

## NICE PUBLIC HEALTH GUIDANCE

### Overweight and Obese Adults: lifestyle weight management

#### 4<sup>th</sup> Meeting of the Programme Development Group

Tuesday 9<sup>th</sup> July 2013

NICE Offices, London

#### Final Minutes

<b>Attendees:</b>	<p><b><i>PDG Members</i></b> Gill Fine (Chair), Lucy Aphramor, Barry Attwood, Matthew Broughton, Ruth Chambers, Jane DeVile-Almond, Vicky Hobart, Kate Jolly, Laura Sanger, Carol Weir, Sarah West Sadler</p> <p><b><i>NICE Team</i></b> Jane Huntley, Adrienne Cullum, Caroline Mulvihill, Alastair Fischer, Andrew Hoy, Victoria Axe</p> <p><b><i>Experts</i></b> Rachel Holt (Derbyshire Tier 3 Weight reduction service, Live Life Better) Rebecca Puhl via TC (Yale University)</p> <p><b><i>Observer</i></b> Laura Gibson</p>
<b>Apologies:</b>	<p><b><i>PDG Members</i></b> Ulla Griffiths</p> <p><b><i>Review Team</i></b> Tim Marsh (UK Health Forum), Martin Brown (UK Health Forum)</p>

<b>Author</b>	Victoria Axe
<b>File Ref</b>	Final minutes of PDG 4&5 9 <sup>th</sup> & 10 <sup>th</sup> July 2013
<b>Version</b>	Final
<b>Audience</b>	<b>PDG members, NICE team, the public (via web publication)</b>

Item		Action
<p><b>1. Welcome and objectives for the meeting</b></p>	<p>The Chair welcomed the Programme Development Group (PDG) to the fourth meeting on Overweight and obese adults: lifestyle weight management.</p> <p>The Chair noted that apologies had been received from Ulla Griffiths.</p> <p>The Chair welcomed the observer, Laura Gibson to the meeting.</p> <p>The Chair informed the group that the objectives of the two day meeting would be to: hear expert testimony from Rachel Holt, Rebecca Puhl and Stephen Watkins; discuss the updated economic modelling report; draft recommendations and considerations; and to consider the draft guidance prior to consultation.</p>	
<p><b>2. Declarations of Interests</b></p>	<p>The Chair asked the PDG to give a verbal update of their interests and to keep their declarations updated throughout the guidance development.</p> <p>Ruth Chambers declared that she has become an honorary professor at Keele University.</p> <p>Jane DeVille-Almond declared that she has delivered two speaking engagements for MSD on commissioning in relation to diabetes nurse specialists.</p> <p>Vicky Hobart declared that she has received a letter from Slimmer's World who wish to work with localities to provide services in the boroughs Vicky now works in. Vicky asked for direction in how she should respond to this letter.</p> <p><b>Action: NICE and Vicky to discuss after the meeting.</b></p> <p>Laura Sanger declared that she had been asked by BPS to be a part of the response to the consultation on the draft NICE guidance Overweight and Obese Children: lifestyle weight management services. She also declared that she is part of a selection committee at Newcastle for clinical psychologists.</p> <p>There were no further interests to declare.</p>	<p><b>NICE Team</b></p>
<p><b>3. Minutes and actions of the last meeting</b></p>	<p>The minutes of the last meeting were noted and agreed to be an accurate record.</p> <p>Lucy Aphramor asked for further clarification on the three papers that had not been identified by the Review Team. Adrienne Cullum noted that the Review</p>	

	<p>Team's search had been based on a HTA systematic review by Loveman et al (2011) and that the paper was most likely not picked up in the original search due to the study title. The papers could be viewed as not being multi component and it was confirmed that NICE were only looking at multi component studies. However, the Review Team were of the view that if they had identified the study in the Loveman review or related searches and they had requested further information from the authors and it had been included it would most likely not have made an impact on the evidence review findings. The PDG were reminded that there is a big field of literature and the inclusion criteria had been agreed at the start and had needed to be tight.</p> <p>The Chair confirmed that the guidance would need to be clear in regard to what the basis for the inclusion criteria was.</p> <p>Lucy confirmed that if this was made clear in the guidance then she was content.</p>	
<p><b>4. Health Economics</b></p>	<p>Alastair Fischer (AF) gave a presentation on weight management adults: economic analysis. AF gave an update on where the review team were in terms of the economic model.</p> <p><b>Action: The NICE team to email the slides to the PDG.</b></p> <p><b>Action: AF to draft the results and conclusions section of the guidance and be explicit when discussing the final recommendations for consultation.</b></p> <p><b>Action: The NICE team to discuss with the audit team in regard to making this model readily available to commissioners.</b></p> <p>The Chair asked the PDG if they had any questions in regard to the economic modelling and a number of comments were made.</p> <p>At the Economics Subgroup teleconference it was agreed that further information was needed around constant weight, the cost of ongoing support and the impact of interventions costing around £200 (rather than around £100).</p> <p><b>Action: AF to discuss these extra requests on the model with the review team.</b></p> <p><b>Action: The PDG to return to the evidence reviews to consider what ongoing support trials offered.</b></p>	<p><b>NICE Team</b></p> <p><b>AF</b></p> <p><b>NICE Team</b></p> <p><b>AF</b></p> <p><b>PDG</b></p>

