

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Maintaining a healthy weight and preventing excess weight gain

2nd Meeting of the Public Health Advisory Committee

Wednesday 18th June 2014

Broadway House, Tothill Street, London SW1H 9NQ

Draft Minutes

Attendees:	<p><i>PHAC Members</i> Susan Jebb (Chair), Peymane Adab, Louisa Ells, Nick Finer(left the meeting at 4.00pm), , Sarah West Sadler (left the meeting at 4.00pm) Mireia Jofre Bonet (left the meeting at 3.40pm), Alison Lloyd, Chris Packham, Joyce Rothschild, Amanda Sowden, Lucy Yardley</p> <p><i>NICE Team</i> Kay Nolan, Adrienne Cullum, Alastair Fischer (left the meeting at 3.40pm) Rachel Kettle, Patricia Mountain</p> <p><i>Review Team (Bazian)</i> Rob Davies, Alicia White (both left the meeting at 12.40pm)</p> <p><i>Co-optees</i> Nick Cavill</p> <p><i>Observers</i> Irene Garcia,</p>
Apologies:	<p><i>PHAC Members</i> Laura McGowan, Bimpe Oki, Toby Provost</p>

Author	PM
File Ref	
Version	Final
Audience	PHAC members, NICE team, members of the public

Item		Action
<p>1. Welcome and objectives for the meeting</p>	<p>The Chair welcomed the Public Health Advisory Committee (PHAC) to the second meeting on Maintaining a healthy weight and preventing excess weight gain.</p> <p>The Chair welcomed the members of the review team and the observers.</p> <p>The Chair welcomed the members of public to the meeting. The members of the public had been briefed already, both verbally and in writing by the NICE team, and the Chair reminded them of the protocol for members of the public, i.e. their role is to observe and they may not speak or ask questions. Also, no filming or recording of the meeting is permitted.</p> <p>The Chair reminded all present that the PHAC is independent and advisory, and that its decisions and recommendations to NICE do not represent final NICE guidance; and they may be changed as a result of public consultation.</p> <p>The Chair outlined the objectives of the meeting which included:</p> <ul style="list-style-type: none"> • An update on actions since last meeting and amendments to review 1 • To consider review 2 on communication of messages about weight • To consider cost effectiveness issues • To draft the guidance for consultation – particularly recommendations and considerations 	
<p>2. Apologies for absence</p>	<p>The Chair informed the PHAC that apologies had been received. These are noted above.</p>	
<p>3. Declarations of Interests</p>	<p>The Chair explained that verbal declarations of interest are a standing item on every agenda and are recorded in the minutes as a matter of public record. The Chair asked the PHAC to declare any changes to their interests. Previous declarations of interest can be viewed on the NICE website here http://www.nice.org.uk/guidance/indevelopment/gid-phg78/documents</p> <p>There were no additional interests declared.</p>	
<p>4. Minutes of meeting 8</p>	<p>The minutes of the meeting were agreed as an accurate record</p>	
<p>5,6 Update on issues explored since the last</p>	<p>Kay Nolan, associate director at NICE and Adrienne Cullum, analyst at NICE, gave the committee an update of the progress since the last meeting which</p>	

<p>meeting</p>	<p>included</p> <ul style="list-style-type: none"> • Considering expert testimony (weight monitoring) • Considering equalities issues raised at the last meeting (particularly age and ethnicity) • Additional searches • The Scientific Advisory Committee on Nutrition (SACN) work on carbohydrates. <p>Alicia White from Bazian gave a short update on changes to review 1 based on PHAC members' comments at the last meeting. These changes were summarised in paper 10.13</p> <p>There was time for questions and discussion.</p> <p>The PHAC agreed the changes made to the evidence statements and requested that the contractors, Bazian, finalise according to their direction</p> <p>Action: Contractors to finalise review 1</p>	<p>Contractors</p>
<p>7,8 Presentation of Review 2</p>	<p>Rob Davies from Bazian presented an overview of this qualitative review of the most acceptable ways to communicate information about individually modifiable behaviours to help maintain a healthy weight or prevent excess weight gain and described the:</p> <ul style="list-style-type: none"> • Method • Summary of evidence by theme • Review limitations • Key messages <p>There was time for questions and discussion.</p> <p>The PHAC discussed how this new evidence impacted on the draft recommendations created so far and areas for additional recommendations within the scope of the guidance.</p> <p>The PHAC identified gaps within the evidence that may be addressed by an expert paper on how to frame the message in a positive way.</p> <p>Action: NICE to consider expert testimony</p> <p>Action: NICE to look at published NICE guidance on diabetes, and behaviour change to see how these address communication to different population subgroups</p>	<p>NICE</p> <p>NICE</p>
<p>9. Cost effectiveness – key issues for this guidance</p>	<p>Alastair Fischer, health economist at NICE, gave a presentation to the PHAC giving the rationale for not undertaking any new economic modelling and utilising the work that NICE undertook for previous guidance, particularly guidance on lifestyle weight management in adults and children, and guidance on the prevention of type 2 diabetes.</p> <p>The PHAC agreed this way forward.</p> <p>Action: NICE to utilise the economic modelling for related NICE guidance and finalise a paper for guidance consultation,</p>	<p>NICE</p>

10,11. Drafting recommendations and considerations	<p>Using the evidence that they had received, the PHAC worked in plenary to draft a number of recommendations, and agreed amendments to the previously drafted recommendations.</p> <p>Action: NICE team to summarise draft recommendations and send to PHAC for comment Action: NICE team to summarise the feedback into draft considerations and send to PHAC for comment</p>	<p>NICE</p> <p>NICE</p>
12. Discussion of gaps in the evidence and research recommendations	<p>Using the evidence that they had received, the PHAC worked in plenary to identify gaps in the evidence and potential areas for research recommendations</p> <p>Action: NICE to summarise and to PHAC for comment</p>	<p>NICE</p>
13. Summary	<p>The Chair summarised the main decisions and actions agreed.</p> <p>Kay Nolan outlined the next steps in the guidance process</p> <ul style="list-style-type: none"> • PHAC comment on updated, edited guidance 9th July to 23rd July • Consultation on draft guidance 23rd September to 4th November • PHAC meeting 19th November • PHAC final comment on updated, edited guidance 15th December to 5th January • Issue date 25th February 2015 <p>Action: NICE team to send PHAC a link to show how guidance is linked via a Pathway on the NICE website Action: NICE to liaise with PHE regarding the information for the public on this topic</p>	
14. Close	<p>The meeting closed at 4.30pm.</p>	