

Minutes of the meeting held on 14<sup>th</sup> September 2012

Public Health Interventions Advisory Committee (PHIAC)

PHIAC 60 – Physical activity advice in primary care  
(partial update of PH2)

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<b>Attendees</b>	<b>PHIAC attendees</b>  <b>Co-optees and Experts</b>  <b>NICE Attendees</b>  <b>Contractors</b>  <b>Observers</b>
<b>Authors</b>	Natalie Bartle, Simon Ellis
<b>Audience</b>	Members of the public, PHIAC

<b>Agenda Item</b>	<b>Minutes</b>	<b>Action</b>
<b>1. Welcome and introductions</b>	<p>The meeting started at 9.45am.</p> <p>The Chair welcomed attendees to the 60<sup>th</sup> PHIAC meeting.</p> <p>The chair welcomed the members of public to the meeting.</p> <p><b>PHIAC attendees</b> Catherine Law (Chair), Bren McInerney, KK Cheng, Muriel James, Joyce Rothschild, Jane Putsey, Stephen Walters, Matt Kearney, Ruth Hall, Dale Robinson, Mike Rayner, Kamran Siddiqi, Richard Fordham, John Barker, Stephanie Taylor, Susan</p>	

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<p><b>2. Apologies for Absence</b></p>	<p>Michie, David Sloan, Sarah Byford (from 13.30), Stephen Morris, Toby Prevost, John Macloed.</p> <p>The contractor and expert introduced themselves to the committee as follows:</p> <p><b>Co-optees and Experts</b>          Kim Buxton – BHF National Centre for Physical Activity and Health</p> <p>Lewis Jones – NHS Cornwall &amp; Isles of Scilly PCT</p> <p>Esther van Sluijs – MRC Epidemiology Unit and UKCRC Centre for Diet and Activity Research</p> <p><b>Contractors</b>          Nick Payne, Fiona Campbell and Lindsay Blank (SchARR) (until 15.20)</p> <p>Julia Fox-Rushby and Nana Anokye (Brunel University)</p> <p><b>NICE staff</b>          Mike Kelly, Simon Ellis, James Jagroo, Hugo Crombie, Kim Jeong and Natalie Bartle</p> <p><b>Observers</b>          Rukshana Begum (NICE CPHE)          John Illingworth (Leeds City Council)          Warren Raymond (Norwich Medical School)</p> <p>Apologies were received from Jo Cooke, Lesley De Meza, Ann Hoskins, Amanda Hoey, Sarah Byford and David McDaid.</p> <p>Tracy Sach has resigned and was thanked for her work on the committee.</p> <p>The Chair asked all PHIAC members to check that NICE have their correct details for the membership list that goes in the guidance and on the website.</p>	<p><b>ALL PHIAC members to check that their name and job title are correct and to return the amended form to Natalie Bartle.</b></p>
<p><b>3. Declarations of Interest</b></p>	<p>Members, contractors and experts were requested to declare their interests in relation to Physical activity advice in primary care (partial update of PH2).</p> <p>A number of declarations of interest had been received in writing prior to the</p>	

