

NICE PUBLIC HEALTH GUIDANCE

Overweight and Obese Adults: lifestyle weight management

1st Meeting of the Programme Development Group

Tuesday 26th February 2013

Derwent, NICE Offices, London

Final Minutes

Attendees:	<p><i>PDG Members</i> Lucy Aphramor, Barry Attwood, Matthew Broughton, Ruth Chambers, Jane DeVillle-Almond, Gill Fine (Chair), Ulla Griffiths, Vicky Hobart, Kate Jolly, Laura Maria Sanger, Carol Weir, Sarah West Sadler</p> <p><i>NICE Team</i> Jane Huntley, Adrienne Cullum, Nicola Ainsworth, Caroline Mulvihill, Alastair Fischer, Victoria Axe, Nick Doyle</p> <p><i>Review Team</i> Paul Aveyard (University of Oxford), Jamie Hartmann-Boyce (University of Oxford), David Johns (University of Oxford), Ketevan Rtveldze (National Heart Forum)</p> <p><i>Observer</i> Laura Gibson (University of Sheffield)</p>
Apologies:	<p><i>PDG Members</i> None</p>

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Item		Action
<p>1. Welcome and objectives for the meeting</p>	<p>The Chair welcomed the Programme Development Group (PDG) to the first meeting on Overweight and obese adults: lifestyle weight management.</p> <p>There were no apologies.</p> <p>The Chair introduced the observer, Laura Gibson, from the University of Sheffield. The Chair introduced the Oxford University Review Team to the meeting.</p> <p>The Chair informed the group of what the objectives of the day would be. These involved discussing the first evidence review; considering the existing NICE recommendations and policy environment; hearing an introduction to the health economic aspects of the work and starting to draft recommendations.</p>	
<p>2. Declarations of Interests</p>	<p>The Chair asked the PDG to give a verbal update of their interests and to keep their declarations updated throughout the guidance development.</p> <p>The declarations of interest for the members were noted as follows; some of the interests had been declared in writing previously.</p> <p>Personal pecuniary interest</p> <p>Gill Fine – I have none as far as the healthcare industry is concerned. I have done some ad hoc work for the following manufacturers: Rodda's, product development Aug 2011 – Feb 2012. I have done some adhoc consultancy for Tesco Supermarkets & other organisations not specifically in the 'Dieting' Industry or weight management services industry such as Kellogg's and Innocent.</p> <p>I have received hospitality (travel, hotel and meals) from Interbrand to attend a round table discussion on healthy eating in Feb 2012. I have received hospitality (travel, hotel and meals) from Waitrose to attend a round table discussion on healthy eating in Sept 2012. I have received hospitality (hotel, meals and conference fee paid) from Diabetes UK to attend their annual conference in March 2012. I have received hospitality (travel, hotel and meals) from Diabetes UK to attend their volunteering meeting in October 2012. I also have shares in J Sainsbury.</p> <p>Jane Deville Almond - I speak at nurse meetings on a variety of subjects including leadership and obesity where I get paid the standard honorarium rate. I also write articles for a variety of medical journals for which</p>	

