

NICE guidance mapping: An overview of the findings

Updated October 2025

Context for the mapping

Aim: To understand and be able to share details of where physical activity is recommended within NICE guidance, NICE clinical guidance and NICE Quality Standards and what is being recommended.

Why:

- NICE provide Evidence-based recommendations for the health and social care sector.
- NICE quality standards set out priority areas for quality improvement in health, public health and social care
- NICE guidance and quality standards influence commissioning, shape services and influence clinical practice and prescribing behaviours.
- Recommendations from NICE Clinical guidance are expected to be taken fully into account when decisions about treatment and care are made by NHS organisations.
- To help articulate how PA can be built into clinical practice rather than bolted on.
- Understand opportunities for influencing or supporting the updating of guidelines.

Headline findings

The documents from the initial mapping exercise, alongside new guidance published since Summer 2024 have been reviewed as part of this mapping.

Headlines:

Physical activity, exercise or activity related community rehabilitation is recommended in 101 NICE clinical and condition and setting specific guidelines and quality standards, including those for cardiovascular conditions, musculoskeletal conditions, mental health conditions, cancers, fertility, irritable bowel syndrome, liver disease and ante and post-natal care.

- **Physical activity, exercise or activity related community rehabilitation is recommended in 18 NICE Clinical Guidelines**
- **Physical activity, exercise or activity related community rehabilitation is included in 27 NICE Quality Standards**
- **Physical activity, exercise or activity related community rehabilitation is recommended in 56 condition specific NICE guidelines**
- **Physical activity, exercise or activity related community rehabilitation is recommended in 4 condition specific Public Health NICE guidelines**
- **Physical activity, exercise or activity related community rehabilitation features in 3 NICE indicators.**

A document containing the detailed recommendations sits alongside this one and is available from Sport England's Health Team.

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Clinical Guidelines – page 1

Headline: Physical activity, exercise or activity related community rehabilitation is recommended in 18 NICE Clinical Guidance

CVD

- [**Familial hypercholesterolaemia: identification and management Clinical guideline \[CG71\]**](#) Published: 27 August 2008 Last updated: 04 October 2019
- [**Stable angina: management Clinical guideline \[CG126\]**](#) Published: 23 July 2011 Last updated: 25 August 2016
- [**Varicose veins: diagnosis and management Clinical guideline \[CG168\]**](#) Published: 24 July 2013 Last reviewed: February 2016

Mental Health (Adults)

- [**Depression in adults with a chronic physical health problem: recognition and management Clinical guideline \[CG91\]**](#) Published: 28 October 2009 Last updated: May 2024
- [**Generalised anxiety disorder and panic disorder in adults: management Clinical guideline \[CG113\]**](#) Published: 26 January 2011 Last updated: 15 June 2020

Mental Health (Adults) continued

- [Service user experience in adult mental health: improving the experience of care for people using adult NHS mental health services Clinical guideline \[CG136\]](#) Published: 14 December 2011 Last reviewed: January 2021
- [Psychosis and schizophrenia in adults: prevention and management Clinical guideline \[CG178\]](#) Published: 12 February 2014 Last updated: 01 March 2014 Last reviewed: 29 July 2025

Mental Health (Children and young people)

- [Psychosis and schizophrenia in children and young people: recognition and management Clinical guideline \[CG155\]](#) Published: 23 January 2013. Last updated: 26 October 2016. Last reviewed: 19 September 2024

Respiratory

- [**Idiopathic pulmonary fibrosis in adults: diagnosis and management Clinical guideline \[CG163\]**](#) Published: 12 June 2013 Last updated: 23 May 2017. Last reviewed: 19 September 2024

Cancer

- [**Advanced breast cancer: diagnosis and treatment. Clinical guideline \[CG81\]**](#) Published: 23 February 2009 Last updated: 19 February 2025. Currently being updated
- [**Familial breast cancer: classification, care and managing breast cancer and related risks in people with a family history of breast cancer Clinical guideline \[CG164\]**](#) Published: 25 June 2013 Last updated: 14 November 2023