	<p>meeting.</p> <p><b><u>Personal pecuniary interest</u></b></p> <p><b>Matt Kearney</b> – Matt may receive payments for providing such services in the future</p> <p><b><u>Personal family interest</u></b></p> <p>None</p> <p><b><u>Non-personal pecuniary interest</u></b></p> <p><b>Toby Prevost</b> – Toby is funded as a co-applicant on an NIHR programme research grant in the development and evaluation of very brief interventions to increase physical activity in primary care.</p> <p><b>Mike Rayner</b>– Mike’s research group works with the NICE Collaborating Centre for Physical Activity. The Centre was the co-ordinator of the original review for NICE PH2 Guidance in 2006.</p> <p><b>John Macleod</b> – John may receive funding for future research in this area.</p> <p><b>Stephen Walters</b> – Stephen has contracts with NIHR.</p> <p><b>KK Cheng</b> – KK may receive funding for future research in this area.</p> <p><b>Susan Michie</b> – Susan is involved in research to increase walking in primary care and may receive funding for future research in this area.</p> <p><b>Kim Buxton</b> – Kim has managerial responsibility for a department which receives external funding from primary and secondary care trusts for the delivery of patient empowerment training. She has managerial responsibility for the member of staff which this funding supports.</p> <p><b>Esther van Sluijs</b> - The MRC Epidemiology Unit is involved in trials promoting physical activity through Primary Care settings and has received grant funding for this in the past and will likely do so in the future.</p> <p><b>Julia Fox-Rushby</b> – Julia is currently working on a funded trial of pedometers and expects to have future research funding in</p>	
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	<p>the area of physical activity.</p> <p><b>Nana Anokye</b> – Nana is involved in a pedometer trial and is likely to carry out future research in the area of physical activity.</p> <p><b><u>Personal non-pecuniary interest</u></b></p> <p><b>Mike Rayner</b> – Mike is a trustee of the National Heart Forum and his salary comes from the British Heart Forum. Both these bodies have made statements on issues relating to the Guidance.</p> <p>The Chair stated that she and the Director of the Centre of Public Health Excellence (CPHE), NICE are content that none of the declarations of interest prevent participants from taking part in the meeting.</p>	
<p><b>4. Physical activity in primary care (partial update of PH2): Considering the evidence</b></p>	<p><b>4. Physical activity in primary care (partial update of PH2): Considering the evidence</b></p> <p><b>a. Purpose and Process (Mike Kelly, Director, Centre for Public Health Excellence, NICE)</b> Mike Kelly explained the purpose of – and process for – the partial update of PH2.</p> <p><b>b. Presentation of findings from the effectiveness and barriers &amp; facilitator reviews (Fiona Campbell and Lindsay Blank, ScHARR)</b> Fiona Campbell and Lindsay Blank presented the findings of the effectiveness and barriers reviews, and the over-arching meta-synthesis.</p> <p><b>c. Presentation of the findings from the economic barriers review (Julia Fox-Rushby, Brunel)</b> Julia Fox-Rushby presented the findings of the economic barriers review.</p> <p><b>d. Presentation of findings from the economic evaluation review and the economic modelling (Nana Anokye, Brunel)</b> Nana Anokye presented the findings of the economic evaluation review and the economic modelling.</p>	

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	<p><b>Questions of clarification (All)</b> The committee raised points for clarification.</p>	
<p><b>5. Physical activity advice in primary care (partial update of PH2): Considering the evidence</b></p>	<p><b>5. Physical activity advice in primary care (partial update of PH2): Considering the evidence (continued)</b></p> <p><b>a. Comment by lead PHIAC technical discussants (Toby Provost and Steve Morris)</b> Toby Provost and Steve Morris commented on the reviews and the economic analyses respectively.</p> <p><b>Discussion (All)</b> There was a discussion of the evidence reviews and economic analyses.</p>	
<p><b>6. Physical activity advice in primary care (partial update of PH2): Revisions to the recommendations</b></p>	<p><b>6. Physical activity advice in primary care (partial update of PH2): Revisions to the recommendations</b></p> <p><b>a. Overview of the current recommendations and context (James Jagroo, NICE)</b> James Jagroo reminded the committee about the brief advice recommendations in PH2. He also provided an overview of the Chief Medical Officers' physical activity recommendations, the General Practice Physical Activity Questionnaire (GPPAQ), the Quality and Outcomes Framework (QOF) and the Department of Health's physical activity care pathway.</p> <p><b>b. Summary of discussion</b> The Chair summarised the discussion as follows:</p> <ul style="list-style-type: none"> <li>• There are gaps in the evidence base</li> <li>• Issues are being considered that were not included in PH2 including mental health and the role of health systems, however there is not much evidence on these additional issues.</li> <li>• The overall effect of brief advice on physical activity seems to be modest but consistent</li> <li>• The effectiveness and cost effectiveness may be underestimated</li> <li>• There isn't much information about effectiveness according to the diversity of population</li> <li>• There are principles from NICE guidance on behaviour change that</li> </ul>	

