

## Weight management guideline committee 9 meeting minutes

### Weight Management Guideline Update – Committee Meeting 9 (Day1)

**Date:** 13/07/2022

**Location:** Virtual

**Minutes:** Final

<b>Committee members present:</b>		
Kate Anderson		Present for items 1 – 5
Margaret Ashwell		Present for items 1 – 5
Mfon Archibong		Present for items 1 – 3
Nivedita Aswani		Present for items 1 – 3
Twane Celliers		Present for items 1 – 5
Preetpal Doklu		Present for items 1 – 5
Lisa Hodgson		Present for items 1 – 4
Omar Khan		Present for items 1 – 3
Sarah le Brocq		Present for items 1 – 5
Suzy Taylor		Present for items 1 – 5
Samantha Scholz		Present for items 1 – 5
Billy White		Present for items 1 – 5

<b>In attendance:</b>		
Shreya Shukla (SS)	NICE Senior Technical Adviser	Present for items 1 – 5
Alexander Allen (AA)	NICE Technical Analyst	Present for items 1 – 5
Jon Littler (JL)	NICE Project Manager	Present for items 1 – 5
Keona Bennett	NICE Administrator	Present for item 1
Adam Storrow	NICE Resource Impact Lead	Present for items 1 – 5
Miaoqing Yang (MY)	NICE Technical Adviser, Health Economics	Present for items 1 – 5
Michellie Young (MYO)	NICE Technical Analyst	Present for items 1 – 5
Alfredo Mariani (AM)	NICE Technical Analyst, Health Economics	Present for items 1 – 5
Jeremy Dietz (JD)	NICE Technical Analyst, Health Economics	Present for items 2 – 5
Kate Kelley	NICE Associate Director	Present for items 4 – 5
Cecilia Superchi	NICE Technical Analyst	Present for items 1 – 5
Susan Burlace	NICE Content Editor	Present for items 1 – 5
Lesley Owen	NICE Technical Adviser, Health Economics	Present for items 1 – 5

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<b>Apologies:</b>	
Vicky Axe	NICE Guideline Commissioning Manager
Rachel Batterham	Committee Member
Sarah Britton	Committee Member
Julian Hamilton-Shield	Committee Member
Phoebe Kalungi	Committee Member
Kathryn Melia	Committee Member
Grace O'Malley	Committee Member
Helen Parretti	Committee Member

### **1. Welcome and objectives for the meeting**

The Chair, Marie Burnham (MB) welcomed the committee members and NICE attendees to the ninth weight management guideline committee.

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

MB then asked if the committee had any new interests to declare before the meeting began. No further interests were declared.

Finally, MB and committee members reviewed the minutes from committee meeting 8 and agreed them as an accurate record of the meeting.

### **2. Review question 1.3 – What approaches are effective and cost-effective in identifying overweight and obesity in children and young people/adults, particularly those in black, Asian and minority ethnic groups?**

MB introduced Michellie Young (MYO) who presented a recap of the evidence supporting our draft recommendations for review question 1.3 so these recommendations could be finalised.

The committee provided their feedback on MYO's presentation, and the required refinements were made. MB thanks MYO for her work in preparing the evidence and the recommendations and moved to the next section of the meeting.

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

MB introduced Shreya Shukla (SS) and Alex Allen (AA) who gave a presentation of the clinical evidence to support the diet question contained in review question 2.1.

After their brief presentation, AA and SS asked the committee for any questions or feedback they had. MB then thanked AA and SS for their work, the committee for their comments and input, and closed this section of the meeting.

### **4. Review question 2.1 – Health economic evidence presentation and health economic model structure**

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MB introduced Miaoqing Yang (MY), Jeremy Dietz (JD) and Alfredo Mariani (AM) to the committee.

They took the assembled members through the health economic evidence for review question 2.1 as well as the model they had used to reach their findings. The committee were asked for their opinions of the results and to offer any feedback they could.

MB thanked MY, JD and AM for their work and move on to the final section of the day.

### **5. Review question 1.4 – What approaches are effective and cost-effective in increasing uptake of/ barriers and facilitators to increasing uptake of weight management services in adults, particularly those in black, Asian and minority ethnic groups**

Before wrapping up the day's contents in preparation for day 2 of the meeting, MB introduced SS and MYO to take the committee through the last presentation of the day.

SS and MYO gave the committee an overview of the current recommendations around increasing the uptake/barriers/facilitators of weight management services for adults. They took suggestions from the committee on how these recommendations should be worded and made some draft edits. The final recommendations will be discussed and formalised at a later date.

MB then thanked the team for their presentations, reminded the committee that part two of this meeting would commence at 9:30am on Friday 15 July, and closed the first day of discussions.

**Date of next meeting:** 15/07/2022

**Location of next meeting:** Virtual