

NICE PUBLIC HEALTH GUIDANCE

Managing overweight and obesity among children and young people: lifestyle weight management services

4th Meeting of the Programme Development Group

Thursday 17th January 2013

Derwent
NICE
10 Spring Gardens
London SW1A 2BU

Attendees	<p><i>PDG Members</i> Paige Ataou, Claire Bennett, Julia Burrows, Elizabeth Fenwick, Orla Flannery, Rajeev Gupta, Alexandra Jones, Alan Maryon-Davis (Chair), Julian Hamilton-Shield, Sarah Mills, Paula Watson, Laura Webber, Elisabeth Fenwick, Stephen Westgarth</p> <p><i>NICE</i> Nicola Ainsworth (NA), Hugo Crombie (HC), Jane Huntley (JH), Patricia Mountain (PM), Caroline Mulvihill (CM), Karen Peplow (KP)</p> <p><i>Experts</i> Andrew Hill, - (from 11.30am to 12.55pm), Maria Bryant (from 12.15 am to - 12.55pm) University of Leeds Catherine Law, Helen Roberts, (from 3.00pm to 4.00pm) Institute of Child Health</p> <p><i>Contractors</i> Graham Kelly - GK Research. Tim Marsh - National Heart Forum</p>
Apologies	<p><i>PDG Members</i> Peymane Adab, Janice Christie, Jane Wells, Sarah West-Sadler</p> <p><i>NICE team</i> Alastair Fischer</p>

Authors	PM
Audience	PDG members, NICE team, the public (via web publication)

Final Minutes of PDG 4. Managing overweight and obesity among children and young people: lifestyle weight management services

No.	Item	Action
1	<p>Welcome, Introductions and Aims of the Meeting</p> <p>The Chair welcomed members to the fourth meeting of the Programme Development Group and conveyed the apologies received. The Chair introduced Elisabeth Fenwick, who has joined the PDG for the first time this meeting, but has been commenting on papers from the start. Also, Graham Kelly was welcomed, an independent researcher who has collated the findings of the information gathering exercise from weight management providers.</p> <p>The Chair informed the PDG that expert testimony will be given by Andrew Hill and Maria Bryant, from the University of Leeds and Catherine Law and Helen Roberts from the Institute of Child Health. The work of Maria Bryant, Catherine Law and Helen Roberts will be given on an academic in confidence basis. The ‘academic in confidence papers were clearly marked. The Chair advised the PDG that in order not to prejudice their future publication, they must not, under any circumstances, be circulated, copied, quoted or cited.</p> <p>The Chair informed the group of the aims of the meeting:</p> <ul style="list-style-type: none"> • To hear the findings from our survey of weight management service providers • To hear and discuss expert testimony on the following areas: <ul style="list-style-type: none"> ○ Psychological considerations for lifestyle weight management programmes for children and young people, and the use of behaviour change theories ○ Choosing outcome measures for lifestyle weight management programmes for children ○ Inequalities in child health and who engages with lifestyle weight management services • To revise and develop draft recommendations, considerations and research recommendations <p>Minutes of PDG 3 These were agreed as an accurate record and all actions had been completed</p>	
2	<p>Declarations of Interest</p> <p>The Chair explained that verbal declarations of interest are a standing item on every agenda and are recorded in the minutes. PDG members declared any additional interests that had arisen since PDG 1 http://guidance.nice.org.uk/PHG/75/PDGMinutes/1/pdf/English</p> <p>PDG members Elisabeth Fenwick: Personal non pecuniary- Consultancy occasionally undertaken for Oxford Outcomes and Orphan Europe.</p>	

Final Minutes of PDG 4. Managing overweight and obesity among children and young people: lifestyle weight management services

