

Weight management guideline committee 10 meeting minutes

Weight Management Guideline Update – Committee Meeting 10

Date: 21/10/2022

Location: Virtual

Minutes: Final

Committee members present:		
Marie Burnham (Chair)		Present for notes 1 – 8
Kate Anderson		Present for notes 1 – 8
Mfon Archibong		Present for notes 1 – 3
Nivedita Aswani		Present for notes 1 – 8
Rachel Batterham		Present for notes 1 – 8
Sarah Britton		Present for notes 1 – 8
Twané Celliers		Present for notes 1 – 8
Preetpal Doklu		Present for notes 1 – 8
Julian Hamilton-Shield		Present for notes 1 – 8
Lisa Hodgson		Present for notes 1 – 8
Sarah le Brocq		Present for notes 1 – 8
Kathryn Melia		Present for notes 1 – 8
Grace O'Malley		Present for notes 1 – 8
Helen Parretti		Present for notes 1 – 8
Laurence Taggart		Present for notes 1 – 8
Suzy Taylor		Present for notes 1 – 8
Billy White		Present for notes 1 – 8

In attendance:		
Victoria Axe	Guideline Commissioning Manager	Present for notes 1 – 8
Susie Burlace (SB)	Content Editor	Present for notes 1 – 8
Annabel Davies (AD)	University of Bristol	Present for notes 1 – 3
Jeremy Dietz (JD)	NICE Technical Adviser, Health Economics	Present for notes 1 – 8
Emma Flood	NICE Audience Insight Team (Observing)	Present for notes 7 – 8
James Jagroo	NICE Audience Insight Team (Observing)	Present for notes 7 – 8
Julian Higgins (JH)	University of Bristol	Present for notes 1 – 3
Kate Kelley (KK)	Associate Director, Guideline Development Team	Present for notes 1 – 3

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Jon Littler (JL)	Project Manager	Present for notes 1 – 8
James Love-Koh (JLK)	NICE Scientific Adviser	Present for notes 7 – 8
Faizan Mahmood	NICE Technical Analyst, Health Economics (Observing)	Present for notes 1 – 8
Alfredo Mariani (AM)	Technical Analyst – Health Economics	Present for notes 1 – 8
Lesley Owen (LO)		Present for notes 4 – 8
Anneka Patel	NICE Programme Manager (Observing)	Present for notes 1 – 3
Natasha Salant	NICE Technical Analyst (Observing)	Present for notes 1 – 8
Shreya Shukla (SS)	Technical Adviser	Present for notes 1 – 8
Francesca Spiga (FS)	University of Bristol	Present for notes 1 – 3
Adam Storrow (AS)	Resource Impact Lead	Present for notes 2 – 8
Carolyn Summerbell (CS)	University of Durham	Present for notes 1 – 3
Harry Topps	NICE Audience Insight Team (Observing)	Present for notes 7 – 8
Miaoqing Yang (MY)	Technical Adviser – Health Economics	Present for notes 1 – 8
Michellie Young (MYO)	Technical Analyst	Present for notes 1 – 8
Apologies:		
Margaret Ashwell	Committee member	
Rachel Batterham	Committee member	
Keona Bennett	NICE Administrator	
Phoebe Kalungi	Committee Member	
Omar Khan	Committee Member (co-opted)	
Kathryn Melia	Committee Member	
Samantha Scholtz	Committee Member (co-opted)	
Laurence Taggart	Committee Member (co-opted)	

1. Welcome and objectives for the meeting

The Chair (MB) welcomed the committee members and NICE attendees to the tenth weight management guideline committee.

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

The Chair asked all committee members to verbally declare any interests that have arisen since the last meeting. The following interests were declared:

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Sarah Britton	CCG Commissioner	Member of the Advisory Committee on Borderline Substances. Position is voluntary but Sarah occasionally receives expenses cover.	Direct financial	Declare and participate

