

**NICE GUIDANCE**  
**Walking and cycling: local measures to promote walking and cycling as a form of travel or recreation**  
**6<sup>th</sup> Meeting of the Programme Development Group**

**Tuesday 17<sup>th</sup> July 2012**

**Ian Skipper Room,  
St Cross College  
St Giles,  
Oxford, OX1 3LZ**

<b>Attendees:</b>	<i>Programme Development Group (PDG) Members:</i> Harry Rutter (Chair), Ralph Bagge, Nick Cavill, Adrian Davis, Charlie Foster, Mark Frost, Melvyn Hillsdon, Philip Insall, Tim Jones, Patrick Lingwood, Susie Morrow, Nanette Mutrie, Jennifer Roberts,  <i>NICE:</i> Jane Huntley, Hugo Crombie, Charlotte Haynes, James Jagroo, Kim Jeong, Victoria Axe, Mandy Harling  <i>Observers:</i> Lisa Peto (Oxfordshire PCT)
<b>Apologies:</b>	<i>None</i>

<b>Author</b>	Victoria Axe
<b>File Ref</b>	Walking and Cycling PDG 6: Final minutes
<b>Version</b>	Final
<b>Audience</b>	<b>PDG members, NICE team, the public (via web publication)</b>

Item		Action
<p><b>1. Welcome, introductions apologies and declarations of interest</b></p>	<p>The Chair welcomed the group to the sixth programme development meeting.</p> <p>The Chair informed the group of the general housekeeping.</p> <p>The Chair introduced the one observer, Lisa Peto from Oxfordshire PCT, to the meeting.</p> <p>The PDG were asked to declare any further conflicts of interest and previous declarations of interest were recorded.</p> <p>Harry Rutter is now employed part-time by the London School of Hygiene and Tropical Medicine and is also receiving funding from Macmillan Cancer Support. Harry had previously declared that he has worked in the field of walking and cycling for many years, and published a number of papers on the topic. He is the originator of the methodology adopted by the WHO in its Health Economic Assessment Tool for walking and cycling. His reputation in this field is based on the unbiased, impartial nature of his work.</p> <p>Philip Insall had previously declared that he is personally committed to the promotion of walking and cycling as transport choices which he believes to be beneficial to the environment, to society and to the health and wellbeing of the individual. He has written and spoken widely on this subject and is confident that his positions on this are soundly evidence based, but it is possible that observers might feel his mind is made up in advance of the NICE evidence review process.</p> <p>Mark Frost had previously declared that he is a supporter of the charity Sustrans which campaigns for improved walking and cycling networks across the capital. He is also a member of the London Cycling Campaign.</p> <p>Patrick Lingwood had previously declared that he is the Walking &amp; Cycling Officer at Bedford Borough Council</p> <p>Nick Cavill, Melvyn Hillsdon and Charlie Foster declared that they are now receiving funding from Macmillan Cancer Support.</p> <p>Nick Cavill had previously declared that his company has provided consultancy services to a number of public sector organisations on the topic of walking and cycling in recent years. Many of these have been providing services such as systematic reviews or evidence syntheses. None of these have been concerned with a specific product or service; none have been concerned with endorsing a specific</p>	

