

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE
Maintaining a healthy weight and preventing excess weight gain

1st Meeting of the Public Health Advisory Committee

Wednesday 30th April 2014

NICE Offices, Spring Gardens, London

Final Minutes

Attendees:	<p><i>PHAC Members</i> Susan Jebb (Chair), Peymane Adab, Louisa Ells, Nick Finer, Laura McGowan, Bimpe Oki, Toby Prevost, Sarah West Sadler (left the meeting at 4.15pm)</p> <p><i>NICE Team</i> Kay Nolan, Adrienne Cullum, Victoria Axe, Rachel Kettle, Patti White</p> <p><i>Review Team (Bazian)</i> Alexandra Bhatti, Rob Davies, Alicia White</p> <p><i>Co-optees</i> Nick Cavill</p> <p><i>Observers</i> Kirsty Little (NICE), Robbie Coleman (left at 1pm. Education Endowment Foundation), Kevan Collins (arrived at 1pm and left at 3pm. Education Endowment Foundation)</p>
Apologies:	<p><i>PHAC Members</i> Mireia Jofre Bonet, Alison Lloyd, Chris Packham, Joyce Rothschild, Amanda Sowden, Lucy Yardley</p>

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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 first 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 member of public to the meeting.</p> <p>The Chair outlined the general housekeeping for the venue which included noting all fire exits.</p> <p>The Chair outlined the objectives of the meeting which included:</p> <ul style="list-style-type: none"> • receiving a brief background to the maintaining a healthy weight topic and scope • discussing the findings of the evidence review and exploring individually modifiable factors to help maintain a healthy weight and prevent excess weight gain • Beginning drafting recommendations, considerations and research recommendations • Considering gaps in the evidence base and potential expert testimony 	
<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 everyone to verbally declare the interests they had made in writing at the time of their application to join the PHAC and also to declare any additional interests that may have arisen since then.</p> <p>The potential conflicts of interest declared were as follows:</p> <p>Personal pecuniary interest</p> <p>Nick Finer declared that he is an employee of UCLH NHS Trust which is a provider of obesity services. He has been involved in consultancy (within past 2 years) to Pharmaceutical Industry re ant-obesity and diabetes medications (Vivus Inc – Qsymia; Novo Nordisk – Lragutide; Arena – Belviq; Janssen Cilag – canaglifozin). He has received speakers Fees (within past 2 years) from Novo Nordisk. He is a shareholder – Counterweight plc (current value £0 (zero)).</p>	

