

National Institute for Health and Care Excellence

Centre for Public Health

Review proposal: July 2014

Consideration of an update of the public health guidelines on

Improving the nutrition of pregnant and breastfeeding mothers and children in low-income households (PH11)

1 Background information

Guideline issue date: 2008

3 year review: 2011

Second 3 year review: July 2014

2 Process for updating guidelines

Public health guidelines are reviewed 3 years after publication to determine whether all or part of them should be updated.

The process for updating NICE public health guidelines is as follows:

- NICE convenes an expert group to consider whether any new evidence or significant changes in policy and practice would be likely to lead to substantively different recommendations. The expert group consists of selected members (including co-optees) of the original committee that developed the guideline, the review team that produced the original evidence reviews, and representatives of relevant government departments.

- NICE consults with stakeholders on its proposal for updating the guidelines (this review consultation document).
- NICE may amend its proposal, in light of feedback from stakeholder consultation.
- NICE determines where any guideline update fits within its work programme, alongside other priorities.

3. Consideration of the evidence and practice

Two literature searches were conducted in March 2014 to help inform the expert group, one on maternal nutrition and the other on infant feeding using search terms from the guidance evidence reviews. This was undertaken with the aim of looking for new research published since the last guidance update review in 2011. No evidence was identified from the searches that contradicted the existing recommendations. Some evidence was identified on education and support to promoting breastfeeding however it was assessed as unlikely to impact on the content of the recommendations

The expert group discussed published and ongoing research of relevance to the current recommendations. The expert group also discussed changes to policy, legislation and organisations that might affect the recommendations.

Evidence context

The expert group discussed the evidence context for the guidance. Overall, they agreed that there was no new evidence that would contradict any of the current recommendations or make them redundant.

The expert group highlighted a number of key ongoing research reviews and trials currently in progress which, when they report, may significantly impact on the recommendations. These include:

- Scientific Advisory Committee on Nutrition (SACN) working group review of the Dietary Reference Values for vitamin D intake (http://www.sacn.gov.uk/meetings/working_groups/vitamin/index.html)
- SACN sub group on Maternal and Child Nutrition (SMCN) review on complementary feeding
- The Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment (COT) systematic review of antigenic tolerance and risk of allergic disease.
- Enquiring about Tolerance (EAT) study. This is a randomized controlled trial of the early introduction of allergenic foods in a normal population (<http://www.eatstudy.co.uk/>).
- The LEAP study (Learning Early About Peanut Allergy) which is a clinical trial investigating how to best prevent peanut allergy in young children (<http://www.leapstudy.co.uk/index.html>).

Relevant NICE guidelines and reviews (published and in progress)

There are also a number of NICE public health guidelines, published and in progress, which may significantly impact on the recommendations in PH11:

- NICE Public Health Guideline on Vitamin D - implementation of existing guidance to prevent deficiency. In progress. This guideline would impact on recommendation 3 and 4.
- Cost effectiveness review of universal Healthy Start Vitamin programme provision, in progress which may impact on recommendations 2, 3 and 4.
- Public Health Guidance on Weight management before, during and after pregnancy (PH27) 2010 – which replaces recommendation 6 of Maternal and Child Nutrition. This guidance will be considered for review in January 2016.

Policy context

The expert group also discussed a number of recent and forthcoming policy changes which will impact on the recommendations in PH11:

- Potential Department of Health announcement (anticipated in 2015) regarding the possible fortification of flour with folic acid.
- Responsibility for children’s public health commissioning will transfer to local authorities on 1 October 2015. Public health for children from 0-5 years includes health visiting and the Family Nurse Partnership programme.
- Clinical Commissioning Groups are now responsible for commissioning local maternity services.
- Since April 2013, Health Education England has the responsibility for the education, training and personnel development of all NHS staff.

Implementation

Acknowledging the ongoing work in this area, the expert group discussed the currency of the recommendations and reflected on the recent changes in the public health landscape. The group felt that titles of various initiatives and resources have changed and suggested a number of terminology changes and updates as ‘quick fixes’ to aid guideline implementation.

Research recommendations

The expert group considered that the research recommendations are still relevant. The group noted that research recommendations 2, 3 and 4 were methodological and could apply to any public health topic. Research recommendation 1 was still felt to be valid and there is still a lack of evidence for research recommendation 5.

3 Implementation and post-publication feedback

There has been no significant implementation or post-publication feedback that is relevant to updating this guidance.

4 Related NICE guidelines

The following NICE guidelines and quality standards are related to PH11:

[Weight management before, during and after pregnancy \(PH 27\)](#)

[Antenatal care clinical guideline \(CG 62\)](#)

[Postnatal care clinical guideline \(CG 37\)](#)

[Food allergy in children and young people \(CG 116\)](#)

[Diabetes in pregnancy clinical guideline \(CG 63\)](#)

[Intrapartum care: Care of healthy women and their babies during childbirth \(CG 55\)](#)

[Quality standard for Antenatal Care \(QS22\)](#)

[Quality standard for Postnatal Care \(QS37\)](#)

5 Equality and diversity considerations

There has been no evidence to indicate that the guidance does not comply with anti-discrimination and equalities legislation.

6 Conclusion

In conclusion, there is a lot of ongoing work of relevance to the guideline which suggests that it is currently not a good time to update it. When the guideline is updated it would also be beneficial, as part of that process to do a terminology refresh to bring the guidance in line with the new public health landscape, initiatives and resources may improve implementation of the recommendations.

7 Recommendation

The guideline should not be updated at this time. A full guideline update should be carried out when the following have published:

- NICE Public Health Guideline on Vitamin D - implementation of existing guidance to prevent deficiency
- Scientific Advisory Committee on Nutrition (SACN) working group review of the Dietary Reference Values for vitamin D intake (http://www.sacn.gov.uk/meetings/working_groups/vitamin/index.html)
- SACN sub group on Maternal and Child Nutrition (SMCN) review on complementary feeding
- Department of Health announcement (anticipated in 2015) regarding the possible fortification of flour with folic acid
- The Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment (COT) systematic review of antigenic tolerance and risk of allergic disease.
- Enquiring about Tolerance (EAT) study
- The LEAP study (Learning Early About Peanut Allergy).

Mike Kelly

Kay Nolan

Caroline Mulvihill

Karen Peplow

Centre for Public Health, July 2014