	<p>commercial product. None has been funded by the commercial sector. Nick had also declared that he has written on the topic of walking and cycling and expressed opinions, although these could be seen to be evidence-based and impartial.</p> <p>Nanette Mutrie declared that her employment position has now changed and she is the Chair of Physical Activity for Health at the University of Edinburgh. She is also working with the Scottish Physical Activity collaboration and is currently receiving funding from Macmillan Cancer Support. Nanette had previously declared that she was employed as Professor of Exercise and Sport Psychology at the University of Strathclyde, Glasgow and that she led the 'physical activity for health' research group at the University of Strathclyde and directed the Scottish Physical Activity Research Collaboration. Both of these groups have received research funding from charities, government and research councils to pursue research questions relating to walking and cycling. In the past year these grants began or are ongoing:</p> <ol style="list-style-type: none"> <li>1. Funded by CSO £224 March 2012- February 2014. Craig Melville PI ( University of Glasgow) and involving Nanette Mutrie [NM] as collaborator. 'The impact of a walking intervention on the physical activity levels and health of adults with learning disabilities.'</li> <li>2. Football Fans In training FFIT- funded NIHR obesity call. Sally Wyke University of Glasgow PI. £780k. Nanette Mutrie collaborator.</li> <li>3. Walk to work PI Suzanne Audrey Bristol University – funded by NIHR. NM collaborator</li> <li>4. Scottish Physical Activity Research Collaboration [sparcoll.org.uk] stage 3 (April 2011- March 2012) £120k Scottish Government. NM PI</li> <li>5. PhD studentship Strathclyde University (May 2011) 'Social Science meets Engineering at the cross roads: how does infrastructure change affect walking and cycling behaviour?' NM co-supervisor</li> <li>6. £2.3 million in collaboration (John Preston Southampton PI) from Engineering and Physical Sciences Research Council to evaluate the Connect2 project in relation to travel, physical activity and carbon emissions (2008-2013). NM collaborator</li> <li>7. £130k Chief Scientist Office Scotland "The feasibility of a pedometer-based walking programme in</li> </ol>	
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	<p>combination with a physical activity consultation in Scottish adults aged 65 years and over in a primary care setting” NM Principal investigator 2008-2010</p> <p>Nanette had also previously declared that she was a subscriber to Sustrans and has published and presented extensively on the topic of physical activity for health and walking and cycling in particular. Her Publications in the last 12 months are:</p> <p>Fitzsimons, C., Baker, G., Brennan, G., &amp; Mutrie, N. (2010). <i>Walking for Wellbeing in the West (WWW): impact of maximal and minimal interventions on total sitting time over 24 months</i>. Paper presented at the International Congress on Physical Activity and Public Health, Toronto, Canada.</p> <p>Fox, K., &amp; Mutrie, N. (2010). Physical activity and the prevention of mental illness, dysfunction and cognitive deterioration. In G. O'Donovan (Ed.), <i>BASES' Guidelines on Physical Activity in the Prevention of Chronic Disease</i>.: BASES.</p> <p>Hefferon, K., Grealy, M., &amp; Mutrie, N. (2010). <b>Transforming from cocoon to butterfly: the potential role of the body in the process of posttraumatic growth.</b> <i>Journal of Humanistic Psychology</i>, 50(2), 224-247.</p> <p>Hunt, K., Adamson, J., Ebrahim, S., &amp; Mutrie, N. (2010). Exercise and the onset of disability in later life. <i>J Aging Health</i>, 22(6), 734-747.</p> <p>Mutrie, N., &amp; Crawford, F. (2010). Promotion of cycling and health. <i>BMJ</i>, 341, c5405.</p> <p>Mutrie, N., Foster, C., Burton, N. W., Estabrooks, P. A., &amp; Baker, G. (2010). <b>Recruiting hard-to-reach populations to physical activity studies: evidence and experiences</b> <i>Journal of Physical Activity &amp; Health</i>, 3, s329-331.</p> <p>O'Donovan, G., Blazeovich, A. J., Boreham, C., Cooper, A. R., Crank, H., Ekelund, U., Fox, K. R., Gately, P., Giles-Corti, B., Gill, J. M., Hamer, M., McDermott, I., Murphy, M., Mutrie, N., Reilly, J. J., Saxton, J. M., &amp; Stamatakis, E. (2010). The ABC of Physical Activity for Health: a consensus statement from the British Association of Sport and Exercise Sciences. <i>J Sports Sci</i>, 28(6), 573-591.</p> <p>Ogilvie, D., Mitchell, R., Mutrie, N., Petticrew, M., &amp; Platt, S. (2010). Shoe leather epidemiology: active travel and transport infrastructure in the urban landscape. <i>International Journal of Behavioral Nutrition and Physical Activity</i>, 7(1), 43.</p> <p>Pavey, T., Anokye, N., Taylor, A., Trueman, P., Moxham, T., Fox, K., Hillsdon, M., Green, C., Campbell, J., Foster, C., Mutrie, N., Searle, J., &amp; Taylor, R. (2010). The Effectiveness and Cost-effectiveness of Exercise Referral Schemes: A Systematic Review</p>	