	<p>Laura McGowan declared that she was previously employed by the charity Weight Concern who sell a weight management programme for adults. She is no longer an employee of Weight Concern – although she does occasional consultancy work.</p> <p>Susan Jebb declared that she received a salary from the University of Oxford. She is a member of the Tanita Medical Advisory Board and she has received writing fees from Rosemary Conley Diet and Fitness magazine.</p> <p>Personal family interest</p> <p>Toby Prevost declared that his wife has shares in AstraZeneca.</p> <p>Non-personal pecuniary interest</p> <p>Peymane Adab declared that she holds several research grants related to obesity prevention and weight management in adults which include the following:</p> <p>HTA funded trial of childhood obesity prevention HTA funded trial of cultural adaptation of a child weight management programme Study to develop a childhood weight management programme in urban China (funded by Guangzhou Public health bureau and Centre for disease control) NPRI funded trial of weight management for adults in primary care</p> <p>Louisa Ells declared that The Health and Social Care Institute at Teesside University has received grants from NICE in the past and would consider tendering for NICE funding should a suitable call arise in the future.</p> <p>Nick Finer declared that he is an employee of UCLH NHS Trust which is a provider of obesity services and a purchaser of equipment from Allergan, Covidien and Ethicon. He is a symposium organiser and speaker at numerous national and international meetings that are supported by sponsors from commercial sector.</p> <p>Laura McGowan declared that she was employed by the Director of Weight Concern who could benefit from the sales of a weight management programme (social enterprise) – she is now only an honorary member of staff. She is employed by the Queen’s University Belfast who are funded by safe-food.</p> <p>Sarah West Sadler declared that she currently works for CASH (Consensus action on salt for health)</p>	
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	<p>approx. 8 hours per week providing data support for their recently launched 'food switch' app.</p> <p>Nick Cavill declared that his company works for a range of different clients promoting physical activity and also sells pedometers.</p> <p>Alex Bhatti declared that her employer holds and has held other contracts with NICE and thither organisations in the healthcare industry</p> <p>Alicia White declared that her employer holds and has held other contracts with NICE and thither organisations in the healthcare industry</p> <p>Rob Davies declared that his employer holds and has held other contracts with NICE and thither organisations in the healthcare industry</p> <p>Toby Prevost declared that he is a co-investigator on health research grants principally from NIHR.</p> <p>Personal non-pecuniary interest</p> <p>Nick Finer declared he is the Chair of IASO Education and Management Task Force. He is also the Chair of Experts in Severe and Complex Obesity (registered charity). He is a Medical Advisor of Weight Concern (registered charity) and a Medical Advisor of Prader Willi Association UK (Registered charity).</p> <p>Laura McGowan declared that she is regularly involved in publishing articles on obesity and contributing to media enquiries on the subject of weight and eating habits broadly. She is an honorary member of staff at Weight Concern and the University College London's Health Behaviour Research Centre and is asked to occasionally give media interviews on various aspects of weight and the psychology of weight management.</p> <p>Sarah West Sadler declared that she is doing an MSc Nutritional Therapy at Worcester and has started seeing clients as part of her assessments. She receives no funding for this. She advises on weight management.</p> <p>Rob Davies declared that he is a member of the labour party.</p> <p>The Chair and the Director/Associate Director noted that the interests declared did not prevent the attendees at committee from fully participating in the meeting</p>	
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<p>4. Background to the topic, scope, equalities considerations and approach to evidence reviews</p>	<p>The Chair gave the committee an update of the process that NICE will follow prior to publication of this piece of guidance.</p> <p>Adrienne Cullum (AC) gave a presentation on the background and scope for the guidance and the approach taken to interrogating the evidence.</p> <p>It was noted that the joint clinical and public health guidance on CG43 found on the website here: http://www.nice.org.uk/CG43 was reviewed in 2011 and areas of the guidance were identified as needing updating. The PHAC committee will be updating section 1.1.1 “recommendations for the public”.</p> <p>AC informed the committee of the inclusions and exclusions from the scope.</p> <p>It was noted that the guidance will include the following</p> <ul style="list-style-type: none"> • Adults and children who are not undergoing management or treatment for being overweight or obese. • Modifiable behaviours that may help children and adults maintain a healthy weight or prevent weight gain • Provision of information about modifiable behaviours to maintain a healthy weight or prevent excess weight gain. <p>It was noted that the guidance will not include the following:</p> <ul style="list-style-type: none"> • Adults and children taking part in programmes or receiving treatment for being overweight or obese. • Adults and children taking part in programmes or receiving treatment for being underweight. • Pregnant women. • Infants who have not been weaned • Interventions to prevent obesity - covered in other sections of CG43 • Environmental factors beyond people’s control (eg cycle paths). • Programmes, services or treatments for people who are overweight or obese. • Management of conditions that increase the risk of weight gain, overweight or obesity. • Programmes, services or treatments for underweight. • Infant feeding and weaning. • Complementary therapies (eg acupuncture or hypnotherapy). • Definitions of ‘overweight’ and ‘obese’. • Related activities covered by other NICE guidance (eg breastfeeding). 	
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	<p>AC noted that there is a limited amount of time and resources for this project and so it is important to retain a clear focus on the scope</p> <p>Patti White (PW) highlighted the equalities issues that had been identified during scoping.</p> <p>The Chair asked the committee to keep equality issues in mind during the development of the guidance.</p> <p>The definition of “healthy weight”, weight loss maintenance and prevention of weight gain was discussed.</p>	
<p>5. Presentation of Review 1</p>	<p>Alicia White from Bazian gave a presentation entitled: Maintaining a healthy weight and preventing excess weight gain in children and adults – partial update: an evidence review of modifiable diet and physical activity components and associated behaviours.</p>	
<p>6. Questions and discussion</p>	<p>The PHAC were invited to ask Bazian questions in regard to the review, to consider any gaps that the committee felt there might be in the evidence and to carefully examine the conclusions the review had drawn.</p> <p>It was noted that reviews which focus on behavioural outcomes rather than weight per se had not been included. It was noted that some of these studies will have been reviewed as part of other NICE guidance.</p> <p>Action: The NICE Team to consider how to cross refer to relevant other pieces of NICE guidance.</p> <p>AC gave a presentation on developing recommendations at NICE. It was noted that the committee should consider</p> <ul style="list-style-type: none"> • whose health will benefit • who should take action • what action should they take <p>Kay Nolan (KN) reminded the committee that this review would not be the only form of evidence that the committee will have to base recommendations on.</p>	<p>NICE Team</p>
<p>7. Physical Activity and Sedentary Behaviour:</p> <ul style="list-style-type: none"> • Discussion of the evidence • Drafting recommendations and 	<p>The committee reviewed the conclusions drawn by the review team, set these in the context of wider evidence and experience and began to think about drafting recommendations around physical activity and sedentary behaviour. This included considering the wider benefits, the potential for unintended consequences and any equality issues.</p>	