MSK conditions and MSK health

- [Spasticity in under 19s: management Clinical guideline \[CG145\]](#) Published: 25 July 2012 Last updated: 29 November 2016

Children and Young People

- [Constipation in children and young people: diagnosis and management. Clinical guideline \[CG99\]](#) Published: 26 May 2010 Last updated: 13 July 2017 Last reviewed: June 2018
- [Autism spectrum disorder in under 19s: support and management Clinical guideline \[CG170\]](#) Published: 28 August 2013 Last updated: July 2024: planned updated on psychosocial interventions Last reviewed: 5 September 2025

Fertility, maternity, post natal and menopause

- [Fertility problems: assessment and treatment Clinical guideline \[CG156\]](#) Published: 20 February 2013 Last updated: 06 September 2017

Other

- [**Drug misuse in over 16s: opioid detoxification Clinical guideline \[CG52\]**](#) Published: 25 July 2007. Last reviewed: 9 December 2024
- [**Irritable bowel syndrome in adults: diagnosis and management Clinical guideline \[CG61\]**](#) Published: 23 February 2008 Last updated: 30 April 2025
- [**Autism spectrum disorder in adults: diagnosis and management Clinical guideline \[CG142\]**](#) Published: 27 June 2012 Last updated: 14 June 2021 Last reviewed: 5 September 2025

NICE Quality Standards – page 1

Headline: Physical activity, exercise or activity related community rehabilitation is recommended in 27 NICE Quality Standards

CVD

- [Stroke in adults Quality standard \[QS2\]](#) Published: 29 June 2010 Last updated: 12 April 2016
- [Chronic heart failure in adults Quality standard \[QS9\]](#) Published: 29 June 2011 Last updated: 3 September 2025
- [Secondary prevention after a myocardial infarction Quality standard \[QS99\]](#) Published: 04 September 2015
- [Cardiovascular risk assessment and lipid modification Quality standard \[QS100\]](#) Published: 04 September 2015 Last updated: 23 July 2025
- [Diabetes in children and young people Quality standard \[QS125\]](#) Published: 14 July 2016 Last updated: 31 March 2022
- [Type 2 diabetes in adults Quality standard \[QS209\]](#) Published: 02 March 2023

NICE Quality Standards – page 2

Weight management/Obesity

- [Overweight and obesity management Quality standard \[QS212\]](#) Published: 05 August 2025

MSK

- [Falls in older people Quality standard \[QS86\]](#) Published: 25 March 2015 Last updated: 29 April 2025
- [Osteoarthritis in over 16s Quality standard \[QS87\]](#) Published: 11 June 2015 Last updated: 19 October 2022
- [Low back pain and sciatica in over 16s Quality standard \[QS155\]](#) Published: 27 July 2017
- [Joint replacement \(primary\): hip, knee and shoulder\[QS206\]](#) Published: 29 March 2022

NICE Quality Standards – page 3

Neurological conditions

- [Multiple sclerosis Quality standard \[QS108\]](#) Published: 14 January 2016

Mental Health (Adults)

- [Depression in adults Quality standard \[QS8\]](#) Published: 29 March 2011 Last updated: 29 June 2023
- [Psychosis and schizophrenia in adults Quality standard \[QS80\]](#) Published: 12 February 2015
- [Bipolar disorder in adults Quality standard \[QS95\]](#) Published: 23 July 2015 Last updated: 18 February 2016
- [Mental wellbeing and independence for older people Quality standard \[QS137\]](#) Published: 05 December 2016

NICE Quality Standards – page 4

Mental Health (Children and young people)

- [Bipolar disorder, psychosis and schizophrenia in children and young people Quality standard \[QS102\]](#) Published: 15 October 2015

