

**NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE**

**Exercise referrals (update of PH2)**

**Meeting of the Public Health Advisory Committee A**

**Friday 13<sup>th</sup> December 2013**

**Derwent room, NICE office, London**

**Final Minutes**

<b>Attendees:</b>	<p><b><i>PHAC Members</i></b> Jennifer Bostock, Susan Jebb (Chair), Ruth Jepson (left meeting at 15:30), Alison Lloyd, Elaine McNish, Steve Morris (present in the afternoon), Andy Pringle, Stephen Sutton, Malcolm Ward, Lucy Yardley.</p> <p><b><i>NICE Team</i></b> Emily Aidoo, Hugo Crombie, Simon Ellis, Kim Jeong, James Jagroo, Ruaraidh Hill, Melinda Kay</p> <p><b><i>Review Team</i></b> <i>Sarah Davis (SchARR)</i>, Emma Haverson-Hick (SchARR), Fiona Morgan (SURE), Ruth Tarley (SURE) (left meeting at 2pm)</p> <p><b>Apologies</b> Mireia Jofre Bonet, Chris Packham, Toby Prevost, Amanda Sowden</p>
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<b>File Ref</b>	PHAC A Minutes of 13th December 2013 meeting
<b>Version</b>	(Chair approved final minutes)
<b>Audience</b>	<b>PHAC members, NICE team, members of the public</b>

<b>Item</b>		<b>Action</b>
<b>1. Welcome and objectives for the meeting</b>	<p>The Chair welcomed the Public Health Advisory Committee (PHAC) to the first meeting on 'Exercise referral schemes'.</p> <p>The Chair welcomed the members of public to the meeting.</p> <p>The Chair outlined the general housekeeping for the venue.</p>	

	<p>The Chair outlined the aim of the meeting was to update the recommendation on 'Exercise referral schemes' in NICE's public health guidance # 2, published in 2006.</p> <p>The objectives were:</p> <ul style="list-style-type: none"> <li>• to discuss the findings of an effectiveness review</li> <li>• to discuss the findings of a review of factors that influence referral, attendance and completion of ERS</li> <li>• to discuss the findings of an economic analyses</li> <li>• to develop draft recommendations and considerations on exercise referral schemes.</li> </ul> <p>The Chair informed the PHAC that apologies had been received. These are noted above.</p>	
<p><b>2. Declarations of Interests</b></p>	<p>The Chair explained that verbal declarations of interest are a standing item on every agenda and are recorded in the minutes as a matter of public record. The Chair asked everyone to verbally declare the interests they had made in writing at the time of their application to join the PHAC and also to declare any additional interests that may have arisen since then.</p> <p>The potential conflicts of interest declared were as follows:</p> <p><b><u>Personal pecuniary interest</u></b></p> <p><b>Susan Jebb</b> Salary from the University of Oxford, Advisory Board – Tanita Ltd, Writing and lecture fees – Rosemary Conley Diet and Fitness magazine.</p> <p><b><u>Personal family interest</u></b></p> <p><b>Toby Prevost</b> AstraZeneca - shares owned by his wife.</p> <p><b><u>Non personal pecuniary interest</u></b></p> <p><b>Toby Prevost</b> Co-investigator on health research grants principally from NIHR.</p>	

