

Weight management guideline committee 5 meeting minutes

Weight Management Guideline Update – Committee Meeting 5

Date: 18/01/2022

Location: Virtual

Minutes: Final

Committee members present:	
Marie Burnham (Chair) (MB)	Present for notes 1 – 7
Kate Anderson	Present for notes 1 – 7
Mfon Archibong	Present for note 2
Margaret Ashwell	Present for notes 1 – 7
Rachel Batterham	Present for notes 1 – 7
Jamie Blackshaw	Present for notes 4 – 7
Sarah Britton	Present for notes 1 – 7
Preetpal Doklu	Present for notes 1 – 7
Julian Hamilton-Shield	Present for notes 1 – 7
Lisa Hodgson	Present for notes 1 – 7
Sarah le Brocq	Present for notes 3 – 7
Grace O'Malley	Present for notes 1 – 7
Helen Parretti	Present for notes 1 – 7
Samantha Scholtz	Present for notes 4 – 7
Laurence Taggart	Present for notes 3 – 7
Suzy Taylor	Present for notes 1 – 7
Billy White	Present for notes 2, 4 – 7

In attendance:		
Alex Allen (AA)	Technical Analyst	Present for notes 1 – 7
Victoria Axe	Guideline Commissioning Manager	Present for notes 1 – 7
Susie Burlace (SB)	Content Editor	Present for notes 1 – 7
Jackie Durkin	Administrator	Present for note 1
Amy Finnegan	Information Services	Present for notes 1 – 7
Teuta Gjulin-Hellon	Technical Analyst (observing)	Present for notes 1 – 7
Anthony Gildea	Technical Analyst	Present for notes 1 – 7
Kathryn Hopkins	Technical Adviser	Present for notes 1 – 7
Jon Littler (JL)	Project Manager	Present for notes 1 – 7
Caroline Mulvihill	Interim Associate Director	Present for notes 2 – 5
Shreya Shukla (SS)	Technical Adviser	Present for notes 1 – 7

Weight management guideline committee 5 meeting minutes

Cecilia Superchi	Technical Analyst (observing)	Present for notes 1 – 5
Miaoqing Yang (MY)	Technical Analyst – Health Economics	Present for notes 1 – 7
Michellie Young	Technical Analyst	Present for notes 1 – 7
Apologies:		
Nivedita Aswani	Committee Member –	
Phoebe Kalungi	Committee Member – Public Health Practitioner	
Omar Khan	Committee Member – Bariatric Surgeon	
Kathryn Melia	Committee Member –	

1. Welcome and objectives for the meeting

The Chair (MB) welcomed the committee members and NICE attendees to the third weight management guideline committee.

MB then informed the committee that apologies had been received which are noted above.

MB outlined then outlined the objectives of the meeting before asking all committee members to verbally declare any interests that have arisen since the last meeting.

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Grace O'Malley	Exercise/Physiotherapist	Co-author – O'Malley, G.C., Shultz, S.P., Thivel, D. <i>et al.</i> Neuromusculoskeletal Health in Pediatric Obesity: Incorporating Evidence into Clinical Examination. <i>Curr Obes Rep</i> 10, 467–477 (2021).	Non - financial, professional and personal	Declare and participate Not specific to the scope of the guideline
Sarah le Brocq	Lay Member	Member of the NICE Technology Appraisal committee for semaglutide	Non - financial, professional and personal	Declare and participate Semaglutide will not be covered by this guideline

MB and senior members of the Developer team noted that the interests declared did not prevent the attendees from fully participating in the meeting.

Finally, MB and committee members then reviewed the minutes from committee meeting 4 and agreed them as an accurate record of the meeting.

2. Review questions 1.1 and 1.2 pre-consultation presentation and refinement

The Chair introduced Shreya Shukla (SS) and Alex Allen (AA) who guided committee members through the latest changes that had been made to the short guideline that would cover review questions 1.1 and 1.2:

Weight management guideline committee 5 meeting minutes

1.1 What are the most accurate and suitable anthropometric methods and thresholds for different ethnicities for measuring the health risk associated with overweight and obesity in adults, particularly those in Black, Asian and minority ethnic groups?

1.2 What are the most accurate and suitable anthropometric methods and thresholds for different ethnicities for measuring the health risk associated with overweight and obesity in children and young people, particularly those in Black, Asian and minority ethnic groups?

The committee discussed and fed back further suggestions of changes to the development team. SS advised that their feedback would be incorporated into a further refined version which would be sent to them for final checks before being submitted to NICE's internal quality assurance team to prepare it for consultation.

MB thanked AA and SS for their presentation, and their work on preparing these review questions for consultation and moved to the next item on the agenda.

3. Review protocol 2.1

The Chair then reintroduced SS, who gave a presentation to update committee members on further developments to the review protocol for review question 2.1:

2.1 What is the effectiveness and cost effectiveness of total or partial diet replacements, intermittent fasting, plant-based and low-carbohydrate diets in achieving and maintaining weight loss in adults living with overweight or obesity?

The committee discussed and provided feedback to SS for her to refine this protocol. MB thanked SS for her presentation and moved to the next item on the agenda.

4. Review protocol 2.2

The Chair then introduced Kathryn Hopkins (KH) and Anthony Gildea (AG) who presented to the committee the protocol that would cover review question 2.2:

2.2 What referral criteria for bariatric surgery are most effective to achieve weight loss and maintain a healthier weight in adults living with obesity?

The committee discussed and provided feedback to KH and AG for them to refine this protocol. MB thanked the team for their presentation and moved to the next item on the agenda.

5. Review protocol 2.5

KH and AG then continued with a presentation on review protocol 2.5:

2.5 What is the effectiveness of psychological approaches to address the counterproductive effect of weight stigma in achieving or maintaining weight loss or negating the adverse impact of stigma, in children and adults.

The committee discussed and provided feedback to KH and AG for them to refine this protocol. MB thanked the team for their presentation and moved to the final discussion item on the agenda.

6. Review protocol 2.3

Weight management guideline committee 5 meeting minutes

For the final presentation of the day, KH and AG guided committee members through the update for the protocol to cover review question 2.3:

2.3 What multicomponent interventions and approaches are effective, cost effective and acceptable in helping children and young people living with overweight or obesity to grow and develop into a healthier weight as part of a weight management programme?

The committee provided feedback before it was agreed that this would be picked up again for discussion at committee 6 due to time constraints.

6. AOB, Summary and next steps

MB thanked the committee and the NICE team for their contributions. JL then reminded the committee members of the timescales for the next steps in development for the upcoming spring consultation on review questions 1.1 and 1.2.

MB thanks everyone for their attendance and closed the meeting.

Date of next meeting: 02/03/2022

Location of next meeting: Virtual