	<p>I get paid the standard rate of payment. In the past year I have not spoken or written on behalf of any dietary company or pharmaceutical company and I have never endorsed obesity related products for payment.</p> <p>Lucy Aphramor - I am a dietician and receive remuneration for my work. I am a member of professional and informal social media groups: Cardiac and Respiratory Dieticians, showmethedata listserv, Association for Size Diversity and Health (and have blogged on ASDAH site), British Dietetics Association, scienceandhaes listserv and Intuitive Eating Professionals (Linked In).</p> <p>Matthew Broughton – I am a Health and wellbeing manager for West Lindsey District Council</p> <p>Carol Weir – I have received a one off honorarium to develop a consensus statement on the use of low calorie sweeteners in weight management developed by NOF and developed with Coca Cola (but not about coca cola).</p> <p>Laura Sanger – I work for City Hospitals, Sunderland within an NHS weight management service, for which I receive a salary.</p> <p>Personal family interest</p> <p>No conflicts of interest recorded.</p> <p>Non-personal pecuniary interest</p> <p>Jane Deville Almond - As chair of the British Obesity Society I meet with a range of organisations relating to the management of obesity, including Tanita, Slimming World, Lipotrim, Solae and the Food and Drink Federation. I also make statements that represent the core values of the British Obesity Society that may appear in literature from interested organisations but do not endorse products or receive any payments for these comments.</p> <p>The British Obesity Society has received small unrestricted grants from a range of organisations which are open for public viewing and can be seen on our website at http://www.obesitysoc.org.uk/. All our accounts are open for public view on the charity commission website</p> <p>Kate Jolly - I am an investigator on a trial that has been recently funded by the NPRI (BWel). This is investigating brief interventions for weight management in primary care. As part of the</p>	
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	<p>intervention participants will be offered a 12 week commercial weight management programme. The principal investigators of the trial approached the main providers of commercial weight management groups to ask whether they might offer free or reduced price sessions for the trial participants. Slimming World and Rosemary Conley have agreed to provide free attendance at their groups for 12-weeks to trial participants.</p> <p>I am undertaking other research on weight management interventions.</p> <p>I referee papers for medical journals reporting the outcomes of weight management interventions, which on occasions includes those provided by commercial providers of weight management services.</p> <p>Lucy Aphramor - I am the director of a social enterprise that receives grants that enable us to deliver programmes promoting a wellness approach to public health. Our trading arm delivers training in a wellness (health at every size) approach to nutritional wellbeing. I am involved in research and receive project funding for projects supporting wellness-centred nutritional intervention. I am a research fellow for Glyndwr University.</p> <p>Carol Weir – I am doing a part time CLAHRC funded PhD at SchARR, Sheffield university but this is a student position.</p> <p>Laura Sanger – Although I am not actively engaged in research at present it is likely that I will do some research in this clinical area within the next 2 years as part of an MA in Family Therapy and Systematic Practice at Northumbria University. I will be unlikely to see any external funding for this research but it is possible that I may be seeking grant funding at some point in the future for research with this group of people.</p> <p>Our service has funded a PhD studentship in collaboration with Sunderland University looking at understanding weight management behaviour change using the transtheoretical model of change with people whose BMI is 40 and above. I have not been personally involved in setting up the funding or recruitment to the PhD.</p> <p>Ruth Chambers - I am an honorary professor of primary care at Staffordshire University, a GP champion for the Lifestyle Programme at Stoke on</p>	
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	<p>Trent, and a GP partner who promotes self care. In my role of Clinical Director at Stoke on Trent CCG, I promote telehealth mobile phone, texting that includes weight management.</p> <p>Sarah West Sadler – I am the Dietary Assessment Project Manager for MRC/HNR in Cambridge. I worked on a number of dietary surveys including Diet and Nutrition Survey of Infants and Young Children and the National Diet and Nutrition Survey.</p> <p>Personal non-pecuniary interest</p> <p>Gill Fine – I have none specific to healthcare but I am the vice Chair of the British Nutrition Foundation; Treasurer of Dementia UK (Cornwall); Member of SACN; Trustee of Diabetes UK and Trustee of Institute of Food Research.</p> <p>I am a Trustee of Diabetes UK and a Scientific Governor of the British Nutrition Foundation I'm also a member of Nutrition Society and the Association for Nutrition.</p> <p>Jane Deville Almond - I am a spokesperson for the British Obesity Society, a UK charity, and make comments in the media about obesity related issues that endorse the values and beliefs of the charity</p> <p>Kate Jolly - On the basis of the Lighten Up study results I reported that our primary care-based weight management programmes were less effective than those provided by the commercial providers, in fact no better than the comparator group. This statement was context specific and my opinions about the relative effectiveness of different weight management programmes will always be underpinned by current research evidence.</p> <p>I was lead author of a commentary in the Lancet referring to the Jebb 2011 paper evaluating the effectiveness of Weight Watchers for 12 months.</p> <p>Lucy Aphramor - I am a co-founder of HAESUK, a group committed to advancing a HAES approach. I am personally committed to advancing a HAES approach. I am a reviewer and on the editorial board for the Journal of Human Nutrition and Dietetics, Antipodes, Body and Society, Discourse: Studies in the Cultural Politics of Education, Fat Studies, Journal of Critical Dietetics and American Journal of Public Health. I have published in the field of weight science and I am a visiting lecturer in dietetics.</p> <p>Matthew Broughton – I am a part-time PHD student at</p>	
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	<p>Nottingham University.</p> <p>Vicky Hobart - I am the Chair of a Trial steering committee for the HTA project 09/127/34: peer support weight management programme.</p> <p>Carol Weir – I am a Board member of the National Obesity Forum (Charity) – we have no money! One of my current roles is managing a weight management service in Leeds. I am a Steering group member of the National Obesity Observatory. I am a member of the Professional Practice and Education Board of the British Dietetic Association.</p> <p>Laura Sanger - I have been involved in setting up a network of Psychologists working in obesity (within the British Psychological Society) who would have a direct interest in the matter under consideration. In terms of influence I do not consider this to amount to any pre-conceived opinions about the evidence, other than a wish to consider a broad range of evidence to produce guidelines which are effective in helping people manage their weight over the longer term.</p> <p>Ruth Chambers - I have recently represented the RCGP in the obesity report RCP ‘Action on obesity’ working policy – and am thus a co-author.</p> <p>There were no further declarations of interest.</p> <p>The NICE team were asked if they had any declarations of interest. Adrienne Cullum declared that I am a Trustee for the Association for the Study of Obesity and an Associate Member of the National Heart Forum.</p> <p>The chair was content, on the basis of the declarations above, for the meeting to proceed with all members present.</p> <p>The Chair also drew the group’s attention to the NICE Hospitality policy and asked the PDG to fill out the necessary form should they receive any offers of hospitality whilst on NICE business.</p>	
<p>3. Existing NICE guidance</p>	<p>Adrienne Cullum (AC) gave a brief update on existing, relevant NICE guidance. AC noted that it was important to consider the scope for this guidance in relation to the existing guidance.</p> <p>There was a discussion around clinical management, tier forming and target groups. It was noted that all definitions would need to be clarified.</p> <p>Action: PDG to help clarify tier definitions which</p>	<p>PDG</p>