	<p><b>Andy Pringle</b> Employed by Leeds Metropolitan University, where the Research Institute in Sport, Physical Activity and Leisure perform research, evaluation and consultancy for a range of public, voluntary and commercial agencies that provide physical activity and health interventions.</p> <p><b>Stephen Sutton</b> An investigator or co-investigator on several research grants awarded to his institution on the topic of physical activity.</p> <p><b>Lucy Yardley</b> Co-applicant on grant proposal to HTA call to research exercise referral schemes.</p> <p><b><u>Personal non pecuniary interest</u></b></p> <p><b>Susan Jebb</b> Chair – Public Health Responsibility Deal Food Network Trustee – Association for the Study of Obesity Member – European and International Associations for the Study of Obesity Member - National Heart Forum</p> <p><b>Elaine McNish</b> Currently holds a post a physical activity manager for Macmillan Cancer Support and is seeking to promote physical activity for people living with and beyond cancer and have made press statements advocating physical activity. (These are based on evidence).</p> <p><b>Chris Packham</b> GP Associate, St Lukes Surgery, Nottingham – practicing GP Member DH Advisory Group on Hepatitis Chair of Examiners, Part B membership examination for FPH RCP Special Professor at Nottingham University</p> <p><b>Stephen Sutton</b> Has expressed clear opinions on physical activity interventions in published papers, website and conference presentations.</p> <p><b>Malcolm Ward</b> Professional lead for National Exercise Referral Scheme in Wales Advisor to the Welsh Government Physical Activity Ministerial Advisory Group Two academic papers pending related to Exercise Referral (1 specific to NERS programme in Wales, 1 generic paper submitted to Swiss Journal of Exercise</p>	
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	<p>Medicine &amp; Traumatology). Leading European work stream on physical activity in medical curriculums.</p> <p>There were no further additional conflicts of interest.</p> <p>The Chair and the Associate Director confirmed that the interests declared did not prevent the attendees from fully participating in the meeting.</p>	
<b>3. Presentation by James Jagroo, NICE</b>	<p>JJ gave a presentation about the scope for the update and the evidence to be considered.</p> <p>The past guidance was discussed, including some of the recommendations the guidance contained. The scope and methodologies for the reviews were discussed.</p>	
<b>4. Presentation by Emma Haverson-Hock, ScHARR</b>	<p>EHH gave a presentation of the key findings from the effectiveness review.</p> <p>A number of issues were discussed including the scope of the evidence reviewed, the possibility of additional benefits of exercise schemes, referral criteria, and reliability of patients self-reporting exercise.</p>	
<b>5. Presentation by Fiona Morgan, Cardiff University</b>	<p>FM gave a presentation of the key findings from the qualitative review of the context, barriers and facilitators of schemes.</p> <p>A number of issues were discussed. These included the demographics of participants, costs to participants, types of activities offered, and barriers to participation.</p>	
<b>6. Presentation from Sarah Davis, ScHARR</b>	<p>SD gave a presentation of the key findings from the economic analyses.</p> <p>A number of issues were discussed. These included the assumptions in the model, the heterogeneity of schemes, the range of potential health benefits, the duration of physical activity levels post intervention, the nature of the 'process utility', the appropriate comparator, and differences in effectiveness (and cost effectiveness) for different groups of patients.</p> <p>The PHAC discussed whether some of the assumptions should be changed and the model re-run.</p>	
<b>7. Developing recommendations</b>	<p>PHAC discussed the overarching nature of the recommendations which may be developed, and information that could be considered for the next meeting.</p>	

<p><b>8. Summary of the day and next steps</b></p>	<p>SJ summarised the main decisions and actions agreed.</p> <p>Simon Ellis outlined the next steps, including the objectives of the next meeting on Friday 24<sup>th</sup> January:</p> <ul style="list-style-type: none"> <li>• To consider any further analyses or evidence</li> <li>• To develop the recommendations and considerations</li> <li>• To identify gaps and research recommendations</li> <li>• To finalise the draft guidance for consultation.</li> </ul>	
<p><b>9 AOB</b></p>	<p><b>Any Other Business</b></p> <ul style="list-style-type: none"> <li>• Note that the <b>next meeting is <u>Friday 24<sup>th</sup> January (the original date) on <u>Exercise referral schemes</u></u></b>.</li> <li>• PHAC members are reminded that NICE will only process expenses that are <b>submitted within 3 months of the date incurred</b>.</li> </ul>	
<p><b>10. Close of meeting</b></p>	<p>The meeting closed at 4.15pm</p>	