	<p>The PDG discussed the completed evidence review on obesity and productivity. It was agreed not to take the work further at this stage.</p> <p>The PDG discussed the individual data submitted in the call for evidence for consideration in relation to the economic modelling. It was agreed not to take the work further at this stage. The Chair reminded the PDG that this data is commercial in confidence and therefore should not be discussed outside of the meeting.</p>	
<p><b>5. Expert Testimony</b></p>	<p>Rachel Holt (RH) arrived at 11.30am and the Chair introduced her to the group.</p> <p>RH had no conflicts of interest to declare.</p> <p>RH had been asked to discuss the following:</p> <ul style="list-style-type: none"> <li>· Rigid behaviours / thinking styles / emotional processing people may develop in pursuing weight management goals</li> <li>· ‘Readiness’ for weight management</li> <li>· Impact of weight management on mood and quality of life</li> <li>· Re-referral or referral to another tier - how is this decided in practice (within the context of different working definitions of tiers across the country)</li> <li>· Wider beneficial or adverse effects of weight management</li> <li>· Maintenance of weight management behaviours in the longer term – what might support this?</li> </ul> <p>The Chair asked the PDG if they had any questions in regard to RH’s presentation and a number of comments were made.</p> <p><b>Action: RH to prepare written testimony based on her presentation. NICE to circulate to the PDG once available.</b></p> <p>The Chair thanked RH for her presentation and RH left the meeting at 1.50pm.</p>	<p>RH</p>
<p><b>6. Drafting recommendations</b></p>	<p>The PDG began to draft recommendations for the guidance, noting whose health will benefit, who should take action and what action should be taken.</p> <p>Vicky Hobart left the meeting at 1.30pm.</p>	

<p><b>7. Expert testimony</b></p>	<p>Rebecca Puhl (RP) joined the meeting via TC at 3pm.</p> <p>The Chair introduced RP to the group.</p> <p>RP had no conflicts of interest to declare.</p> <p>RP had been asked to discuss the following:</p> <ul style="list-style-type: none"> <li>• What is the prevalence of bias and stigmatization towards this population?</li> <li>• What are the effects of bias and stigmatization upon people in terms of any adverse physical, psychological and social effects? Can specific comment be made on the effect stigmatization may have on people's attempts to manage their weight in the longer term?</li> <li>• Are there any characteristics of weight management programmes, or the people who staff these, that may either increase or decrease weight bias and stigmatization?</li> <li>• Are there any effective interventions to reduce stigmatization towards this group of people?</li> </ul> <p>The Chair asked the PDG if they had any questions in regard to RP's presentation and a number of comments were made.</p> <p><b>Action: NICE Team to check with RP whether she would like to make any changes to her draft written testimony. NICE to circulate the updated version to the PDG (as necessary).</b></p> <p>The Chair thanked RP for her presentation and RP left the meeting at 3.45pm.</p>	<p>NICE Team</p>
<p><b>8. Drafting recommendations</b></p>	<p>The PDG returned to drafting recommendations for the guidance.</p> <p><b>Action: The NICE team to discuss implementation tools with the implementation team within NICE.</b></p>	<p>NICE Team</p>
<p><b>9. Any other business</b></p>	<p>The Chair suggested that the meeting tomorrow could start at 9.15am and that this would increase the time for drafting recommendations.</p> <p>There was no other business.</p>	
<p><b>10. Close</b></p>	<p>The meeting ended at 4.25pm.</p>	

