

Public Health Interventions Advisory Committee (PHIAC)

PHIAC 17: Minutes of meeting 21st September, 2007

Mental Wellbeing and Older People and Alcohol and Schools

Attendees	<p>Members Catherine Law, Sharon McAteer, Jane Putsey, Simon Capewell, Richard Cookson, Phil Cutler, Joanna Cooke, Mike Owen, Tracey Sach, John Barker, Sue Atkinson, David McDaid, Mike Bury, Susan Michie, Joyce Rothschild, Alastair Hogarth, Howard Gilfillan, Mike Rayner, Muriel James, Dagmar Zeuner, Valerie King, David Sloan, Brian Ferguson, KK Cheng, Ann Hoskins, Klim McPherson</p> <p>NICE Mike Kelly (MK), Simon Ellis (SE) (AM only), Tricia Younger (TY) (PM only), Hilary Chatterton (HC) (AM only), Caroline Mulvihill (CM) (AM only), Linda Sheppard (LS), Clare Wohlgemuth (CW), Sarah Dunsdon (SD), Bhash Naidoo (BN), Emma Stewart (ES) (Minute taker)</p> <p>Observers Joanna Lenham, (SCIE), Nadira Sharif, (SCIE), Jane Huntley (NICE), Sue Jolley, (NICE), Marion Spring, (NICE), Gill Matthews, (NICE), Mandy Harling, (NICE), Joanna Pearl (NICE), Elena Terol Sabina, (NICE)</p> <p>Contractors <i>Alcohol and Schools</i> Harry Sumnall, Lisa Jones, Annemarie Carr,</p> <p><i>Older People and Mental Wellbeing</i> Gill Windle (OPMW), Ian Russell (OPMW), Dyfrig Hughes (OPMW)</p> <p>Cooptees and Expert witnesses <i>Alcohol and Schools</i> Sarah Smart (PSHE Association), Andrew McNeil (Institute of Alcohol studies), Rhian Stone (Independent consultant), Joan Harris (school nurse), Susi Farnworth (Mentor UK)</p> <p><i>Older People and Mental Well being</i> Imelda Redmond, Naina Patel</p>
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Agenda Item	Minutes	Action
1. Welcome and introductions (Chair)	The Chair welcomed Members to the seventeenth PHIAC meeting, particularly the two new members – Jo Cooke and Tracey Sach.	
2. Apologies (All)	Apologies were received from the following: David Jones, Matt Kearney, Mark Sculpher, Amanda Hoey, Andrew Hopkin, Ruth Hall, Dale Robinson.	
3. Declaration of Interest (All)	<p>Declarations of conflicts of interest in relation to Alcohol and Schools were asked for.</p> <p>No conflicts of interest were declared.</p> <p>The following individuals indicated that they may receive a service payment for implementing some of the interventions that the Committee may recommend, or from future research funding relating to Alcohol and Schools:</p> <p>Service Payment: Rhian Stone</p> <p>Research: <i>PHIAC members:</i> KK Cheng, Susan Michie, Catherine Law, Jo Cooke <i>Contractors/ co-optees:</i> Susi Farnworth, Harry Sumnall</p> <p>Declarations of conflicts of interest in relation to Mental Wellbeing of Older People were asked for.</p> <p>No conflicts of interest were declared.</p> <p>The following individuals indicated that they may receive a service payment for implementing some of the interventions that the Committee may recommend, or from future research funding relating to Mental Wellbeing of Older People:</p> <p>Service Payment: None</p> <p>Research funding: <i>PHIAC members:</i> KK Cheng, Mike Bury, Tracey Sach, Susan Michie, <i>Contractors/ Co-optees:</i> Ian Russell, Naina Patel</p>	
4. Alcohol and Schools – discussion of stakeholder comments and fieldwork.	<p>A summary of suggested revisions to the draft recommendations for the alcohol and schools guidance was outlined by the NICE team. This followed feedback from the fieldwork and stakeholders.</p> <p>The committee discussed the feedback from the fieldwork</p>	

<p>Revision to the recommendations.</p>	<p>and the potential implications to the draft recommendations.</p> <p>Some of the key issues discussed by the committee were:</p> <ul style="list-style-type: none"> • How to define 'sensible', 'safe', 'harmful', 'misuse'. • The appropriate role of teachers. • How to identify alcohol 'misuse', and the need to separate this out from the issue of whole school approaches to alcohol education. • How to determine whether the recommendations have their intended impact. • Clarification about 'confidentiality.' • How to order the recommendations most effectively. • Some of the key themes that should appear in the considerations section. • The lack of evidence available about interventions in different social groups. • Which practitioners should implement the recommendations. • Which agencies should be involved in local partnerships. • The forthcoming changes to the curriculum and PSHE education. • The non-statutory status of PSHE education • Schools cannot be expected to be the solution to society's problems. • The need for practitioners to be appropriately trained. • The cultural norms and societal attitudes about alcohol use. <p>The Committee agreed a number of revisions to the recommendations and considerations section of the guidance.</p> <p>The committee were asked to consider potential research recommendations, and to identify the most important suggestions which might improve the evidence relating to this particular intervention. It was agreed that the following general research areas should be developed by the NICE team as research recommendations:</p> <ul style="list-style-type: none"> • Information about interventions that are both effective and cost effective in educational settings. • Delivery of interventions • The long term consequences of alcohol use among young people <p>A further research recommendation about the relative effectiveness and cost effective of legislative and fiscal interventions compared to school based interventions should be referred to the topic consideration panel.</p> <p>Simon Ellis outlined the next steps in guidance production, which were agreed by the committee.</p>	
<p>5. Mental wellbeing and older people:</p>	<p>The chair introduced contractors from the collaborating centres, who gave brief presentations on the key findings</p>	