Respiratory

- [Chronic obstructive pulmonary disease in adults Quality standard \[QS10\]](#)
Published: 28 July 2011 Last updated: 19 September 2023
- [Idiopathic pulmonary fibrosis in adults Quality standard \[QS79\]](#) Published: 29 January 2015

Dementia

- [Dementia Quality standard \[QS184\]](#) Published: 28 June 2019

Fertility, maternity, post natal and menopause

- [Postnatal care Quality standard \[QS37\]](#) Published: 16 July 2013 Last updated: 27 September 2022

NICE Quality Standards – page 5

Other

- [Lower urinary tract symptoms in men Quality standard \[QS45\]](#) Published: 18 September 2013
- [Physical activity: for NHS staff, patients and carers Quality standard \[QS84\]](#) Published: 25 March 2015
- [Liver disease Quality standard \[QS152\]](#) Published: 29 June 2017
- [Promoting health and preventing premature mortality in black, Asian and other minority ethnic groups Quality standard \[QS167\]](#) Published: 11 May 2018
- [Physical activity: encouraging activity in the community Quality standard \[QS183\]](#) Published: 06 June 2019
- [Learning disability: care and support of people growing older Quality standard \[QS187\]](#) Published: 24 July 2019

NICE guidelines – page 1

Headline: Physical activity, exercise or activity related community rehabilitation is recommended in 56 condition specific NICE guidelines

CVD

- [**Diabetes \(type 1 and type 2\) in children and young people: diagnosis and management NICE guideline \[NG18\]**](#) Published: 01 August 2015 Last updated: 11 May 2023
- [**Type 1 diabetes in adults: diagnosis and management NICE guideline \[NG17\]**](#) Published: 26 August 2015 Last updated: 17 August 2022 Last reviewed: 19 September 2024
- [**Type 2 diabetes in adults: management NICE guideline \[NG28\]**](#) Published: 02 December 2015 Last updated: 29 June 2022 Last reviewed: 23 December 2024
- [**Chronic heart failure in adults: diagnosis and management NICE guideline \[NG106\]**](#) Published: 12 September 2018 Last reviewed: 3 September 2025
- [**Hypertension in adults: diagnosis and management NICE guideline \[NG136\]**](#) Published: 28 August 2019 Last updated: 21 November 2023 Last reviewed: 27 November 2024

NICE guidelines – page 2

CVD continued

- [Abdominal aortic aneurysm: diagnosis and management NICE guideline \[NG156\]](#)
Published: 19 March 2020
- [Acute coronary syndromes NICE guideline \[NG185\]](#) Published: 18 November 2020
Last reviewed: 19 December 2024
- [Stroke rehabilitation in adults NICE guideline \[NG236\]](#) Published: 18 October 2023
- [Cardiovascular disease: risk assessment and reduction, including lipid modification NICE guideline \[NG238\]](#) Published: 14 December 2023 Last reviewed: 2 September 2025

Weight management/Obesity

- [Overweight and obesity management NICE guideline \[NG246\]](#) Published: 14 January 2025
- [Maternal and child nutrition: nutrition and weight management in pregnancy, and nutrition in children up to 5 years \[NG247\]](#) Published: 15 January 2025

NICE guidelines – page 3

Respiratory

- [**Cystic fibrosis: diagnosis and management NICE guideline \[NG78\]**](#)
Published: 25 October 2017 Last reviewed: 19 December 2024
- [**Chronic obstructive pulmonary disease in over 16s: diagnosis and management NICE guideline \[NG115\]**](#) Published: 05 December 2018 Last updated: 26 July 2019 Last reviewed: 12 January 2022

Dementia

- [**Dementia, disability and frailty in later life – mid-life approaches to delay or prevent onset NICE guideline \[NG16\]**](#) Published: 20 October 2015
- [**Dementia: assessment, management and support for people living with dementia and their carers NICE guideline \[NG97\]**](#) Published: 20 June 2018 Last reviewed: 26 September 2023

