisors

Chief Executives of HSC Trusts – **for distribution to:**

Medical Directors – for cascade to relevant staff  
Directors of Nursing – for cascade to relevant staff  
Directors of Pharmaceutical Services – for cascade to relevant  
staff

Date: 22 October 2008

General Practitioners

HSC Clinical and Social Governance Leads

Chief Executives of HSC Special Agencies and NDPBs

**For Information**

Chairs of HSS Boards  
Chairs of HSC Trusts  
Chief Executive, Regulation & Quality Improvement Authority  
Chief Officers HSC Councils  
Chief Executive/Postgraduate Dean, NIMDTA  
Chief Executive, NIPPET  
Chief Executive, NIPEC  
Chief Executive, RMSC

Dear Colleagues

**NICE Clinical Guideline No 43 - Obesity**

The NICE clinical guideline on the prevention, identification, assessment and management of overweight and obesity in adults and children covers:

- how staff in GP surgeries and hospitals should assess whether people are overweight or obese
- what staff in GP surgeries and hospitals should do to help people lose weight
- care for people whose weight puts their health at risk.
- how people can make sure they and their children stay at a healthy weight

- how health professionals, local authorities and communities, childcare providers, schools and employers should make it easier for people to improve their diet and become more active.

The NICE guidance on obesity aims to stem the rising prevalence of obesity and diseases associated with it, increase the effectiveness of interventions to prevent overweight and obesity and improve the care provided to adults and children with obesity, particularly in Primary Care.

The guidance supports the Department's target to halt the rise in obesity amongst children by 2010. It calls for health professionals to provide 'person-centred care' which meets the needs of the individual and offers them the opportunity to make informed decisions about their own care and treatment. It highlights the responsibilities of the public, the NHS, local authorities and partners in the community, early years settings, schools, workplaces and communities. The guidance refers to English organisational structures, but should be read in terms of the corresponding arrangements in Northern Ireland.

The guidance highlights the responsibility of the individual to manage their weight and acknowledges, amongst others, personal choice and the lack of knowledge as potential barriers. The guidance also highlights the need for advice to be tailored for different groups, especially black minority ethnic groups and those in vulnerable groups.

CG43 Obesity replaces the following pieces of guidance:

- <http://www.nice.org.uk/guidance/TA22>
- <http://www.nice.org.uk/guidance/TA31>
- <http://www.nice.org.uk/guidance/TA46>

DHSSPS advises that this appraisal guidance is valid for Northern Ireland and endorses it for implementation in HSC.

The full NICE technology appraisal is available for download at:  
<http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11000>

The HSC sector also should note that;

1. The Department expects HSC organisations to take account of this guidance in their delivery of services to patients who are obese or overweight;
2. This advice does not override or replace the individual responsibility of health professionals to make appropriate decisions in the circumstances of their individual patients, in consultation with the patient and/or guardian or carer. This would, for example, include situations where individual patients have other conditions or complications that need to be taken into account in determining whether the NICE guidance is fully appropriate in their case;
3. NICE has developed tools to help organisations implement this guidance. These are available at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11000> and include costing tools, implementation advice and audit criteria to monitor local practice.

All NICE guidance endorsed by the Department to date can be accessed on the DHSSPS website at <http://www.dhsspsni.gov.uk/sqsd-guidance-nice-guidance>

Circular HSS (PPMD) (NICE) 01/006 issued on 30 June 2006 provides further information on the Northern Ireland process for reviewing NICE guidance and further details on the local status of the Institute's guidance. This circular can be accessed at:

[http://www.dhsspsni.gov.uk/nice\\_guidance\\_01-06.pdf](http://www.dhsspsni.gov.uk/nice_guidance_01-06.pdf)

A handwritten signature in black ink, appearing to read 'Michael McBride', written in a cursive style.

**DR MICHAEL MCBRIDE**  
**Chief Medical Officer**