

**Maternal and Child Nutrition  
Meeting 20**

**Date:** 23<sup>rd</sup> & 25<sup>th</sup> January 2024

**Location:** Virtually via Zoom

**Minutes:** Final

**Day 1**

<b>Committee members present:</b>	
Sarah Jefferies	Present for items 1-6
Kate Maslin	Present for items 1-6
Samantha Ross	Present for items 1-6
Ellinor Olander	Present for items 1-6
Anita Kambo	Present for items 1-6
Amber Marshall	Present for items 1-6
Vivien Swanson	Present for items 1-6
Lucilla Poston	Present for items 1-6
Amanda Avery	Present for items 1-6
Catherine McParlin	Present for items 1-6
Victoria Sibson	Present for items 1-5
Karen McLean	Present for items 1-6
Shereen Fisher	Present for items 4-6

<b>In attendance:</b>		
Maija Kallioinen	Guideline Lead	Present for items 1-6
Melissa Bolessa	Project Manager	Present for items 1-6
Shalmali Deshpande	Systematic Reviewer	Present for items 1-6
Sharangini Rajesh	Senior Technical Analyst	Present for items 1-6
Ifigeneia Mavranouzouli	Health Economics Advisor	Present for items 1-6
Adefisayo Abba-Abba	Systematic Reviewer	Present for items 1-6
Victoria Axe	Commissioning Manager	Present for items 1-5
Victoria Freeman	Systematic Reviewer	Present for items 1-6
Sarah Palombella	Senior Medical Editor	Present for items 1-6
Armina Paule	Systematic Reviewer	Present for items 1-6

<b>Apologies:</b>

Charlotte Wright	GC Member
Charlie Fairhurst	Clinical Advisor
Jane Hirst	GC Member

### 1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the first day of the 20<sup>th</sup> meeting on the Maternal and Child Nutrition Guideline.

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

### 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 Maternal and Child Nutrition.

The Chair asked everyone to verbally declare any interests that have arisen since the last meeting. New declarations were made:

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Lucilla Poston	GC Member	Talk at online Webinar; Innovations in Women's health' titled: 'Gestational Weight Gain: an Update'	Non-financial professional and personal interest	Declare and participate.  Rationale: Touches on the same topics as covered in the guideline but not specific enough to pose a conflict of interest.
Lucilla Poston	GC Member	Member of iWIP consortium. International Weight Management in Pregnancy  <a href="https://www.i-wip.com">https://www.i-wip.com</a>	Non-financial professional and personal interest	Declare and participate.  Rationale: Specific to the guideline but benefit of expertise likely to outweigh risks.

### 3. Minutes of last meeting

The Chair asked the Committee if it wanted any changes made to the minutes of the last meeting.

The Committee agreed that the minutes were a true and accurate account of the meeting.

#### 4. Morning presentations.

The Chair introduced Armina Paule, Systematic Reviewer and Maija Kallioinen, Guideline Lead who presented Evidence Review 4.3 – folic acid and vitamins:

*What are the barriers and facilitators to increasing the uptake of government advice for women and families with children up to five years in the following areas:*

- *folic acid supplements (including before pregnancy) (quantitative RQ 1.3)*
- *vitamin supplements (including Healthy Start vitamins) (quantitative RQ 1.5)*

The committee discussed the qualitative evidence presented and reviewed current recommendations on the topic. They wrote and revised recommendations on this area based on the evidence presented.

The Chair introduced Sharangini Rajesh, Senior Systematic Reviewer, who presented on research recommendations.

The committee discussed the research recommendations. It was agreed who would volunteer to work on the research recommendations.

#### 5. Afternoon presentations.

The Chair introduced Maija Kallioinen, Guideline Lead who led the committee on a review of the draft guideline.

The committee went through editorial queries and signed off recommendations.

#### 6. Any other business

The Chair confirmed the second day of the 20<sup>th</sup> GC meeting will be held on Thursday 25<sup>th</sup> January 2024.

The meeting finished at 16:30.

