

**Physical activity and the environment: update Committee meeting**

**Date:** 14/12/2016, 10.00am – 4.30pm

**Location:** Avonmouth House, 6 Avonmouth Street, London SE1 6NX

**Minutes:** Final

<b>Committee members present:</b>		
David Croisdale-Appleby (Chair)		(Present for notes 1 – 15)
Stephen Morris (Vice chair)		(Present for notes 1 – 15)
Hiten Dodhia (Core member)		(Present for notes 1 – 15)
Janis Baird (Core member)		(Present for notes 1 – 13)
Eileen Kaner (Core member)		(Present for notes 1 – 12)
Jasmine Murphy (Core member)		(Present for notes 1 – 15)
Catharine Ward-Thompson (Co-opted member)		(Present for notes 1 – 13)
Ross Cowan (Lay core member)		(Present for notes 1 – 15)
Andy Jones (Topic expert)		(Present for notes 1 – 13)
Mark Frost (Topic expert)		(Present for notes 1 – 15)
Michael Tornow (Lay topic expert)		(Present for notes 1 – 15)
Susie Morrow (Lay core member)		(Present for notes 1 – 11)

<b>In attendance:</b>		
Adrienne Cullum	Technical Lead, NICE	(Present for notes 1 – 15)
Karen Peploe	Senior Technical Analyst, NICE	(Present for notes 1 – 15)
Olivia Crane	Assistant Technical Analyst, NICE	(Present for notes 1 – 15)
Ian Wall	Assistant Project Manager, NICE	(Present for notes 1 – 15)
Jean Bennie	Technical Analyst, NICE	(Present for notes 1 – 15)
Lucy Saunders	Speaker - Transport for London	(Present for notes 1 – 8)
Michael Wilson	Speaker - RNIB	(Present for notes 1 – 8)
Nicky Philpott	Speaker – Ramblers Association	(Present for notes 9 – 15)
Simon Barnett	Speaker – Ramblers Association	(Present for notes 9 – 15)

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Adrian Davis (via VC)	Speaker - Bristol City Council	(Present for notes 6 – 8)
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### Observers:

Simran Chawla	Public Involvement Advisor, NICE	(Present for notes 1 – 8)
Andrew Harding	Programme Manager, NICE	(Present for notes 1 – 15)

### Apologies:

Rose Durban	Core member
Verena Trend	Topic expert
Gerry Bennison	Lay topic expert

## 1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the second meeting for Physical activity and the environment - update. The Committee members and attendees introduced themselves.

The Chair welcomed the member of the public to the meeting. The member 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, whose role is to observe (they should not speak or ask questions). No filming or recording of the meeting is permitted. The Chair reminded all present that the Committee is independent and advisory, that its decisions and recommendations to NICE do not represent final NICE guidance, and that they may be changed as a result of public consultation. The Chair informed the Committee that apologies had been received. These are noted above.

The Chair outlined the objectives of the meeting, which included:

- Hearing and discussing expert testimony
- Hearing an update on actions since the last meeting and agree next steps

### Introductions

### 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 physical activity and the environment.

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The Chair asked everyone to verbally declare any interests.

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
David Croisdale-Appleby	Professor / Executive Chair, Standing Commission on Carers	Professor of Health and Human Sciences, University of Huddersfield	Personal, non-financial, non-specific	Declare and participate
		Professor of Social Work and Social Work Education, Manchester Metropolitan University	Personal, non-financial, non-specific	Declare and participate
		Non-Executive Director of Health Education England	Personal, financial, non-specific	Declare and participate
		Patron of the Oasis Partnership	Personal, non-financial, non-specific	Declare and participate
		Advisor to Chief Social Worker, Department of Health	Personal, non-financial, non-specific	Declare and participate
		Executive Chair of the Standing Commission on Carers (DH)	Personal, financial, non-specific	Declare and participate
		Chair of Dementia UK	Personal, non-financial, non-specific	Declare and participate
		Board Member and Trustee of Think Ahead, Department of Health	Personal, non-financial, non-specific	Declare and participate
		Chair of the Independent Cross-Government Advisory Group on Carers	Personal, non-financial, non-specific	Declare and participate
		Professor at the School of Medicine and Health, Durham University	Personal, non-financial, non-specific	Declare and participate
		Professor at the Wolfson Research Institute for Health and Wellbeing	Personal, non-financial, non-specific	Declare and participate
		Professor of Corporate Strategy at the Durham University Business School	Personal, non-financial, non-specific	Declare and participate