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Grace O'Malley	Exercise/Physiotherapist	Miolanne M, Lambert C, Masurier J, Cardenoux C, Fillion A, Beraud S, Desblés C, Rigal A, Védrine E, Dalmais C, Da Silva B, De L'Eprevier E, Hazart J, Chaput JP, Drapeau V, Pereira B, O'Malley G, Thivel D, Boirie Y. Designing, Implementing, and Evaluating a Home-Based, Multidisciplinary, Family-Centered Pediatric Obesity Intervention: The ProxOb Program. <i>Children (Basel)</i> . 2022 May 17;9(5):737. doi: 10.3390/children9050737.	Direct non-financial, professional and personal	Declare and participate – Not relevant to the matters discussed at this meeting
Grace O'Malley	Exercise/Physiotherapist	Wyse C, Case L, Walsh Ó, Shortall C, Jordan N, McCrea L, O'Malley G. Evaluating 12 Years of Implementing a Multidisciplinary Specialist Child and Adolescent Obesity Treatment Service: Patient-Level Outcomes. <i>Front Nutr</i> . 2022 Jun 3;9:895091. doi: 10.3389/fnut.2022.895091	Direct non-financial, professional and personal	Declare and participate – Not relevant to the matters discussed at this meeting
Grace O'Malley	Exercise/Physiotherapist	Tufford AR, Diou C, Lucassen DA, Ioakimidis I, O'Malley G, Alagiologlou L, Charmandari E, Doyle G, Filis K, Kassari P, Kechadi T, Kilintzis V, Kok E, Lekka I, Maglaveras N, Pagkalos I, Papapanagiotou V, Sarafis I, Shahid A, van 't Veer P, Delopoulos A, Mars M. Toward Systems Models for Obesity Prevention: A Big Role for Big Data. <i>Curr Dev Nutr</i> . 2022 Jul 30;6(9):nzac123.	Direct non-financial, professional and personal	Declare and participate – Not relevant to the matters discussed at this meeting
Grace O'Malley	Exercise/Physiotherapist	Tully, L., Arthurs, N., Wyse, C., Browne, S., Case, L., McCrea, L., O'Connell, J.M., O'Gorman, C.S., Smith, S.M., Walsh, A. and Ward, F. O'Malley G. Guidelines for Treating Child and Adolescent Obesity: A Systematic Review. <i>Frontiers in Nutrition</i> , p.2355.	Direct non-financial, professional and personal	Declare and participate – Not relevant to the matters discussed at this meeting
Helen Parretti	General Practitioner	Conversation with the Office for Life Sciences on behalf of the Obesity Empowerment Network – discussion of patient engagement with the obesity mission and patient perspectives on obesity.	Direct non-financial, professional and personal	Declare and participate

The Chair noted that the interests declared did not prevent the attendees from fully participating in the meeting.

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Finally, MB and committee members reviewed the minutes from committee meeting 9 and agreed them as an accurate record of the meeting.

2. Cochrane authors presentation on review question 2.4 – What are the effectiveness and cost effectiveness of healthy living programmes for preventing overweight or obesity in children and young people?

MB introduced Shreya Shukla (SS) the Technical Lead for this guideline, who have a quick background and overview presentation to the committee on this review question. SS was then joined by Julian Higgins (JH), Francesca Spiga (FS) and Annabel Davis (AD) from the University of Bristol, and Carolyn Summerbell (CS) from the University of Durham, are the authors of the review on healthy living programmes we will be using for our recommendations on this review question.

JH gave a detailed presentation of the studies and data included in the review before fielding questions from the committee.

MB thanked all involved for their work and the clear way they presented their findings and moved the meeting on to the next item on the agenda.

3. Health economic evidence presentation for 2.4

Following on from the first presentation and discussion, MB introduced Jeremy Dietz (JD) who guided the committee through the studies they were able to find in this area, which ones met the criteria to be used for this review and provided a summary of the cost-effectiveness results of healthy living programmes based on their findings.

They then took questions from the committee and began to discuss the recommendations that could be made from their data.

MB thanked JD and the HE team for their work and the committee broke for lunch.

4. Clinical and health economic evidence presentation on 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?

After the break MB reintroduced SS who began to take the committee through the clinical evidence to support the update to the diet question. She began by presenting the current recommendations for adults before summarising the studies we were using to update these recommendations, clarifying the criteria used to select these studies, and demonstrating the conclusions the team were able to draw on the various diet replacement options. She then took questions from the committee.

After the clinical presentation, MB introduced Alfredo Mariani (AM) who presented the updated cost-effectiveness evidence on low-energy diet using the PRIMETIME model. AM showed to the committee how the analysis had been realigned to the clinical analysis and explained about the slightly different results for the general population and people with diabetes. After that, JD gave a recap on the health inequalities tool with these new results incorporated and discussed with the committee on how considerations of health inequalities could be factored into the recommendations around review question 2.1.

MB thanked SS, AM and JD for their presentations, and the committee for their input, and moved to the next item on the agenda.

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5. Health inequalities briefing

MB introduced Suzi McFall (SM), a public health registrar currently seconded to NICE, who showed the committee how deprivation was calculated and how obesity was more likely to impact more deprived groups. She then took questions from the committee and advised them they would have a survey for them to take at the end of the meeting.

MB thanked SM for her presentation and moved to the next item on the agenda.

6. Drafting recommendations for review question 2.1

SS was reintroduced to lead the conversation on drafting recommendations for review question 2.1 based on the evidence presented earlier. The committee provided extensive feedback on the changes and wording updates that they thought should be made before M moved to the next item on the agenda.

7. Health inequalities survey

For the penultimate item on the agenda, MB introduced James Love-Koh (JLK) who, along with JD and LO asked the committee to complete the health inequalities survey discussed in item 5. They were placed into separate breakout rooms for this purpose and then asked to give their feedback on the usefulness of the survey and how it could be improved if necessary.

After a brief discussion, LO, JLK and JD thanked the committee for their feedback and support and MB moved the meeting on to the final item.

8. 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: 28/11/2022 and 30/11/2022

Location of next meeting: Virtual