

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Delaying onset of disability

5th Meeting of the Public Health Advisory Committee D

Wednesday 09 April 2014

City Tower, Red Rooms, Manchester

Final Minutes

Attendees:	<p><i>PHAC Members</i> John Britton (Chair), Susie Morrow, Jane Leaman, Robin Ireland, Paul Aveyard, Jane Landon, Susan Biddle, Janet Henson, Louise LaFortune, Gary Bickerstaffe</p> <p><i>NICE Team</i> Catherine Swann, Hilary Chatterton, Rebecca Walker, Claire McLeod, Alastair Fischer</p> <p><i>Review Team</i> Louise Lafortune (Public Health Cambridge)</p> <p><i>Experts</i> Colin Mitchell (joined for afternoon session), Adrian Williams (via teleconference for afternoon session), Simon Capewell (via videolink for afternoon session)</p> <p><i>Apologies</i> Charlie Foster, David Croisdale-Appleby, Dagmar Zeuner, Gillian Orow, Mark Strong</p>
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Author	RW
File Ref	Final minutes of PHAC D meeting 09 April 2014
Version	Draft 1
Audience	PHAC members, NICE team

Item		Action
1,2. Welcome and objectives for the meeting	<p>The Chair welcomed the Public Health Advisory Committee (PHAC D) to the fifth meeting on delaying disability, dementia and frailty.</p> <p>The Chair welcomed the members of the review team and the experts. Introductions were made for and by the observers. The Chair outlined the objectives of the</p>	

	<p>meeting which were as follows:</p> <ul style="list-style-type: none"> • Receive and discuss an evidence review by the Institute of Public Health, University of Cambridge • Hear expert testimony from Simon Capewell, Adrian Williamson and Colin Mitchell. • Review recommendations drafted to date • Draft recommendations based on the new evidence <p>The Chair informed the PHAC that apologies had been received from the members listed on page 1.</p>	
3. Declarations of Interests	<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 the PHAC to declare any changes to their interests. Previous declarations of interest can be viewed on the NICE website here: http://guidance.nice.org.uk/PHG/64 No new declarations of interest were made.</p>	
4. Minutes of last meeting and matters arising	<p>The minutes were agreed as an accurate record and it was noted that all action points have been completed.</p> <p>The Chair updated the PHAC on the meeting held that morning between himself, Catherine Swann, Hilary Chatterton and Mike Kelly to discuss progress to date with developing the guidance, and ways of working.</p>	
5. Taking stock: Remit, progress and milestones	<p>Catherine Swann gave a short presentation on the following:</p> <ul style="list-style-type: none"> - Recap of the scope questions - Noted the evidence covered and still to cover - Mapped out how the PHAC will progress from this meeting to consultation - Reminded the PHAC to engage in work outside of meetings <p>The Chair thanked Catherine for her presentation and a brief discussion followed.</p>	
6,7. Review 3 presentation and drafting recommendations	<p>Louise LaFortune presented a summary of findings from the second part of the final review on physical activity and multi-component interventions, titled: "Effectiveness and cost-effectiveness of midlife interventions for increasing the uptake and</p>	

	<p>maintenance of healthy lifestyle behaviours and the prevention or delay of dementia, disability, frailty, and NCDs”.</p> <p>The Chair thanked Louise for her useful presentation and a discussion on drafting recommendations followed.</p> <p>Action: NICE to send final versions of all Cambridge reviews to the PHAC for the next meeting</p> <p>Action: Louise to send Catherine a link to the Cambridge University dropbox, to give the PHAC the option of accessing the reviews in this way</p>	<p>NICE</p> <p>Public Health Cambridge</p>
<p>8. Guidance content drafted to date: PHAC feedback</p>	<p>Hilary Chatterton summarised comments received on the draft recommendations and considerations and propose amendments.</p> <p>The Chair thanked Hilary for her feedback and a brief discussion followed.</p>	
<p>9. Drafting recommendations – continued</p>	<p>Hilary Chatterton began the second session with some summary points about where the evidence seems to be accumulating.</p> <p>The PHAC then discussed recommendations based on all of the evidence considered, with particular reference to:</p> <ul style="list-style-type: none"> - What action should be taken - Who should take action - Are there any equity issues raised by the evidence - Are any implementation issues raised - What caveats or considerations should be read alongside each recommendation <p>The PHAC were reminded that expert testimony may also be used as the basis of recommendations.</p>	
<p>10. Expert testimony: Delaying dementia, disability and frailty – Sleep</p>	<p>Adrian joined the PHAC via teleconference to discuss the following:</p> <ul style="list-style-type: none"> - The relationship between sleep disturbance and dementia risk - The evidence on risk reduction through sleep interventions <p>The Chair thanked Adrian for his advice and a brief discussion followed. The study on insulin immunity in oil rig shift workers was noted to be particularly useful.</p>	
<p>11. Expert</p>	<p>Robin gave the presentation on Simon’s behalf, and</p>	

<p>testimony: Delaying dementia, disability and frailty – population level intervention</p>	<p>Simon joined the PHAC via videoconference for discussion and questions afterwards.. The presentation covered the following questions:</p> <ul style="list-style-type: none"> - Do population-based approaches to behavioural risk factors for dementia, disability and frailty in later life work? - Are they useful for mid-life intervention, in order to prevent dementia, disability and frailty in later life? <p>The Chair thanked Simon and Robin for their work on the presentation.</p> <p>After the presentation Simon joined the meeting via Skype to answer the PHAC's questions.</p>	
<p>12. Expert testimony: Delaying dementia, disability and frailty and legislation</p>	<p>Colin joined the PHAC in the afternoon session to present on the following:</p> <ul style="list-style-type: none"> - Legislative processes and opportunities for supporting the introduction of local policies to improve health, for example covering the areas of physical activity, nutrition, alcohol and smoking <p>The Chair thanked Colin for his presentation and a brief discussion followed.</p>	
<p>13. Drafting recommendations, considerations, and research recommendations – continued</p>	<p>The PHAC discussed the draft recommendations and discussion included local government's role in delivering public health guidance, the need to frame recommendations in a way that is relevant and accessible to target audiences, the relative impact of individual vs population level interventions, and the role of sleep in dementia prevention.</p> <p>Action: NICE to circulate presenters slides</p> <p>.</p> <p>Action: PHAC members to email Catherine and Hilary with any additional issues or recommendations for the draft guidance document to be discussed at the next meeting by COP Friday 11th April.</p>	<p>NICE</p> <p>PHAC</p>
<p>11,12. Any other business and summary of the day / next steps</p>	<p>No other items of business were noted.</p> <p>The Chair thanked the PHAC and members of the public for attending and noted the date and time of the next meeting as below.</p>	

DATE OF NEXT MEETING: Wednesday 30th April and Thursday 1st May 2014

VENUES FOR NEXT MEETING:

**Wednesday 30th - April Dee Room, NICE offices, Level 1A, City Tower,
Piccadilly Plaza, Manchester, M1 4BT**

**Thursday 1st May – Red rooms, City Tower, Piccadilly Plaza, Manchester,
M1 4BT**