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		Visitor/Inspector of Medical Education, General Medical Council	Personal, financial, non-specific	Declare and participate
Janis Baird	Associate Professor of Public Health Medicine, MRC Lifecourse Epidemiology Unit	She and a group of colleagues at the MRC Lifecourse Epidemiology Unit, University of Southampton, have received funding from Danone Nutricia Early Life Nutrition for a specific research study which aims to improve the nutrition and Vitamin D status of pregnant women.	Non-personal, financial, non-specific	Declare and participate
		She and a group of colleagues, at the MRC Lifecourse Epidemiology Unit, University of Southampton, are collaborating with Iceland Foods Ltd to evaluate the impact fruit and vegetable availability on diet.	Non-personal, financial, non-specific	Declare and participate
		She is a member of the NIHR Research for Patient Benefit South Central Advisory Committee	Personal, non-financial, non-specific	Declare and participate
Ross Cowan	Lay core member	Unpaid Trustee of the Health and Race Equality Forum (HAREF), a small charity based in Newcastle which receives funding to carry out involvement and engagement activities around health and related issues.	Personal, non-financial, non-specific	Declare and participate
		Health and Wellbeing Policy Associate with Voluntary Organisations Network North East which receives funding from, and is a part of, Regional Voices, one of 21 voluntary sector networks and organisations in the DH, NHS England and Public Health England Strategic Partners Programme.	Personal, non-financial, non-specific	Declare and participate
		Member of Newcastle Disability Forum	Personal, non-financial, non-specific	Declare and participate
Hiten Dodhia	Consultant in Public Health - Public Health Directorate,	None	N/A	Declare and participate

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	London Borough of Lambeth			
Eileen Kaner	Professor of Public Health Research, Newcastle University	She is a Professor of Public Health and Primary Care Research at Newcastle University and have formed conclusions, derived from evidence, on primarily alcohol and public health issues. She has also previously chaired a NICE PDG (PH24) focused on alcohol and prevention.	Non-personal, non-specific, non-financial	Declare and participate
		She is a member of the NIHR Public Health funding board. Tenure ended October 2016	Personal, non-financial, non-specific	Declare and participate
		Her partner works as Head of Digital Strategy at North Tyneside Local Authority for who these guidelines may have some impact.	Personal non-financial, specific	Declare and participate
Stephen Morris	Professor of Health Economics, University College London	From October 2014 to June 2015 he received consultancy fees from Health Education North Central and East London to undertake a scoping project to evaluate the future need for Speech and Language Therapists in London.	Personal, non-financial, non-specific	Declare and participate
		From January 2015 to July 2015 he received consultancy fees from social enterprise Oomph Wellness to undertake a pilot study to evaluate the cost-effectiveness of the Oomph! programme, which provides exercise and activity classes for older people in care homes.	Personal, non-financial, non-specific	Declare and participate
		From September 2011 to the present he has been a member of the NIHR Public Health Research Programme Research Funding Board.	Personal, non-financial, non-specific	Declare and participate
		From October 2014 to the present he has been a member of the NIHR Health Services and Delivery Research Programme Funding Board.	Personal, non-financial, non-specific	Declare and participate
		From April 2015 to the present he has been a member of the	Personal, non-financial, non-	Declare and

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		NIHR Programme Grants for Applied Research expert sub-panel.	specific	participate
Jasmine Murphy	Consultant in Dental Public Health, Public Health England	None	N/A	Declare and participate
Mark Frost	Head of Traffic & Transport, London Borough of Hounslow	He is employed full time as the Head of Traffic & Transport for the London Borough of Hounslow	Personal financial non-specific	Declare and participate
Andy Jones	Professor of Public Health, Norwich Medical School	In his professional capacity he currently holds research funding from the Medical Research Council, the National Institute of Health Research, and Sport England to undertake research in the field of physical activity.	Non-personal financial specific	Declare and participate
		He has co-authored a further number of scientific journal articles examining the association between physical activity and features of the environment.	Personal, non-financial, specific	Declare and participate
Michael Tornow	Lay member	None	N/A	Declare and participate
Catharine Ward-Thompson	Professor of Landscape Architecture, University of Edinburgh	She is PI and grant-holder for NIHR PHR project 10/3005/18, 2012-2016, £948k for 'How effective is the Forestry Commission Scotland's woodland improvement programme - 'Woods In and Around Towns' (WIAT) - at improving psychological wellbeing in deprived communities?'	Non-personal, Financial, Specific	Declare and participate
		She is PI and grant-holder for EPSRC (EP/K037404/1), 2013-2016, £1.273m for 'Mobility, Mood and Place: a user-centred approach to design of built environments to make mobility easy, enjoyable and meaningful for older people'.	Non-personal, Financial, Specific	Declare and participate

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		<p>She has been Co-I on the following grants:</p> <p>MRC (G1001872/1), 2012-13, Pilot study, 'Going Outdoors: Falls, Ageing and Resilience (Go Far)', led by the University of Salford under (LLHW) Phase 3; Co-I.</p> <p>Scottish Government RESAS (MLU/ECA/UGW/847/08), 2008-2012, 'GreenHealth', researching the relationship between the quality, quantity and accessibility of green space and people's health and wellbeing, led by the James Hutton Institute; Co-I</p> <p>EPSRC (EP/G030898/1), 2009-2013, 'KT-EQUAL: Putting ageing and disability research into practice', a KT consortium, led by Sheffield University in collaboration with the Universities of Cambridge, Bath, Reading, Loughborough and Salford; Co-I.</p>	Non-personal, Financial, Specific	Declare and participate
Susie Morrow	Lay core member	Active in London Living Streets; currently chair Wandsworth Living Streets group and represent Living Streets on 'Action on Lorry Danger' working group. Wandsworth 20splentyforus representative.	Personal non-financial specific	Declare and participate
		Shareholder in GO-OP Cooperative Limited – the public transport co-operative	Personal financial specific	Declared and did not participate in discussions related to this matter
		Member of NICE PHAC D until recently (committee dissolved)	Personal non-financial non-specific	Declare and participate
		Partner acts as a consultant to Innovate UK.	Personal financial non-specific	Declare and participate
Simon Barnett	Director of Delivery & Development, Ramblers	Staff member of a charity campaigning on access and walking	Personal non-financial, specific	Declare and participate

