NICE National Institute for Health and Care Excellence

Behaviour change: digital and mobile health interventions Committee meeting

Date: 30/06/2020

Location: Virtual (Zoom)

Minutes: Final

Committee members present:	
Ralph Bagge (Chair)	(Present for notes 1 – 9)
Ian Basnett	(Present for notes 1 – 9)
Tim Chadborn	(Present for notes 3 – 9)
Ysabella Hawkings (Topic Expert)	(Present for notes 1 – 9)
Jane Leaman	(Present for notes 1 – 9)
Felix Naughton (Topic Expert)	(Present for notes 1 – 9)
Chris Packham	(Present for notes 1 – 9)
Toby Prevost	(Present for notes 1 – 9)

In attendance – NICE & Externals:		
Catrin Austin	Technical Analyst	(Present for notes 1 – 9)
Keona Bennett	Administrator	(Present for notes 1 – 5)
Danielle Conroy	Project Manager	(Present for notes 1 – 9)
Olivia Crane	Technical Analyst	(Present for notes 1 – 9)
Jenna Dilkes	Programme Manager (virtual committee support)	(Present for notes 1 – 9)
Lise Elliott	Programme Manager	(Present for notes 1 – 9)
Debra Hunter	Project Manager (support)	(Present for notes 1 – 9)
Nick Lowe	Digital Portfolio Coordinator (technical support)	(Present for notes 1 – 9)
Rosalee Mason	Meetings in Public Coordinator	(Present for notes 1 – 5
Annette Mead	Senior Medical Editor	(Present for notes 1 – 9)
Catherine Pank	Meetings in Public Coordinator	(Present for notes 1 – 9)
Robby Richey	Technical Adviser	(Present for notes 1 – 9)
Natalie Spray	Project Manager (virtual committee support)	(Present for notes 1 – 9)
Nick Staples	Guideline	(Present for notes 1 – 9)

	Commissioning Manager	
Hannah Stockton	Technical Analyst	(Present for notes 1 – 9)
Adam Storrow	Business Analyst - Resource Impact Assessment	(Present for notes 1 – 9)

Apologies:	
Ray Canham	Core member, Lay member
Barry Causer	Topic Expert,
Sally Cartwright	Core member, Consultant in Public Health
Grace Hampson	Core member, Health Economist
Rosie McEachan	Topic Expert, Academic and Public Health Specialist
Lucy Yardley	Topic Expert, Developer

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

The Chair welcomed the Committee members, review team and public observers to the seventh 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 finalise the guideline and equality impact assessment ahead of publication.

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 diet/physical activity, smoking, alcohol consumption and harmful sexual behaviour.

The Chair asked everyone to verbally declare any new interests.

Ian Basnett declared that he is currently supervising a student working on a Fitbit study to promote exercise amongst staff. No payment is involved.

The Chair, NICE team and committee were satisfied that this did not constitute a conflict of interest.

The Chair reminded the committee that Stephen Sutton, Felix Naughton and Toby Prevost were excluded from participating in smoking recommendation drafting as they have authored papers included in the evidence base for this review question.

3. Discussion of stakeholder comments and review of changes

Catrin Austin, Technical Analyst led the group discussion to continue reviewing the stakeholder comments from the last meeting.

The Committee reviewed changes made to the recommendations in the last meeting. The rationale for any additional change was discussed and the subsequent action agreed.

4. Prioritisation of research recommendations

Committee considered whether any of the discussions today or yesterday affect the recommendations for research and if any of these should be flagged as a priority.

5. Equality Impact Assessment

Catrin Austin, Technical Analyst led the discussion on the Equality Impact Assessment in relation to the Committee's work. Any necessary changes as a result of consultation feedback were discussed and agreed.

6. Lessons learnt for future guidelines

As this will be NICE's first guideline on digital interventions for behaviour change the team asked the Committee to consider how to approach this work moving forward given there has been some challenges, including the limited evidence base.

These learning points may be adopted when the guideline is updated, or similar guidelines are commissioned in the future.

7. Summary of the day and next steps

The Chair summarised what had been covered throughout the day and advised that the NICE team would draft a response to all consultation comments and make any agreed changes to the guideline documents, before sending these to Committee for final review.

An embargoed release of the guideline is due to go out to stakeholders week commencing 21 September for a factual accuracy check and the guideline is due to publish on 2 October (this was originally scheduled for August but has been pushed back whilst NICE prioritised it's COVID rapid guidelines and therapeutically critical guidance).

8. Any other business

Danielle Conroy, Project Manager provided an update on the Digital Pathway and gave Topic Experts the opportunity to be part of the Centre for Guidelines Expert Adviser

Panel.

The Chair thanked the Committee members, Topic Experts and NICE team for their hard work and dedication on producing this guideline.

A special mention was given to Toby Prevost to recognise that his 10-year tenure with the committee will soon end.

Date of next meeting: N/A.