

## NICE PUBLIC HEALTH PROGRAMME GUIDANCE

### Type 2 diabetes: preventing pre-diabetes among adults in high-risk groups

**6<sup>th</sup> and 7<sup>th</sup> meeting of the Programme Development Group  
Tuesday 20<sup>th</sup> July 2010 and Wednesday 21<sup>st</sup> July 2010**

**Derwent, MidCity Place, 71 High Holborn, London WC1V 6NA**

<b>Attendees:</b>	<p><b>Programme Development Group (PDG) Members:</b> Nick Wareham (Chair), Bennett Quinn, Anne Dornhorst, Jennifer Tringham, Neel Basudev (day 2 only), Steven Cummins (day 1 only), Tim Marsh (left midday day 2), Akeem Ali, Margaret Guy, Aderonke Jomo – Coco, Sabina Syed, Tracy Kelly, Sarah Wild, Nigel Unwin, Marie Cummins (day 2 only), Marc Suhrcke (day 1 only)</p> <p><b>Experts (day one only):</b> Dr Susan Michie (University College London and member of the Public Health Interventions Advisory Committee), Dr Gina Netto (Herriot Watt University), Dr Mark Exworthy (Royal Holloway, University of London)</p> <p><b>NICE:</b> Catherine Swann, Clare Wohlgemuth, Alastair Fischer, Karen Peploe, Adrienne Cullum (day 1 only), Emma Doohan, Ruaraidh Hill, Nick Doyle (day 1 only)</p> <p><b>Review Team (day one only):</b> Alan Brennan, Mike Gillett, Roy Jones, Nick Payne, Laurence Blake (School of Health And Related Research (SchARR), Sheffield)</p>
<b>Apologies:</b>	Mireia Jofre-Bonet, Marie Cummins (Day 1), Steven Cummins (Day 2)

#### **Day One - Tuesday 20<sup>th</sup> July 2010**

Agenda Item		Action
<b>1. Welcome and introductions</b>	<p>Apologies were received from Mireia Jofre-Bonet, Marie Cummins (for Day 1) and Steven Cummins (for Day 2).</p> <p><b><u>Minutes of the last meeting</u></b> There were no amendments to the circulated minutes.</p> <p><b>Action:</b> Emma Doohan to publish minutes on website.</p> <p><b><u>Update of actions/matters arising:</u></b></p> <ul style="list-style-type: none"> <li>• Nick Wareham has sent Alan Brennan some references to recent research on physical activity and CVD (this action was carried forward from PDG 4.)</li> <li>• The homework from the last meeting will be considered at the PDG tomorrow.</li> </ul>	

	<p><b><u>Declarations of Interest:</u></b></p> <p><b>Personal pecuniary interest</b> Ameet Bakhai* Wasim Hanif*</p> <p><b>Personal family interest</b> Ameet Bakhai*</p> <p><b>Non-personal pecuniary interest</b> Sabina Syed Ameet Bakhai* Margaret Guy Mark Exworthy - Recipient of NIHR and DH research grants</p> <p><b>Personal non-pecuniary interest</b> Ameet Bakhai* Anne Dornhorst Marie Cummins Wasim Hanif* Margaret Guy</p> <p>*did not attend the meetings.</p> <p>A full listing of the PDG member's declarations of interest can be found in the minutes of PDG 1.</p>	
<p><b>2. Update on the NHS white paper</b></p>	<p>Nick Doyle from NICE briefed the PDG on the key messages from the new NHS white paper and also suggested the emerging health and public health priorities for the new coalition government.</p> <p>The PDG were given an opportunity to ask any questions on the presentation.</p> <p><b>Action:</b> It was agreed that the PDG will need to be mindful of the points raised when producing the guidance.</p>	<p><b>PDG</b></p>
<p><b>3. Expert testimony: Low income groups and behaviour change interventions (Professor Susan Michie, UCL)</b></p>	<p>Susan Michie, professor of health psychology at UCL, gave a presentation on a recent review of interventions which looked to promote physical activity and healthy diet amongst low income groups. She also presented an overview of a recent evaluation on health trainers.</p> <p>The PDG were given an opportunity to ask Susan any questions of clarification or raise any discussion points.</p>	
<p><b>4. Expert testimony: Adapting health promotion interventions for</b></p>	<p>Gina Netto from the School of the Built Environment at the Heriot Watt University gave a presentation considering how health promotion interventions can be adapted for black, minority and ethnic communities.</p>	

