

## NICE PUBLIC HEALTH GUIDANCE

### Managing overweight and obesity among children and young people: lifestyle weight management services

2<sup>nd</sup> Meeting of the Programme Development Group

Wednesday 3<sup>rd</sup> October 2012

Royal College of Surgeons, 35-43 Lincoln's Inn Fields  
London WC2A 3PE

<b>Attendees</b>	<p><b>PDG Members</b> Peymane Adab, Paige Ataou, Claire Bennett, Julia Burrows, Janice Christie, Orla Flannery, Alexandra Jones, Alan Maryon-Davis (Chair), Julian Hamilton-Shield, Sarah Mills, Helen Pittson, Paula Watson, Laura Webber, Stephen Westgarth, Sarah West-Sadler</p> <p><b>NICE</b> Hugo Crombie (HC), Alastair Fischer (AF), Patricia Mountain (PM), Caroline Mulvihill (CM), Karen Peploe (KP), Tricia Younger (TY)</p> <p><b>Contractors</b> <b>SURE and DECIPHer - Review Team:</b> Fiona Morgan, Ruth Kipping, Ruth Turley <b>National Heart Forum:</b> Marc Suhrcke, Tim Marsh (pm only)</p> <p><b>Observers</b> Alix Johnson, NICE team. Khushbu Lalwani NICE scholar</p>
<b>Apologies</b>	<p><b>PDG Members</b> Elisabeth Fenwick, Rajeev Gupta, Jane Wells</p> <p><b>NICE Team</b> Nicola Ainsworth</p>

<b>Authors</b>	PM
<b>Audience</b>	PDG members, NICE team, the public (via web publication)

No.	Item	Action
1	<p><b>Welcome, Introductions and Aims of the Meeting</b></p> <p>The Chair welcomed members to the second meeting of the Programme Development Group. The Chair also welcomed two observers and conveyed the apologies received.</p> <p>The Chair informed the group of the aims of the meeting:</p> <ul style="list-style-type: none"> <li>• To discuss the findings of Review 2: Barriers and facilitators to the implementation of lifestyle weight management services for children and young people</li> <li>• To consider the revised version of Review 1- Effectiveness and cost effectiveness of lifestyle weight management services for children and young people</li> <li>• To consider draft recommendations, considerations and research recommendations based on Review 1</li> <li>• To consider implications of Review 2 for draft recommendations, considerations and research recommendations</li> <li>• To discuss the protocol for the health economic model</li> <li>• To consider the process and suggested questions for expert testimony from weight management organisations</li> </ul> <p><b>Minutes of PDG 1</b></p> <p>These were agreed as an accurate record, with minor amendments to the Declarations of interest.</p>	
2	<p><b>Declarations of Interest</b></p> <p>The Chair explained that verbal declarations of interest are a standing item on every agenda and are recorded in the minutes. PDG members declared any additional interests that had arisen since PDG 1 <a href="http://guidance.nice.org.uk/PHG/75/PDGMinutes/1/pdf/English">http://guidance.nice.org.uk/PHG/75/PDGMinutes/1/pdf/English</a></p> <p><b>PDG members:</b></p> <p><b>Julian Hamilton-Shield, non personal pecuniary:</b> Has grants for research on childhood obesity from The National Institute for Health Research Health Technology Assessment Programme, and NIHR funding for the University of Bristol Biomedical Research Unit – as theme lead for the nutrition priority area. He has had funding in the recent past from the Research for Patient Benefit programme.</p> <p><b>Sarah Mills, non personal pecuniary:</b> NHS employer commissions weight management programmes from Weight watchers and Rosemary Conley and from Slimming World</p> <p><b>Julia Burrows non personal pecuniary:</b> - her NHS employer commissions MEND</p> <p><b>Alan Maryon- Davis, personal non pecuniary:</b> Trustee of Alcohol Research UK</p> <p><b>Sarah West –Sadler, personal non pecuniary:</b> dietary assessment coordinator funded by DH</p> <p><b>NICE team: none</b></p>	

	None of the interests declared prevented anyone present from taking full part in the meeting.	
3,4	<p><b>Review 2: Barriers and facilitators to implementing lifestyle weight management services for children and young people</b></p> <p>Ruth Turley from the Support Unit for Research Evidence (SURE) at the University of Cardiff gave a presentation to outline the main findings in the review. Discussion included:</p> <ul style="list-style-type: none"> <li>• The importance of empathy among those delivering lifestyle weight management services and being positive role models</li> <li>• Referral to weight management services, including awareness among health professionals of the services that are available</li> <li>• The importance of working in peer groups</li> <li>• The potential role of incentives and rewards and the importance of setting and revisiting goals.</li> </ul>	
5,6	<p><b>Review 1: Additional analyses and revisions following PDG 1</b></p> <p>Fiona Morgan gave a presentation to outline some additional analyses to Review 1 and considered how the findings of Review 2 related to the evidence in Review 1. Discussion included:</p> <ul style="list-style-type: none"> <li>• The importance of follow up and ongoing support</li> </ul> <p><b>Action: The PDG asked SURE to check what type of follow up had been offered in Review 2 and they agreed to look into this.</b></p>	SURE
7,8	<p><b>Draft recommendations, considerations and research recommendations from PDG 1</b></p> <p>KP reminded the PDG of key points to bear in mind when developing recommendations.</p>	
9,10	<p><b>Group work: Formulating recommendations and considerations based on Review 2</b></p> <p>The PDG developed draft recommendations, noted considerations and areas where further research is needed. A plenary discussion followed and the PDG fed back from the small group discussions to the wider PDG.</p> <p><b>Action: NICE to draft recommendations based on the PDGs' comments for their consideration</b></p>	NICE Team
11	<p><b>Update on health economics</b></p> <p>Marc Suhrcke and Tim Marsh from NHF explained the draft protocol for the economic modelling.</p> <p><b>Action: It was agreed the modellers would prepare a list of options for modelling for the PDG to consider.</b></p>	NHF
12	<p><b>Update on expert testimony</b></p> <p>TY outlined the an approach for inviting weight management</p>	

	<p>organisations to respond to questions on factors which influence the implementation of lifestyle weight management services for children and young people. The PDG made suggestions for additions/amendments to the suggested questions.</p> <p>HC updated the PDG on future expert testimony contributions.</p> <p><b>Action: NICE team to invite experts to future PDG meetings</b></p>	<b>NICE</b>
<b>13</b>	<p><b>Summary of the day, agreed actions and next steps</b></p> <p>The Chair summarised the agreed actions from the meeting</p>	
<b>14</b>	<p><b>AOB</b></p> <p>The next meeting will be on <b>Tuesday 4<sup>th</sup> December 2012</b></p> <p><b>Royal College of Physicians</b>  <b>11 St Andrew's Place, Regent's Park</b>  <b>London, NW1 4LE</b></p>	
<p>The meeting closed at 4.00pm</p>		