**Location of next meeting:** Virtually via Zoom.

### Maternal and Child Nutrition GC 20

#### Day 2

#### Committee members present:

Sarah Jefferies	Present for items 1-5
Kate Maslin	Present for items 1-5
Samantha Ross	Present for items 2-5
Anita Kambo	Present for items 1-4
Amber Marshall	Present for items 1-5

Vivien Swanson	Present for items 1-5
Lucilla Poston	Present for items 1-5
Charlotte Wright	Present for items 1-5
Shereen Fisher	Present for items 1-3 and some of item 4
Amanda Avery	Present for items 1-5
Catherine McParlin	Present for items 1-5
Victoria Sibson	Present for items 1-4
Karen McLean	Present for items 1-5

<b>In attendance:</b>		
Maija Kallioinen	Guideline Lead	Present for items 1-5
Melissa Bolessa	Project Manager	Present for items 1-5
Shalmali Deshpande	Systematic Reviewer	Present for items 1-5
Sharangini Rajesh	Senior Technical Analyst	Present for items 1-5
Ifigeneia Mavranouzouli	Health Economics Advisor	Present for items 2-5
Adefisayo Abba-Abba	Systematic Reviewer	Present for items 1-5
Victoria Axe	Commissioning Manager	Present for items 1-4 (out 2pm-2:30pm)
Victoria Freeman	Systematic Reviewer	Present for items 1-5
Sarah Palombella	Senior Medical Editor	Present for items 1-5

<b>Apologies:</b>	
Ellinor Olander	Co-opted Member
Jane Hirst	Co-opted Member
Charlie Fairhurst	Clinical Advisor

### 1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the second day of the 20th meeting on the Maternal and Child Nutrition Guideline.

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

### 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 Maternal and Child Nutrition.

The Chair asked everyone to verbally declare any interests that have arisen since the last meeting. New declarations were made:

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
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Kate Maslin	GC Member	<p>I have had a paper published entitled:</p> <p><b>“Tackling the dual burden of malnutrition in pregnancy - pregnancy after weight loss surgery”</b>: Link here: <a href="https://pubmed.ncbi.nlm.nih.gov/38240086/">https://pubmed.ncbi.nlm.nih.gov/38240086/</a></p> <p><b>This is a follow up paper to be invited to speak at the Nutrition Society conference in July 2023.</b></p>	Non-financial professional and personal interest	Declare and participate.
Charlotte Wright	GC Member	<p>New publications 1 of 2:</p> <p>“Associations between breastfeeding duration and adherence to complementary feeding recommendations in Scotland” to be published in Maternal &amp; Child Nutrition on</p>	Non-financial professional and personal interest	<p>Declare and participate</p> <p>Rationale: Related to topics covered in the guideline but the benefit of expertise likely to outweigh risks. The publication would not have formed part of the evidence base for the evidence reviews even if published earlier.</p>
Charlotte Wright	GC Member	<p>New publications 2 of 2:</p> <p>“Does planning to mixed feed undermine breastfeeding?” published in Maternal &amp; Child Nutrition</p>	Non-financial professional and personal interest	<p>Declare and participate</p> <p>Rationale: Related to topics covered in the guideline but the benefit of expertise likely to outweigh risks. The publication would not have formed part of the evidence base for the evidence</p>

				reviews even if published earlier.
<b>3. Morning presentations.</b>				
<p>The Chair introduced Fisayo Abba-Abba, Systematic Reviewer and Maija Kallioinen, Guideline Lead who presented Evidence review 4.3 – healthy eating in children:</p> <p><i>What are the barriers and facilitators to increasing the uptake of government advice for women and families with children up to five years in the following areas:</i></p> <ul style="list-style-type: none"> <li>○ <i>appropriate and timely introduction to solids (complementary feeding) for babies from 6 to 12 months (quantitative RQ 4.1)</i></li> <li>○ <i>healthy eating and drinking in children from 12 months to 5 years (quantitative RQ 4.2)</i></li> </ul> <p>The committee discussed the qualitative evidence presented and reviewed the current recommendations on the topic. They wrote and revised recommendations based on the evidence presented.</p>				
<b>4. Afternoon presentations.</b>				
<p>The Chair introduced Victoria Freeman, Systematic Reviewer and Maija Kallioinen, Guideline lead who presented Evidence review 4.3 – healthy eating in pregnancy:</p> <p><i>What are the barriers and facilitators to increasing the uptake of government advice for women and families with children up to five years in the following areas:</i></p> <ul style="list-style-type: none"> <li>○ <i>healthy eating and drinking in pregnant women (quantitative RQ 2.3)</i></li> </ul> <p>The committee discussed the qualitative evidence presented and reviewed the current recommendations on the topic. They wrote and revised recommendations based on the evidence presented.</p> <p>Maija Kallioinen, Guideline Lead led the committee through the next steps in the guideline development process.</p>				
<b>5. Any other business</b>				
<p>The Chair confirmed the next meeting will be held on Tuesday 27<sup>th</sup> and Thursday 29<sup>th</sup> February 2024.</p> <p>The meeting finished at 16:30.</p>				

**Location of next meeting:** Virtually via Zoom.