<p><b>BME groups (Dr. Gina Netto, Herriot Watt University)</b></p>	<p>She presented 5 principles which could be used to help adapt interventions so they are applicable to minority ethnic communities. These could be applied at the planning or delivery stage of intervention development.</p> <p>The PDG were given an opportunity to ask any questions or make any comments on the testimony heard.</p>	
<p><b>5. Expert testimony: Public health and health policy (Dr Mark Exworthy, Royal Holloway, University of London)</b></p>	<p>Dr Mark Exworthy from Royal Holloway, University of London gave a presentation on the link between public health interventions and health policy. He suggested that there are some key windows of opportunity and conditions when policy change is more likely to occur.</p> <p>The PDG were given an opportunity to ask any questions or make any comments on the expert testimony.</p>	
<p><b>6. Case studies: BME and low-income community projects (Roy Jones, SchARR)</b></p>	<p>Roy Jones from SchARR gave a presentation on a piece of work which looked at a selection of local projects on diabetes prevention.</p> <p>The PDG were given an opportunity to ask any questions or make any comments on the expert testimony.</p> <p><b>Action: The following amendment to the review was suggested:</b></p> <ul style="list-style-type: none"> <li>• Reference is made to PCTs, therefore the research is only referring to the English and Welsh examples rather than a national consideration.</li> </ul>	<p><b>SCHARR</b></p>
<p><b>7. Cost effectiveness and modelling (Alan Brennan, SchARR)</b></p>	<p>Alan Brennan from SchARR presented an overview of the work conducted on the cost effectiveness review to date.</p> <p>He invited the PDG to reflect on a number of key issues pertinent to the next stage of economic appraisal. The PDG discussed appropriate interventions for inclusion in the economic model.</p> <p>It was also agreed that in drafting the guidance, the PDG will need to consider:</p> <ul style="list-style-type: none"> <li>• The level of individual risk for diabetes that would trigger a one-to-one intervention.</li> <li>• The level of risk in the community which would trigger a community intervention.</li> </ul> <p><b>Action: SCHARR will undertake some additional work to identify any further suitable interventions, and will present the model and results in September.</b></p>	

	<p><b>Action: Any useful references re uptake of interventions should be sent to the NICE team.</b></p> <p>The meeting closed at 4.20pm</p>	
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**Day Two – Wednesday 21<sup>st</sup> July 2010**

<p><b>1. Developing the guidance (Nick Wareham, Chair)</b></p>	<p>Nick Wareham gave a short presentation summarising work to date, considering the focus of the guidance.</p> <p>The presentation outlined three different approaches to tackling risk factors for type 2 diabetes at population level:</p> <ul style="list-style-type: none"> <li>• High risk individual approaches</li> <li>• Total population approaches</li> <li>• High risk population strategies</li> </ul> <p>The relative impact and effectiveness of different intervention strategies within these approaches was discussed.</p> <p>It was noted that the PDG should think about suggesting possible areas for disinvestment as well as new initiatives The group then had a discussion about the approach suggested by Nick.</p> <p>The following was agreed:</p> <ul style="list-style-type: none"> <li>• The type 2 diabetes 2 PDG will need to consider the level of risk for diabetes that which should trigger a one-to-one intervention.</li> <li>• The guidance will need to take into account new health and public health priorities, and the new political context</li> <li>• NICE will circulate slides from this presentation to the PDG.</li> </ul> <p>Clare Wohlgemuth reminded the PDG of the homework from the last meeting. It was agreed that the NICE team would collate the responses, the chair would then consider them and present a consensus to the PDG at the next meeting.</p>	<p><b>Nick Wareham</b></p> <p><b>NICE</b></p>
<p><b>2. Revising the recommendations (Clare Wohlgemuth, NICE)</b></p>	<p>Clare Wohlgemuth outlined the tasks that the PDG would be undertaking for the rest of the day. They were asked to consider the following:</p> <ul style="list-style-type: none"> <li>• How the expert testimony presented on day one might feed into drafting new recommendations.</li> <li>• How the recommendations drafted at previous meetings might be revised, amended and refined in light of the discussions over the last 2 days.</li> </ul>	

	<p>The PDG were split into groups and asked to work through the recommendations. They were then asked to feed back the main changes to the rest of the PDG.</p> <p><b>Action: Tim Marsh to be asked to speak at the next PDG meeting about food labelling.</b></p>	<p><b>NICE team</b></p>
<p><b>3. Next Steps (Catherine Swann, NICE)</b></p>	<p><b>1. Next steps in guidance production</b>                  22<sup>nd</sup> July – 1<sup>st</sup> September – Recommendations and guidance to be redrafted by the NICE team and in liaison with the Chair.                  2<sup>nd</sup> September – Mail out for September meetings                  14<sup>th</sup> – 15<sup>th</sup> September – PDG meetings 8 &amp; 9                  16<sup>th</sup> September – 6<sup>th</sup> October – Drafting guidance                  7<sup>th</sup> – 21<sup>st</sup> October – Guidance to PDG for comment</p> <p><b>2. Meetings 8&amp;9 – outline of meeting</b></p> <ul style="list-style-type: none"> <li>• Final modelling report</li> <li>• Final experts (pre-consultation)</li> <li>• Practice report</li> <li>• Additional review</li> <li>• Finalising draft recommendations</li> <li>• Editors</li> </ul> <p><b>Actions for NICE team:</b></p> <ul style="list-style-type: none"> <li>• <b>Presentations and expert papers to be circulated to the PDG</b></li> <li>• <b>NICE team to email the PDG with the next steps in guidance production.</b></li> <li>• <b>NICE team to work with SchARR on the economic modelling</b></li> <li>• <b>NICE team to work with Nick Wareham on redrafting the recommendations.</b></li> </ul>	<p><b>NICE team</b></p>
<p><b>4. Close</b></p>	<p>The meeting closed at 16.15</p>	

**Date of next meeting:** 14<sup>th</sup> September and 15<sup>th</sup> September, NICE offices, Mid City Place, 71 High Holborn, London, WC1V 6NA and 15<sup>th</sup> September