Consideration of the evidence.	<p>from the effectiveness and cost effectiveness reviews for Mental Wellbeing of Older People. The presentations were given by:</p> <ul style="list-style-type: none"> • Gill Windle, University of Wales, Bangor • Dyfrig Hughes and Pat Link, University of Wales, Bangor 	
5 Comment from the PHIAC technical reps	<p>The Chair then asked the PHIAC technical representatives, Mike Bury and David McDaid, to comment.</p> <p>The key issues raised were:</p> <ul style="list-style-type: none"> • The many limitations of both the effectiveness and economic evidence. • The lack of evidence on inequalities and the need to consider how this might be addressed. • The need to consider the unintended consequences of interventions. • How to disentangle physical and mental wellbeing outcomes. • Whether any further economic modelling work might be considered. 	
6 Mental Wellbeing and Older People: discussion	<p>The committee discussed the following:</p> <ul style="list-style-type: none"> • Effect size and validity. • The need for additional economic analysis to model what is going on over time. • The limitations of the evidence because of the concentration on the absence of disease rather than considering how to improve and maintain good health. • The difficulty of forming recommendations with the huge variety of study outcomes. • The lack of evidence about the long term significance of interventions. • Whether there is any further qualitative evidence about mental wellbeing. 	
7 Comment from the PHIAC lay and practitioner reps and co-optees.	<p>The chair then asked the nominated practitioner representative, Sue Atkinson, and the nominated lay representative, Muriel James, to give their perspectives on the potential areas for making recommendations.</p> <p>The following comments were made:</p> <ul style="list-style-type: none"> • That there is a need to draw out the significant features of the effective interventions. <p>Potential areas for making recommendations might be:</p> <ul style="list-style-type: none"> • Exercise • Health promotion • Psychological interventions. <p>The 3 co-optees were then invited to respond and comment upon any of the issues raised or discussed, or other issues they considered important. The co-optees were: June Crown (Age Concern) (apologies); Naina Patel (PRIAE); Imelda Redmond (Carers UK)</p>	

	<p>It was agreed that despite the limitations of the evidence, there was a need for this guidance.</p>	
<p>8 Summary from the chair</p>	<p>The chair summarised the key discussions and areas for further deliberation. These were:</p> <p>Some overall observations:</p> <ul style="list-style-type: none"> • The extent of the referral. • The limitations of the evidence. <p>Specific issues:</p> <ul style="list-style-type: none"> • The need to emphasise the importance of context and environment. • The distinction between mental and physical wellbeing. • The lack of evidence on carers. • That there is some effectiveness data on physical exercise interventions. This should be drawn upon when making recommendations. • The lack of literature about psychological impacts. • There is limited information about cost effectiveness. <p>The committee agreed that recommendations could be made from the evidence but more economic analysis may be needed, in particular around physical activity.</p> <p>It was agreed that a number of other interventions on this topic should be recommended for further investigation, and should therefore be referred to the topic selection panel. The broad areas are:</p> <ul style="list-style-type: none"> • Social Isolation • Access to services • The role of carers. • Other activities (other than physical activity) • Poverty. <p>It was agreed that in order to proceed with these topics, the following should be taken into account:</p> <ul style="list-style-type: none"> • That there was a need to consider new methodologies. • That more work would be needed to consider the issue of harm and what does not work. • The need to include lay perspectives from the very beginning of the topic. • How to overcome the tendency for gender bias in this topic. • A shift from the individual perspective to a broader population approach. <p>The committee agreed the following actions to proceed:</p> <ul style="list-style-type: none"> • The NICE team will draft recommendations based on the evidence available. • The NICE team will liaise with contractors in order to consider further economic analysis. • The further interventions highlighted by the 	

	<p>committee should be drawn up as topic proposals for further assessment at the topic consideration panel at NICE.</p> <ul style="list-style-type: none"> • Once draft recommendations have been drafted, these will be circulated to the committee for comment. • That the current NICE timelines should be adhered to where possible. • The need to clearly acknowledge in the considerations section the limits of the methodology and the limited scope of the guidance. • The NICE team will need to consider whether a change of title is necessary. 	
13. Next Steps	<p>Tricia Younger gave a brief overview of the next stages in guidance production:</p> <ul style="list-style-type: none"> • Consultation to be considered further with the Chair and editing. • A plan will be devised and sent to the committee. 	
14. Minutes of the meeting of PHIAC 16 (All)	<ul style="list-style-type: none"> • The minutes were approved by the committee with some minor changes. 	
15. Topic Suggestions (All)	<p>The following potential topics were suggested by the committee to be referred on to the topic selection committee:</p> <ul style="list-style-type: none"> • Fiscal controls that may influence alcohol consumption. I.e. pricing/ point of sale. • Interventions for tobacco control such as costs, media/ warnings on cigarette packets. • Interventions to prevent the harmful effects of gambling. 	SM to write briefing note
11 AOB (Chair)	<ul style="list-style-type: none"> • A sub group of PHIAC will meet to discuss the social value judgement paper consultation and feedback to the November meeting. • The issue of which day of the week to hold PHIAC meetings in 2009 was raised. The committee were asked to contact Mike Kelly if they had a strong opinion. • It was agreed that the away day for 2008 would be held in June. It will involve a stay over night. • Member representatives were still needed for some forthcoming topics – ES to send an email to PHIAC with a list of current reps and vacancies. • A new PHIAC intervention has been referred to NICE in the 16th Wave on Mental Wellbeing in Secondary Education– ES to circulate to the committee. 	PHIAC ES ES
12 Close	The meeting closed at 16.30	