<p>considerations</p>	<p>The members were also asked to think about the following when considering all evidence:</p> <ul style="list-style-type: none"> • Strength (type, quality, quantity and consistency) of the evidence • Applicability of evidence to the target populations and settings • Availability of evidence to support implementation – including evidence from practice • Relative value of the outcomes (including impact on inequalities) • Trade-off between harms and benefits • Size of effect and potential impact on individual and population health (if applicable) • Cost effectiveness <p>The committee looked at the following areas of physical activity:</p> <ul style="list-style-type: none"> • Active leisure • Sport • Active travel or commuting • Walking • Cycling • Activities of daily living • Incidental physical activity • Strength/aerobic exercise • Physical activity intensity/frequency/duration <p>Action: Bazian to clarify the difference between inconclusive and an absence of evidence in the review</p> <p>Action: Bazian to reduce length of evidence statements and provide greater synthesis drawing on the comment from the PHAC. Evidence drawn from cohort or RCTs to be clearly identified.</p> <p>The PHAC discussed a number of draft recommendations and considerations that could be incorporated into the draft guidance.</p> <p>The committee looked at the original CG43 recommendations and clarified whether any of these should be removed or modified in the light of the evidence.</p> <p>In regard to sedentary behaviour the committee looked at the following</p> <ul style="list-style-type: none"> • Sedentary time • Screen time • Active screen time 	<p>NICE Team</p> <p>Bazian</p>
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	<p>The committee discussed the definition of screen time.</p> <p>Action: The NICE Team and Bazian to discuss how to separate out evidence relating directly to TV viewing rather than general screen time and clearly identify the distinction in the text and evidence statements</p>	<p>NICE Team/Bazian</p>
<p>8. Food and Drinks</p> <ul style="list-style-type: none"> • Discussion of the evidence <p>Drafting recommendations and considerations</p>	<p>The committee looked at the following areas in regard to food and drinks:</p> <ul style="list-style-type: none"> • Sugar sweetened beverages • Fruit juice • Water • Tea and coffee • Alcohol • Milk and dairy • Whole grains • Refined grains • Fruit/vegetables • Meat/fish • Legumes • Nuts • Mediterranean diet • Guideline adherence • Other dietary patterns • Vegetarian/vegan <p>The PHAC discussed a number of draft recommendations and considerations that could be incorporated into the draft guidance following a similar structure to that employed for the prior discussion on physical activity</p> <p>It was suggested that the definition of whole grains and Mediterranean diet should be clarified in the review.</p> <p>Action: Bazian to take another look at the evidence on milk and dairy and fruit juice. To check whether any recently published reviews are available.</p>	<p>Bazian</p>
<p>9. Energy and Nutrients</p> <ul style="list-style-type: none"> • Discussion of the evidence <p>Drafting recommendations and considerations</p>	<p>The committee looked at the following areas in regard to energy and nutrients:</p> <ul style="list-style-type: none"> • Fat • Protein • Carbohydrates • Glycaemic index/load • Fibre • Energy density • Artificial sweeteners (it was suggested that this should be referred to as non-nutritive sweeteners) • Dietary sugars • Catechins • Caffeine 	

	<p>The PHAC discussed a number of draft recommendations and considerations that could be incorporated into the draft guidance following a similar structure to that employed for the prior discussion on physical activity.</p> <p>The PHAC requested the term non-nutritive sweeteners should be used in place of artificial sweeteners</p> <p>Action: The NICE Team and Bazian to look for further evidence relating to chocolate and confectionery.</p>	<p>NICE Team/Bazian</p>
<p>10. Eating patterns and other factors</p> <ul style="list-style-type: none"> • Discussion of the evidence <p>Drafting recommendations and considerations</p>	<p>The committee looked at the following areas in regard to eating patterns and other factors:</p> <ul style="list-style-type: none"> • Food prepared outside home • Eating frequency • Night eating • Eating while distracted • Family meals • Breakfast • Drinks with meals (this will be removed as a category) • Snacking <p>It was noted that the definitions of fast food and food prepared outside the home should be clarified.</p> <p>It was noted that no evidence was found in the reviews specifically relating to portion size.</p> <p>Action: Bazian to look into the current evidence in regard to eating alone compared to eating with others in different age groups.</p> <p>The committee also looked at the following areas which were considered “other factors”:</p> <ul style="list-style-type: none"> • Sleep • Monitoring • Holiday weight gain • Stress • Support <p>The PHAC discussed a number of draft recommendations and considerations that could be incorporated into the draft guidance following a similar structure to that employed for the prior discussion on physical activity.</p> <p>The committee then considered the full set of draft recommendations and the implications to stakeholders.</p>	<p>Bazian</p>

	<p>Action: agreed that studies for which there was no systematic review or weight outcomes should be noted as having no evidence available.</p> <p>Action: The NICE Team to cross refer to the behaviour change guidance for recommendations around support and monitoring</p> <p>Action: The NICE Team to bring the published guidance on Overweight and Obese Adults – Lifestyle Weight Management to the next PHAC meeting.</p> <p>Action: Bazian to reconsider the evidence around pre-prepared food in the light of the PHAC comments.</p>	<p>NICE Team</p> <p>NICE Team</p> <p>Bazian</p> <p>Bazian</p>
11. Discussion of gaps in the evidence and proposals for expert testimony	<p>The Chair informed the committee that expert testimony can be very useful if there is a specific gap in the evidence. The committee were asked to consider potential experts to give testimony on self-monitoring.</p>	
12. Summary of the day and any Other Business/Next steps	<p>The Chair thanked the committee for their hard work throughout the day.</p> <p>Action: The NICE Team to speak to PHE and SACN secretariat in regard to the work SACN are doing on carbohydrate</p> <p>The Chair informed the group of the next steps.</p> <p>There was no other business.</p>	<p>NICE Team</p>
11. Close	<p>The meeting closed at 4.30pm.</p>	