NICE guidelines – page 4

MSK conditions and MSK health

- [Low back pain and sciatica in over 16s: assessment and management NICE guideline \[NG59\]](#) Published: 30 November 2016 Last updated: 11 December 2020
- [Spondyloarthritis in over 16s: diagnosis and management NICE guideline \[NG65\]](#) Published: 28 February 2017 Updated: 02 June 2017 Last reviewed: 4 March 2025
- [Rheumatoid arthritis in adults: management NICE guideline \[NG100\]](#) Published: 11 July 2018 Last updated: 12 October 2020 Last reviewed: 19 November 2024
- [Joint replacement \(primary\): hip, knee and shoulder NICE guideline \[NG157\]](#) Published: 04 June 2020 Last reviewed: 19 December 2024
- [Chronic pain \(primary and secondary\) in over 16s: assessment of all chronic pain and management of chronic primary pain NICE guideline \[NG193\]](#) Published: 7 April 2021

NICE guidelines – page 5

MSK cont.

- [Rehabilitation after traumatic injury NICE guideline \[NG211\]](#) Published: 18 January 2022
- [Osteoarthritis in over 16s: diagnosis and management NICE guideline \[NG226\]](#) Published: 19 October 2022

Falls Prevention

- [Falls: assessment and prevention in older people and in people 50 and over at higher risk \[NG249\]](#) Published: 29 April 2025

Neurological conditions

- [Motor neurone disease: assessment and management \[NG42\]](#) Published: 24 February 2016 Last updated: 23 July 2019 Last reviewed: 27 November 2024
- [Parkinson's disease in adults NICE guideline \[NG71\]](#) Published: 19 July 2017 Last reviewed: 19 December 2024

NICE guidelines – page 6

Neurological conditions continued

- [Cerebral palsy in adults NICE guideline \[NG119\]](#) Published: 15 January 2019.
Reviewed September 2024
- [Multiple sclerosis in adults: management NICE guideline \[NG220\]](#) Published: 22 June 2022
- [Rehabilitation for chronic neurological disorders including acquired brain injury \[NG252\]](#) Published: 15 October 2025

Cancer

- [Bladder cancer: diagnosis and management NICE guideline \[NG2\]](#) Published: 25 February 2015. Reviewed April 2019 Last reviewed: 17 September 2025
- [Non-Hodgkin's lymphoma: diagnosis and management NICE guideline \[NG52\]](#) Published: 20 July 2016
- [Brain tumours \(primary\) and brain metastases in over 16s NICE guideline \[NG99\]](#) Published: 11 July 2018 Last updated: 29 January 2021

NICE guidelines – page 7

Cancer cont.

- [Early and locally advanced breast cancer: diagnosis and management NICE guideline \[NG101\]](#) Published: 18 July 2018 Last updated: 14 April 2025
- [Colorectal cancer NICE guideline \[NG151\]](#) Published: 29 January 2020 Last updated: 15 December 2021 Last reviewed: 27 August 2025

Mental Health (Adults)

- [Preventing suicide in community and custodial settings NICE guideline \[NG105\]](#) Published: 10 September 2018
- [Rehabilitation for adults with complex psychosis NICE guideline \[NG181\]](#) Published: 19 August 2020 Last reviewed: 16 August 2024
- [Mental wellbeing at work NICE guideline \[NG212\]](#) Published: 02 March 2022
- [Depression in adults: treatment and management NICE guideline \[NG222\]](#) Published: 29 June 2022. Reviewed: 19 September 2024

NICE guidelines – page 8

Mental Health (Children and young people)

- [Depression in children and young people: identification and management NICE guideline \[NG134\]](#) Published: 25 June 2019 Reviewed: May 2024

Fertility, maternity, post natal and menopause

- [Diabetes in pregnancy: management from preconception to the postnatal period \[NG3\]](#) Published: 25 February 2015: Last updated: 16 December 2020 Last reviewed: 30 April 2025
- [Menopause: identification and management NICE guideline \[NG23\]](#) Published: 12 November 2015 Last updated: 07 November 2024
- [Postnatal care NICE guideline \[NG194\]](#) Published: 20 April 2021
- [Antenatal care NICE guideline \[NG201\]](#) Published: 19 August 2021 Last reviewed: 27 December 2024

