

Weight management guideline committee 9 meeting minutes

Weight Management Guideline Update – Committee Meeting 9 (Day2)

Date: 15/07/2022

Location: Virtual

Minutes: Final

Committee members present:		
Kate Anderson		Present for items 1 – 6
Margaret Ashwell		Present for items 1 – 6
Mfon Archibong		Present for items 1 – 3
Nivedita Aswani		Present for items 1 – 6
Sarah Britton		Present for items 1 – 6
Twane Celliers		Present for items 1 – 6
Preetpal Doklu		Present for items 1 – 6
Lisa Hodgson		Present for items 1 – 5
Sarah le Brocq		Present for items 1 – 6
Suzy Taylor		Present for items 1 – 6
Samantha Scholz		Present for items 1 – 6
Billy White		Present for items 1 – 6

In attendance:		
Alexander Allen (AA)	NICE Technical Analyst	Present for items 1 – 6
Keona Bennett	NICE Administrator	Present for item 1
Jeremy Dietz (JD)	NICE Technical Analyst, Health Economics	Present for items 1 – 6
Bethan Dorsett	NICE Content Editor	Present for items 1 – 6
Jon Littler (JL)	NICE Project Manager	Present for items 1 – 6
Alfredo Mariani (AM)	NICE Technical Analyst, Health Economics	Present for items 1 – 6
Sarah Morgan (SM)	NICE Public Health registrar	Present for items 1 – 2
Stevie Okoro (SO)	NICE Market Access Analyst	Present for items 5
Lesley Owen	NICE Technical Adviser, Health Economics	Present for items 1 – 6
Shreya Shukla (SS)	NICE Senior Technical Analyst	Present for items 1 – 6
Cecilia Superchi (CS)	NICE Technical Analyst	Present for items 1 – 6
Miaoqing Yang (MY)	NICE Technical Adviser, Health Economics	Present for items 1 – 6
Michellie Young (MYO)	NICE Technical Analyst	Present for items 1 – 6

Weight management guideline committee 9 meeting minutes

Apologies:	
Vicky Axe	NICE Guideline Commissioning Manager
Kate Kelly	NICE Associate Director
Rachel Batterham	Committee Member
Julian Hamilton-Shield	Committee Member
Phoebe Kalungi	Committee Member
Kathryn Melia	Committee Member
Grace O'Malley	Committee Member
Helen Parretti	Committee Member

1. Welcome and objectives for the meeting

The Chair (MB) welcomed the committee members and NICE attendees to day 2 of the ninth weight management guideline committee.

MB then informed the committee that apologies had been received which are noted above.

As there were some attendees at day 2 of the meeting that could not attend day 1, MB checked if the new attendees had any interests to declare, which they did not.

Finally, MB and committee members reviewed the minutes from committee meeting 8 and agreed them as an accurate record of the meeting.

2. Health inequalities discussion

The day began with a presentation and discussion lead by Sarah Morgan (SM) a guest presenter and one of NICE's public health registrars. SM lead the committee on a discussion around NICE's new approach to health inequalities issues as they are key factors in this guideline.

3. Review question 2.1 – What is the effectiveness and cost effectiveness of total or partial diet replacements, intermittent fasting, plant-based and low carbohydrate, in achieving and maintaining weight loss in adults living with overweight or obesity?

MB introduced Jeremy Dietz and Alfredo Mariani who guided the committee through two presentations relating to the diet question in review question 2.1:

- Cost-effectiveness results
- Health inequalities

Once those were complete, AM and JD took questions and feedback from the committee before moving forward with a discussion on potential recommendations.

MB thanked both AM and JD for all their work, and the committee for their contributions, and closed this portion of the meeting.

4. Review question 2.5 – What is the effectiveness, cost effectiveness and acceptability of psychological approaches to address the counterproductive effect of

Weight management guideline committee 9 meeting minutes

weight stigma in achieving or maintaining weight loss, or negating the adverse impact of weight stigma, in children, young people and adults?

Following lunch, MB introduced Shreya Shukla (SS) and Cecilia Superchi (CS) to take the committee through the first of the afternoon's presentations. This would begin with covering the evidence that had been found to support suggested approaches to our stigma question.

Once presented, the committee were then invited to discuss and begin drafting recommendations for this review question.

MB thanks SS and CS for all their preparation work, and the committee for their contributions, and moved to the last main section of the day.

5. Review question 1.4 – What approaches are effective and cost-effective in increasing uptake of/ barriers and facilitators to increasing uptake of weight management services in children and young people, particularly those in black, Asian and minority ethnic groups?

For the final section of the day, MYO returned to cover the clinical evidence to support review question 1.4 as she had the previous day, only this time with a focus on children and young people.

MB also introduced Stevie Okoro who guided the committee through economic evidence.

As in previous sections, the committee provided their input on MYO's presentation, with particular praise being offered for her work and how it was presented from multiple committee members.

MB thanked MYO for her presentation and moved on to close the meeting.

6. AOB, Summary and next steps

JL briefed the committee on the next steps that would take place between now and the guideline's publication, reminding them of key dates and policies.

MB then thanked everyone for their attendance and closed the meeting.

Date of next meeting: 31/10/2022

Location of next meeting: Virtual