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Nicky Philpott	Director of advocacy & engagement, Ramblers	Staff member of a charity campaigning on access and walking	Personal non-financial, specific	Declare and participate
Michael Wilson	RNIB	None	N/A	Declare and participate
Lucy Saunders	Transport for London	She works for Transport for London	Non-financial, personal, specific	Declare and participate
		She wrote an academic paper on relationship between car use and physical activity	Non-financial, personal, specific	Declare and participate
Adrian Davis	Independent Public Health Doctor	Vice-Chair (Science) Transport & Health Study Group	Non-financial, personal, specific	Declare and participate
		He has co-authored peer reviewed papers on aspects of active travel and transport. I have written a report for WHO Europe on active travel (to be published in 2017).	Non-financial, personal, specific	Declare and participate
		He currently has a non-pecuniary role with the University of the West of England as a Visiting Professor.	Non-financial, personal, non-specific	Declare and participate
		He has provided and continue to provide peer reviewed evidence-based advice to Bristol City Council. Some of this material appears on <a href="http://www.travelwest.info/evidence">www.travelwest.info/evidence</a> as part of his translational research work.	Non-financial, personal, specific	Declare and participate

The Chair and a senior member of the Developer's team noted that the interests declared did not prevent the attendees from fully participating in the meeting.

### 2. 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.

The Chair confirmed that all matters arising had been completed or were in hand.

### 3. Expert paper 1



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The Chair introduced Lucy Saunders, speaker from Transport for London, who gave a presentation on public transport and what influences travel habits in London more generally in terms of inequalities. She also discussed the walkability of neighbourhoods and its influence on physical activity.

The Committee thanked Lucy for her presentation and contribution to the development of the guideline.

### **4. Expert paper 2**

The Chair introduced Michael Wilson, speaker from RNIB, who gave a presentation on findings from the RNIB's 'Who put that there!' campaign report and some findings from some research by the Thomas Pocklington Trust.

The Committee thanked Michael for his presentation and contribution to the development of the guideline.

### **5. Discussion**

The Committee discussed the issues raised by the expert speakers and were given the opportunity to ask questions.

### **6. Expert paper 3**

The Chair introduced Adrian Davis, independent public health doctor, who gave a presentation on areas for which evidence has emerged since the original PH8 guideline was published in 2008. This included safe-system approaches. The Committee thanked Adrian for his presentation and contribution to the development of the guideline.

### **7 & 8. Discussion**

The Committee further discussed the issues raised by the expert speakers and were given the opportunity to ask questions. Key questions from the scope were considered.

### **9. Expert paper 4**

The Chair introduced Catharine Ward-Thompson, University of Edinburgh and PHAC co-optee, who gave a presentation on aspects of the environment that might make a difference to physical activity levels in older people, deprived urban populations and black and minority ethnic groups.

The Committee thanked Catharine for her presentation and contribution to the development of the guideline.

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### 10. Expert paper 5

The Chair introduced Nicky Philpott and Simon Barnett, speakers from the Ramblers Association, who gave a presentation on both urban green spaces and rural areas.

The Committee thanked Nicky and Simon for their presentation and contribution to the development of the guideline.

### 11. Discussion

The Committee further discussed the issues raised by the expert speakers and were given the opportunity to ask questions. Key questions from the scope were considered.

**Action: NICE to discuss written papers with experts. Written papers to be circulated to Committee in advance of the next meeting.**

### 12 & 13. Drafting recommendations and points for the Committee Discussion section

The Committee discussed key points for the guideline recommendations and the committee discussion based on the evidence presented.

**Action: NICE to draft outline recommendations and discussion points based on committee discussion.**

### 14. Matters arising

Adrienne Cullum, Technical Lead at NICE, provided an update on the evidence review, health economics, metabolic equivalents minutes and minimal important difference in GRADE.

Next steps and key dates were also provided.

All committee members were reminded that expenses must be submitted within 3 months of a meeting taking place.

**Action: NICE to send updated review 1 to committee in advance of the next meeting.**

**Action: NICE to use pragmatic, consistent MET scores if converting outcomes to MET minutes.**

**Action: NICE to use any difference for GRADE profiles (at least in the first instance).**

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<b>12. Any other business</b>
None

**Date of next meeting:** 1/2/2017

**Location of next meeting:** Avonmouth House, London