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	<p>should be considered</p> <ul style="list-style-type: none"> <li>• The committee should consider the changing context in health promotion in primary care and the changing landscape of the NHS</li> </ul> <p>Sarah Byford joined the meeting at 13.30.</p>	
<p><b>7. Physical activity advice in primary care (partial update of PH2): Revisions to the recommendations (continued)</b></p>	<p><b>7. Physical activity advice in primary care (partial update of PH2): Revisions to the recommendations (continued)</b></p> <p><b>a. Reflections and suggested revisions from lead PHIAC practitioner and lay discussants (Matt Kearney and Phil Cutler)</b></p> <p>Phil Cutler and Matt Kearney introduced the issues and ‘set the scene’ from a lay and practitioner perspective respectively.</p> <p><b>b. Agreeing revisions to the recommendations (All)</b></p> <p>The committee considered what revisions should be made to each of the original recommendations from PH2.</p> <p>The committee agreed that the existing PH2 recommendations were still appropriate, but more detail could be added about how to deliver brief advice, to whom and in what circumstances.</p> <p>The committee discussed the conflicting demands on primary care staff time, as well as their education and training needs around the benefits of physical activity and how to deliver brief advice effectively.</p> <p>The committee considered that a QOF indicator would help to increase the offer of brief advice.</p> <p>The Chair asked NICE colleagues whether there was any way of knowing how PH2 had been implemented since publication in 2006. Mike Kelly, Centre Director explained that there are no systematic evaluations of the implementation of NICE Guidance. There is feedback from stakeholders and implementation consultants; however this is only anecdotal evidence.</p>	

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	<p>For future updates to NICE public health guidance the Centre for Public Health Excellence agreed that it would be important to obtain empirical evidence on the implementation of existing guidance.</p> <p>The lack of any new evidence for this guidance raised the question of decisions on updates within the Centre for Public Health Excellence and in NICE more generally. Mike Kelly explained that NICE were reviewing the process relating to Updates for the future.</p> <p>Lindsey Blank left the meeting at 15.20.</p> <p><b>c. Agreeing the draft considerations (All)</b> The Committee noted some areas for the draft considerations.</p> <p><b>d. Agreeing the gaps and draft research recommendations (All)</b> The committee noted some gaps in the evidence and areas for draft research recommendations</p> <p>Nick Payne left the meeting at 15.40</p> <p><b>e. Next steps (Simon Ellis, NICE)</b> Simon Ellis gave an outline of the process and timeline following the meeting today.</p> <p>The Chair thanked the cooptees, experts, contractors and members of the public for their attendance.</p> <p>All experts, co-optees, contractors and members of the public left the meeting.</p>	<p><b>CPHE to construct this as a question when updates are being planned</b></p> <p><b>Mike Kelly to report back on future developments of the update process.</b></p>
<p><b>8. Topic Selection</b></p>	<p><b>8. Topic selection – possible topics for the future (All)</b> PHIAC members to identify topics.</p> <p>No topics were suggested.</p>	
<p><b>9. Local Government Public Health Briefings</b></p>	<p><b>9. Local Government Public Health Briefings (Mike Kelly, NICE)</b> Mike Kelly gave an overview of the purpose and content of these briefings.</p>	

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<p><b>10. Minutes of the meeting of PHIAC 59 (All)</b></p>	<p><b>10. Minutes of the meeting of PHIAC 59 (All)</b> The draft minutes of the July 2012 meeting were agreed as an accurate record.</p>	<p><b>Natalie Bartle to upload the minutes to the NICE website.</b></p>
<p><b>11. AOB (Chair)</b></p>	<p><b>11. AOB</b> The committee raised the following items of AOB:</p> <ul style="list-style-type: none"> <li>• It would be useful if logic models were included early on in the papers for future PHIAC meetings;</li> <li>• The Fellows and Scholars scheme was promoted to PHIAC members;</li> <li>• Recruitment is now underway for the new PHAC Committees. Details of how to apply can be found on the NICE website;</li> <li>• Recruitment for Lay members for the PHAC committees will be recruited through PPIP.</li> <li>• There is a PHIAC meeting on 12<sup>th</sup> October and PHIAC were advised to keep the November meeting in the diary until further notice.</li> <li>• The committee were reminded that there will not be a meeting in December.</li> </ul> <p><b>Close (Chair) The Meeting closed at 4.20pm.</b></p>	<p><b>CPHE to include logic models early-on in the papers for future PHIAC meetings.</b></p> <p><b>CPHE to send the information electronically for the committee to forward on.</b></p> <p><b>CPHE to send the website links to committee members.</b></p> <p><b>PHIAC to note dates in their diaries.</b></p>