

Behaviour change: digital and mobile health interventions Committee meeting

Date: 08/04/2019

Location: London

Minutes: Final

Committee members present:	
Ralph Bagge (Chair)	(Present for notes 1 – 15)
Ian Basnett	(Present for notes 1 – 10)
Ray Canham	(Present for notes 5 – 15)
Barry Causer (Topic Expert)	(Present for notes 1 – 15)
Tim Chadborn	(Present for notes 7 - 8)
Grace Hampson	(Present for notes 1 – 15)
Ysabella Hawkings (Topic Expert)	(Present for notes 1 – 15)
Jane Leaman	(Present for notes 1 – 15)
Rosie McEachan (Topic Expert)	(Present for notes 1 – 15)
Felix Naughton (Topic Expert)	(Present for notes 1 – 15)
Chris Packham	(Present for notes 1 – 15)
Toby Prevost	(Present for notes 1 – 15)
Stephen Sutton (Topic Expert)	(Present for notes 1 – 15)
Lucy Yardley (Topic Expert)	(Present for notes 1 – 15)

In attendance – NICE & Externals:		
Danielle Conroy	Project Manager	(Present for notes 1 – 15)
Hayden Holmes	Health Economist, YHEC	(Present for notes 9 – 10)
Bernadette Li	Health Economic Adviser	(Present for notes 1 – 15)
Robby Richey	Technical Adviser	(Present for notes 1 – 15)
Elina Simou	Technical Analyst	(Present for notes 1 – 15)
Nick Staples	Guideline Commissioning Manager	(Present for notes 1 – 15)
Rachel Walsh	Technical Analyst	(Present for notes 1 – 15)
Sarah Willett	Associate Director	(Present for notes 1 – 8)

Apologies:

PHAC 1 minutes

Lise Elliott	Programme Manager
Raymond Jankowski	National Lead for Healthcare Public Health
Chris Owen	Programme Lead

1. Welcome, apologies, introductions and objectives for the meeting

The Chair welcomed the Committee members and attendees to the first meeting on Behaviour change: digital and mobile health interventions.

The Chair informed the Committee that apologies had been received. These are noted above.

The Chair outlined the objectives of the meeting which were to review the evidence and draft recommendations for review question 3 which concerns physical activity, sedentary behaviour and diet.

2. Confirmation of matter under discussion, and declarations of interest

The Chair confirmed that, for the purpose of managing conflicts of interest, the matter under discussion was digital and mobile health interventions effective at changing established behaviours relating to physical activity, sedentary behaviour and diet.

The Chair asked everyone to verbally declare any new interests since the last meeting.

No new interests were declared.

3. Minutes from the last meeting

The minutes were signed off as an accurate account of PHAC 0.

4. Declarations of interest

Danielle Conroy, Project Manager gave a short presentation on NICE's DOI policy and reminded committee members of their responsibilities in relation to declaring any potential interests ahead of each meeting.

The Chair thanked Danielle for her contribution to the meeting.

5. Recommendation writing and Equality Impact Assessment

Robby Richey, Technical Adviser gave a short presentation on considerations for committee members when drafting recommendation which included advice on interpreting the evidence, potential impact and equalities.

The Chair thanked Robby for her contribution to the meeting.

6. Evidence review: presentation for RQ3

PHAC 1 minutes

Rachel Walsh, Technical Analyst presented 34 studies identified for inclusion in the evidence base for changing established behaviours relating to physical activity, sedentary behaviour and diet. This comprised of both individual and pooled data, narrative summaries, GRADE ratings and forest plots.

7. Evidence review: presentation for RQ3 continued

As above.

8. Evidence review: discussion of findings of RQ3

Rachel Walsh led the group discussion on the findings of this evidence review. This included consideration of the quantity, quality and limitations of the evidence and type of analysis undertaken.

The Committee had the opportunity to input their own expertise and ask questions.

9. Recommendation development

Rachel Walsh and Robby Richey led the group discussion on the evidence presented and the committee started to draft ideas on suitable recommendations.

These will be revisited and revised at future committee meetings.

10. Health economics modelling approach

The Chair introduced Hayden Holmes, Health Economist at York Health Economics Consortium who presented initial ideas for the economic modelling for review question 3.

The Committee discussed the model structure, use of different techniques and approaches. Hayden will consider this feedback and bring specific questions to the next meeting.

The Chair thanked Hayden for his contribution to the meeting.

11. Gaps in the evidence – areas for expert testimony, call for evidence

The committee discussed sections of the protocol where no evidence was identified and considered possibilities of how these could potentially be addressed at future meetings.

Members of the Committee suggested contacts which may be suitable for expert witnesses.

12. Research recommendations

PHAC 1 minutes

The Committee identified potential areas for research and considered whether it would be appropriate to draft recommendations in these areas.

13. Discuss approach to next review (RQ1)

Rachel Walsh and Elina Simou, Technical Analyst outlined the approach for analysing and presenting the effectiveness evidence for review question 1 which will focus on changing smoking behaviour.

The Committee had the opportunity to discuss and ask questions before agreeing a way forward for PHAC 2.

14. Summary & Next Steps

The Chair recapped what had been discussed and outlined the objectives for the next meeting which included considering the cost-effectiveness evidence for RQ3 and the effectiveness evidence for RQ1.

The committee were advised that the NICE team will write up the draft recommendations and discussion from today's meeting and these will be circulated for review.

15. Any other business

None.

Date of next meeting: 03/06/2019

Location of next meeting: London, NICE offices