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	<p>and Economic Evaluation Health Technology Assessment</p> <p>Shaw, R., Fenwick, E., Baker, G., McAdam, C., Fitzsimons, C., &amp; Mutrie, N. (2011). 'Pedometers cost buttons': the feasibility of implementing a pedometer based walking programme within the community. <i>Bmc Public Health</i>, 11(1), 200.</p> <p>Taylor, K., Fitzsimons, C., &amp; Mutrie, N. (2010). Objective and subjective assessments of normal walking pace, in comparison with that recommended for moderate intensity physical activity. <i>International Journal of Exercise Science</i>, 3(3), article 4.</p> <p>Tim Jones declared that he has joined the National Cycling Forum.</p> <p>Adrian Davis declared that he has a non-pecuniary interest with the University of West England as he is involved in a sub-group interested in cycling and health in the National Cycling Forum. Adrian had previously declared that he was a member of the Transport and Health Study Group (THSG) Executive. The THSG has a stated set of views on transport policy, set out in Health on the Move 2 (2011), derived from the evidence base, and which addresses active travel.</p> <p>Jennifer Roberts declared that she is now a PDG member for the NICE Behavior Change guidance update.</p> <p>Susie Morrow declared that she is currently providing consultancy in research development to St Mary's University College, Twickenham. Until July 2012 Susie was Vice Chair of Living Streets and remains active in Living Streets campaigning (at London-wide and borough levels), and in the London Cycling Campaign of which she is an active member. Susie had previously declared that her Partner (Dr Mike Grahn) is the director of technology of enteric, an NHS-Technology Strategy Board-funded healthcare technology cooperative working in the field of bowel function. See <a href="http://www.enteric.org.uk/">http://www.enteric.org.uk/</a> and he also acts as a consultant to the UK Technology Strategy Board and is an (unpaid) member of the executive of Wandsworth LINK. None of Dr Grahn's work is of relevance to NICE guidance development on promoting cycling and walking.</p> <p>Ralphe Bagge had previously declared that his income is derived from two businesses he owns: Artisan Audio (importer of consumer electronics) and Performance Strategies (a management consultancy). He also receives an allowance paid by South Bucks District Council as an elected member of the council. He also declared he was a ride leader for British Cycling's Skyride Local programme and receive expenses for rides he plans, risk-assesses or leads. In the last 12 months he also led one ride for Cycle-Wise Thames Valley, for which he received expenses.</p>	
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	<p>Ralph had declared previously that his wife is employed by Bucks CC as a teacher and derives an income from teaching piano and that he has Ride membership of British Cycling. He is an elected member of Stoke Poges Parish Council and South Bucks District Council and a member of the Planning Committee and the Sustainable Development policy advisory group. He is the parish council's representative at the South Bucks Partnership and Bucks County Council's Beeches Local Area Forum and is a member of the Beeches LAF Cycling Development Group. He is the secretary of The Laughing Group - a recreational cycling club and a Trustee of the Stoke Poges Village Hall charity. He is a member of the Beaconsfield Constituency Conservative Association, a member of the Stoke Poges Branch Committee and a member of the Conservative Councillors' Association. He is the Chair of Synerga Stoke Poges – a voluntary organisation set up to operate a 'good neighbour scheme' for vulnerable residents.</p>	
<b>2. Minutes of last meeting</b>	<p>The minutes of the last meeting were discussed and confirmed as an accurate record.</p> <p>The actions of the last meeting were all confirmed as completed.</p>	
<b>3. Comments from Stakeholders</b>	<p>Hugo Crombie (HC) gave a presentation summarising the comments received from stakeholders.</p>	
<b>4. Equity Audit</b>	<p>HC began a discussion on equity issues and asked the PDG to focus on these while they reviewed the guidance.</p> <p>James Jagroo arrived at 11am and continued the presentation on equity.</p>	
<b>5. Changes to the guidance - recommendations</b>	<p>The PDG went through the stakeholder comments for each recommendation in the draft guidance and made a number of alterations. During the discussion on recommendation seven Nick Cavill declared a conflict of interest and withdrew from the group.</p>	
<b>6. Changes to the guidance – considerations and other sections</b>	<p>The PDG went through the stakeholder comments for the consideration section of the draft guidance and made a number of alterations.</p> <p><b>Action: The PDG to email the NICE team if they have any comments regarding the research recommendations</b></p>	<b>PDG</b>
<b>7. Implementation plan, pathways and co-branding</b>	<p>Mandy Harling (MH) gave a presentation informing the PDG on how the NICE implementation team will support the guidance once it is published. MH asked the PDG to support the implementation team by providing feedback, taking part in consultation or informing her of any examples</p>	

	<p>of best practice.</p> <p><b>Action: The PDG to contact MH in regards to the implementation and costing tools.</b></p> <p><b>Action: NICE Team to continue discussions with the Department for Transport and to keep the PDG up to date via email.</b></p>	<p><b>PDG</b></p> <p><b>NICE Team</b></p>
<b>8. Next steps</b>	<p>HC presented the final steps until publication in October. These were as follows:</p> <p>The guidance amended and edited: 18<sup>th</sup> July – 6<sup>th</sup> August  The PDG comments on guidance: 7<sup>th</sup> – 28<sup>th</sup> August  The comments are incorporated and the guidance is amended and edited: 29<sup>th</sup> August – 12<sup>th</sup> September  The guidance is signed off by NICE Guidance Executive: 25<sup>th</sup> September  The guidance is published: 31<sup>st</sup> October</p>	
<b>9. AOB</b>	<p>Jane Huntley formally thanked the Chair and the PDG for their hard work and dedication during the production of the guidance.</p> <p>There was no other business.</p>	
<b>10. Close</b>	<p>The meeting closed at 4.15pm.</p>	