	<p>may have an impact on drafting recommendations.</p>	
<p>4. Evidence review 1a: presentation of findings</p>	<p>Paul Aveyard joined the meeting at 10.30am. His declarations of interest involved the following: he has had two dinners paid for by Weight Watchers and one by Nestle, who own Jenny Craig. In clinical trials he is testing the effectiveness of interventions that incorporate commercial weight management and the treatment courses are donated by Slimming World, Weight Watchers, and Rosemary Conley. He is also a trustee of ASO and the ASO accepts sponsorship from companies interested in weight management.</p> <p>David Johns and Jamie Hartmann-Boyce had no conflicts of interest to declare.</p> <p>The Review Team gave a presentation on part one of review one entitled Managing overweight and obese adults: update review. The clinical effectiveness of long term weight management schemes for adults.</p> <p>Ketevan Rtseladze from the National Heart Forum joined the meeting at 11am.</p>	
<p>5. Evidence review 1a: discussion</p>	<p>The PDG were invited to ask the Oxford team questions in regard to their review and a number of comments were made.</p> <p>Action: AC to email the PDG a link to the evidence reviews and evidence statements for NICE guidance on obesity 2006 (CG43).</p> <p>The Oxford team gave a short summary of what would be covered in the second part of the review at the next PDG meeting.</p> <p>The group were asked if they felt there were any gaps in the current evidence.</p> <p>The Oxford team agreed that the evidence statements in regard to the subgroup analyses would be amended prior to the next meeting.</p> <p>The Oxford team gave a summary of the evidence statements and noted their strength. The PDG briefly considered each statement.</p> <p>Weight management after pregnancy was discussed and the PDG were reminded that NICE have guidance in this area that could be referred to.</p> <p>The reporting of adverse or unintended outcomes by studies included in the review was discussed.</p>	<p>AC</p>

	<p>Action: The PDG to email AC information on any adverse or unintended outcomes from weight management that they are aware of from other sources of evidence. The NICE Team to pull together a list for discussion at the next meeting.</p> <p>Action: The PDG to consider potential expert testimony (based on gaps in the evidence or issues inadequately covered by reviews).</p>	<p>PDG/ NICE Team</p> <p>PDG</p>
<p>6. Policy update</p>	<p>Nick Doyle (ND) joined the meeting at 12.30pm and gave an update on current government policy in order to provide a context for developing recommendations.</p> <p>Action: The NICE Team to email the PDG ND's slides</p> <p>The PDG were invited to ask ND questions in regard to his presentation.</p> <p>ND and the Oxford Team left the meeting at 1pm.</p>	<p>NICE Team</p>
<p>7. Health economics: introduction and outline of proposed model</p>	<p>Alastair Fischer (AF) gave a presentation on health economics for interventions to manage the weight of adults, which gave background information on how NICE considers cost effectiveness. AF gave some information about specific proposals for this guidance.</p> <p>AF asked if any of the PDG members would like to volunteer to join the economic subgroup.</p> <p>Action: The PDG to contact AC and AF if they wish to join the economics subgroup.</p> <p>It was noted that Lucy Aphramor, Jane Deville Almond, Laura Sanger and Carol Weir would like to join the economics subgroup.</p> <p>Ketevan Rtveladze left the meeting at 2.20pm.</p> <p>PDG members were invited to ask AF questions in regard to his presentation.</p>	<p>PDG</p>
<p>8. Drafting recommendations</p>	<p>AC gave a presentation on drafting recommendations.</p> <p>AC asked the PDG to question whose health will benefit; who should take action and what action should they take.</p> <p>AC asked the PDG to consider the strength and applicability of the evidence; the importance of the outcomes; the size of the effect and impact on population health; the cost effectiveness and any other considerations.</p>	

	<p>The PDG were encouraged to think about ‘considerations’ and research recommendations alongside the recommendations.</p> <p>The PDG began to suggest a number of draft outline areas for recommendations based on the evidence considered.</p> <p>Action: The NICE Team to write up the draft outline areas for recommendations for discussion at the next meeting.</p> <p>The PDG noted that there may be future developments within healthcare that would amend recommendations, however the NICE team reminded the group that NICE guidance is reviewed every three years so it was only necessary to focus on the present.</p>	<p>NICE Team</p>
<p>9. Future planning</p>	<p>It was noted that the next PDG meeting would be held on 16th April 2013 at the Royal College of Surgeons.</p> <p>The PDG was reminded to consider inviting experts to attend future meetings to give testimony on issues/evidence gaps raised.</p> <p>Action: PDG members to send any suggestions to AC and Caroline Mulvihill.</p>	<p>PDG</p>
<p>10. Any other business</p>	<p>The Chair asked the PDG to submit their expenses as soon as possible as NICE were nearing the end of the financial year.</p>	
<p>11. Close</p>	<p>The meeting ended at 4pm.</p>	