NICE guidelines – page 9

Other

- [Workplace health: management practices NICE guideline \[NG13\]](#) Published: 24 June 2015 Last updated: 24 March 2016
- [Older people with social care needs and multiple long-term conditions NICE guideline \[NG22\]](#) Published: 04 November 2015
- [Older people: independence and mental wellbeing NICE guideline \[NG32\]](#) Published: 17 December 2015
- [Non-alcoholic fatty liver disease \(NAFLD\): assessment and management NICE guideline \[NG49\]](#) Published: 06 July 2016 Last reviewed: 24 October 2024 and update underway
- [Multimorbidity: clinical assessment and management NICE guideline \[NG56\]](#) Published: 21 September 2016
- [Physical health of people in prison NICE guideline \[NG57\]](#) Published: 02 November 2016

NICE guidelines – page 10

Other cont.

- [Attention deficit hyperactivity disorder: diagnosis and management NICE guideline \[NG87\]](#) Published: 14 March 2018 Last updated: 13 September 2019
- [Care and support of people growing older with learning disabilities NICE guideline \[NG96\]](#) Published: 11 April 2018
- [Diverticular disease: diagnosis and management NICE guideline \[NG147\]](#) Published: 27 November 2019
- [Behaviour change: digital and mobile health interventions NICE guideline \[NG183\]](#) Published: 07 October 2020
- [Chronic kidney disease: assessment and management NICE guideline \[NG203\]](#) Published: 25 August 2021 Last updated: 24 November 2021 Last reviewed: 19 August 2025
- [Myalgic encephalomyelitis \(or encephalopathy\)/chronic fatigue syndrome: diagnosis and management NICE guideline \[NG206\]](#) Published: 29 October 2021 Last reviewed: 24 January 2025

NICE guidelines – page 11

Other cont.

- [**Pelvic floor dysfunction: prevention and non-surgical management NICE guideline \[NG210\]**](#) Published: 09 December 2021
- [**Subarachnoid haemorrhage caused by a ruptured aneurysm: diagnosis and management NICE guideline \[NG228\]**](#) Published: 23 November 2022

NICE Public Health guidelines – page 1

CVD

- [Cardiovascular disease prevention Public health guideline \[PH25\]](#) Published: 22 June 2010
- [Type 2 diabetes prevention: population and community-level interventions Public health guideline \[PH35\]](#) Published: 10 May 2011 Last reviewed: 28 March 2018
- [Type 2 diabetes: prevention in people at high risk Public health guideline \[PH38\]](#) Published: 12 July 2012 Last updated: 15 September 2017 Last reviewed: 28 March 2018

Children & Young People

- [Unintentional injuries: prevention strategies for under 15s Public health guideline \[PH29\]](#) Published: 24 November 2010 Last reviewed: 10 October 2019

National Cancer Guidance

- [Improving outcomes in breast cancer. Cancer service guideline \[CSG1\]](#)
Published: 28 August 2002 Last reviewed: 31 December 2014

NICE Indicators

- [**Hypertension: assessment of physical activity IND95**](#) Published: 1 August 2011
Last updated: 4 November 2020
- [**Hypertension: brief intervention to increase physical activity IND96**](#) Published:
1 August 2011. Last updated: 4 November 2020
- [**Cardiovascular disease prevention: primary prevention with lifestyle changes
NICE indicator IND228**](#) Published: 23 August 2022 Last updated: 5 June 2023

Physical Activity/Exercise Specific NICE Public health guidelines and NICE guidelines