	<ul style="list-style-type: none"> • Non-personal pecuniary interest - 12 months funding received from Cambridge Diet for research into the extent and economic impact of severe obesity in adults in the UK (completed 2012) For this project, the researcher was supervised by Elizabeth, and the funding held by a member of staff in another department of the University. Elizabeth is a co- investigator on National Institute for Health Research (NIHR) funded project assessing the effectiveness and cost-effectiveness of a weight loss and healthy living programme delivered through football clubs in adults. Non personal pecuniary: Elizabeth has a PhD student whose PhD is looking at the economic impact of obesity. <p>Experts:</p> <ul style="list-style-type: none"> • Maria Bryant: Personal non pecuniary – potential use of the research presented to the PDG. • Andrew Hill: Personal Pecuniary interest: advisor to Slimming World on psychological issues. Personal non-pecuniary interest: previously has collaborated on research with Carnegie (now More Life) on residential camps. • Catherine Law: Non personal pecuniary interest: independent research on childhood obesity funded by the National Institute for Health Research (NIHR). Non personal pecuniary interest: Chair of NICE Public Health Advisory Committee (PHIAC) with the fee going to University College London. Attending in her capacity as a scientist/expert. Personal non pecuniary: interest in child health. • Helen Roberts: Personal non pecuniary interest: NICE non executive director, but attending in her capacity as a scientist/expert. Non personal pecuniary interest: independent research on childhood obesity funded by the National Institute for Health Research (NIHR). <p>Contactors:</p> <ul style="list-style-type: none"> • Graham Kelly- nothing to declare • Tim Marsh – nothing to declare <p>NICE team: no interests were declared</p>	
3, 4	<p>Report on findings from providers of weight management services</p> <p>Graham Kelly of GK Research presented the findings of the information gathering exercise with providers of weight management services. This was commissioned by NICE to focus on the practical and process issues of delivering programmes that were not captured by the effectiveness reviews.</p> <p>There was time for questions and discussion</p>	
5,6	<p>Psychological considerations for lifestyle weight management programmes for children and young people, and the use of</p>	

Final Minutes of PDG 4. Managing overweight and obesity among children and young people: lifestyle weight management services

	<p>behaviour change theories</p> <p>Andrew Hill, from the University of Leeds, gave a presentation to PDG on his work, focusing on:</p> <ul style="list-style-type: none"> • The psychological considerations for weight management programmes • Behaviour change theories and whether there is any evidence for their effectiveness in children and young people <p>There was time for questions and discussion</p>	
7,8	<p>Choosing outcome measures for lifestyle weight management programmes for children</p> <p>Maria Bryant, from the University of Leeds, gave a presentation to PDG on her work. This presentation was shared as academic in confidence, as the work is not yet published. There was time for questions and discussion.</p>	
9	<p>Draft recommendations, research recommendations and considerations to date</p> <p>Karen Peploe, analyst at NICE, gave a short update to the PDG on the progress on the draft recommendations, research recommendations and considerations. The Chair asked the PDG to discuss in plenary session.</p>	
10	<p>Draft recommendations – plenary session</p> <p>The PDG discussed in plenary session and revised and refined the draft recommendations to date.</p> <p>Action point: NICE team to revise as advised by the PDG for their consideration</p>	NICE
11	<p>Draft considerations - plenary session</p> <p>The PDG discussed in plenary session and revised and refined the draft considerations to date.</p> <p>Action point: NICE team to revise as advised by the PDG for their consideration</p>	NICE
12,13	<p>Inequalities in child health: Who engages with lifestyle weight management services?</p> <p>Catherine Law and Helen Roberts, from the Institute of Child Health were welcomed to the meeting. Catherine is the Chair of the NICE Public Health Advisory Committee, but attended this meeting to give expert testimony from her scientific role. Helen explained that she is a non-executive director of NICE but is providing expert testimony to the PDG in her capacity as a scientist, not as a NICE Board member.</p> <p>Jointly, they presented to the PDG on their work on a population-level evaluation of a family-based community intervention for childhood overweight and obesity. This presentation was shared as academic in confidence; Catherine and Helen presented the findings of an evaluation of MEND which</p>	

Final Minutes of PDG 4. Managing overweight and obesity among children and young people: lifestyle weight management services

	looks at the uptake of weight management programmes and how outcomes vary from an inequalities perspective. There was time for questions and discussion.	
15	Summary of the day, agreed actions and next steps The Chair summarised the agreed actions from the meeting	
14	AOB <ul style="list-style-type: none"> • Economic modelling - The Chair thanked the members who joined the teleconference. He drew their attention to the related paper circulated on Friday 11th January and asked them to return comments to the NICE team by Monday 21st January. • There will be an agenda item on the economic modelling at the next PDG in February • The next meeting will be: Wednesday 6th and Thursday 7th February 2013 at the Royal College of Paediatrics and Child Health, 5-11 Theobalds Road, London, WC1X 8SH. Papers to be mailed: Tuesday 29th January 2013 	
The meeting closed at 4pm		