- [Physical activity: exercise referral schemes Public health guideline \[PH54\]](#)
Published: 24 September 2014. Last reviewed: 31 July 2018
- [Physical activity: brief advice for adults in primary care Public health guideline \[PH44\]](#) Published: 29 May 2013. Last reviewed: 30 March 2016
- [Physical activity: walking and cycling Public health guideline \[PH41\]](#) Published: 28 November 2012 Last reviewed: 28 February 2019
- [Physical activity in the workplace Public health guideline \[PH13\]](#) Published: 28 May 2008 Last reviewed: 11 July 2024
- [Physical activity for children and young people Public health guideline \[PH17\]](#)
Published: 28 January 2009. Last reviewed: 31 July 2018
- [Physical activity and the environment NICE guideline \[NG90\]](#) Published: 22 March 2018
- [Mental wellbeing in over 65s: occupational therapy and physical activity interventions Public health guideline \[PH16\]](#) Published: 22 October 2008. Last reviewed: 1 December 2022

Changes made since previous version

NICE Clinical Guidelines removed:

- [Obesity prevention Clinical guideline \[CG43\]](#) Published: 13 December 2006 Last updated: 13 March 2015
- [Obesity: identification, assessment and management Clinical guideline \[CG189\]](#) Published: 27 November 2014 Last updated: 26 July 2023

Both have been replaced by [NG246](#)

- [Falls in older people: assessing risk and prevention Clinical guideline \[CG161\]](#) Published: 12 June 2013. Currently being updated

This guideline has been updated and replaced by [NICE guideline NG249.](#)

Changes made since previous version

Quality Standards removed

- [Obesity in children and young people: prevention and lifestyle weight management programmes Quality standard \[QS94\]](#) Published: 23 July 2015

This quality standard has been updated and replaced by [NICE quality standard 212](#).

NICE Guidelines and Public Health Guidelines removed

Preventing excess weight gain NICE guideline [NG7] Published: 13 March 2015
Checked: March 2017 replaced by NICE's guideline on overweight and obesity management **NG246**

Weight management before, during and after pregnancy Public health guideline [PH27] Published: 28 July 2010 Checked: March 2017 replaced by **NICE's guideline on maternal and child nutrition (NG247)** and **NICE's guideline on overweight and obesity management (NG246)**.

Obesity: working with local communities Public health guideline [PH42]
Published: 28 November 2012 Last updated: 05 June 2017 replaced by **NICE's guideline on overweight and obesity management (NG246)**.

Weight management: lifestyle services for overweight or obese children and young people Public health guideline [PH47] Published: 23 October 2013 replaced by **NICE's guideline on overweight and obesity management (NG246)**.

NICE Guidelines and Public Health Guidelines removed

Weight management: lifestyle services for overweight or obese adults Public health guideline [PH53] Published: 28 May 2014 replaced by **NICE's guideline on overweight and obesity management (NG246)**.

Maternal and child nutrition. Public health guideline [PH11] Published: 26 March 2008 Last updated: 01 November 2014 replaced by This guideline has been updated and replaced by **NICE guideline NG247**.

NICE Guidelines added

- [**Diabetes in pregnancy: management from preconception to the postnatal period \[NG3\]**](#) Published: 25 February 2015: Last updated: 16 December 2020
Last reviewed: 30 April 2025
- [**Menopause: identification and management NICE guideline \[NG23\]**](#)
Published: 12 November 2015 Last updated: 07 November 2024
- [**Motor neurone disease: assessment and management \[NG42\]**](#) Published: 24 February 2016 Last updated: 23 July 2019 : 27 November 2024
Last reviewed
- [**Overweight and obesity management \[NG246\]**](#) Published: 14 January 2025
- [**Maternal and child nutrition: nutrition and weight management in pregnancy, and nutrition in children up to 5 years \[NG247\]**](#) Published: 15 January 2025

NICE Guidelines added

- [Falls: assessment and prevention in older people and in people 50 and over at higher risk \[NG249\]](#) Published: 29 April 2025
- [Rehabilitation for chronic neurological disorders including acquired brain injury \[NG252\]](#) Published: 15 October 2025