## NICE PUBLIC HEALTH GUIDANCE

### Overweight and Obese Adults: lifestyle weight management

#### 5<sup>th</sup> Meeting of the Programme Development Group

Wednesday 10<sup>th</sup> July 2013

NICE Offices, London

#### Draft Minutes

<b>Attendees:</b>	<p><b><i>PDG Members</i></b> Gill Fine (Chair), Lucy Aphramor, Barry Attwood, Matthew Broughton, Ruth Chambers, Jane DeVille-Almond, Vicky Hobart, Kate Jolly, Laura Sanger, Carol Weir, Sarah West Sadler</p> <p><b><i>NICE Team</i></b> Jane Huntley, Adrienne Cullum, Caroline Mulvihill, Alastair Fischer, Andrew Hoy, Victoria Axe, Sue Jelley</p> <p><b><i>Experts</i></b> Stephen Watkins (DPH Stockport)</p> <p><b><i>Observer</i></b> Laura Gibson</p>
<b>Apologies:</b>	<p><b><i>PDG Members</i></b> Ulla Griffiths</p>

<b>Author</b>	Victoria Axe
<b>File Ref</b>	Draft minutes of PDG 4&5 9 <sup>th</sup> & 10 <sup>th</sup> July 2013
<b>Version</b>	Draft 1
<b>Audience</b>	<b>PDG members, NICE team, the public (via web publication)</b>

Item		Action
<b>1. Welcome and recap of previous day</b>	<p>The Chair welcomed the Programme Development Group (PDG) to the fifth meeting on Overweight and obese adults: lifestyle weight management.</p> <p>The Chair noted that apologies had been received from Ulla Griffiths.</p> <p>The Chair welcomed the observer, Laura Gibson to the meeting.</p>	
<b>2. Drafting recommendations</b>	<p>The group returned to drafting recommendations for the guidance focussing on weight loss, weight maintenance, health behaviours and rate of weight regain.</p> <p>There was a discussion around stigma and non-blaming language.</p> <p>The PDG were reminded that for every recommendation it would be necessary to note where this evidence came from for that recommendation.</p>	
<b>3. Expert Testimony</b>	<p>Stephen Watkins (SW) arrived at 10.05am and the Chair introduced SW to the group.</p> <p>SW had declared that he is the Chair of the Transport of Health Study Group. He also declared that he is writing a book on Choice Editing. SW is also a potential consumer.</p> <p>SW had been asked to discuss the following:</p> <ul style="list-style-type: none"> <li>• How can we encourage local areas to keep on commissioning lifestyle weight management services?</li> <li>• The impact of tier definition for commissioning / referral to lifestyle weight management services</li> <li>• What recommendations would most support local commissioning – where can NICE add most value?</li> <li>• NHS versus commercial providers – are there any issues around meeting the needs of a local population?</li> <li>• Is there any flexibility in the number of week's referral or is it always 12? The review work has indicated that most weight management referral programme are 12 weeks in duration however evidence also suggests that programmes of a longer duration can be more effective.</li> <li>• Are there any local rules on re-referral to</li> </ul>	

	<p>programmes?</p> <ul style="list-style-type: none"> <li>• How can we best ensure continued support from GPs following referral?</li> <li>• Including evaluation in contracts – is it possible?</li> <li>• Role of scrutiny committees – do we need to make recommendations directly to them to support on-going monitoring?</li> </ul> <p>The Chair asked the PDG if they had any questions in regard to SW’s presentation and a number of comments were made.</p> <p><b>Action: SW to prepare written testimony and the NICE team to circulate to the PDG (as necessary).</b></p> <p>The Chair thanked SW for his time and SW left the meeting at 11am.</p>	<p><b>SW</b></p>
<b>4. Editing</b>	<p>Sue Jelley (SJ) arrived at 10.45am and the Chair introduced her to the group. SJ gave a presentation on developing public health guidance: the editorial contribution.</p> <p>The Chair asked the PDG if they had any questions in regard to SJ’s presentation.</p> <p>The Chair thanked SJ for her time and SJ left the meeting at 11.20am.</p>	
<b>5. Drafting recommendations</b>	<p>The group returned to discussing the guidance recommendations prior to consultation.</p> <p>Vicky Hobart arrived at 11.30am.</p> <p>Andrew Hoy left the meeting at 1.30pm.</p>	
<b>6. Draft guidance: considerations</b>	<p>The group discussed the guidance considerations prior to consultation.</p> <p>The Chair asked the PDG to confirm their agreement on the general thrust of the considerations</p> <p>Action: The NICE team to redraft the considerations to reflect the discussion.</p>	
<b>7. Draft guidance: introduction, policy, research recommendations, glossary of terms</b>	<p>There was not time to discuss the other areas of the guidance.</p> <p><b>Action: The PDG to comment on outline guidance (including PDG job title, glossary, policy and evidence) and to forward any comments to NICE.</b></p> <p><b>Action: The NICE team to re-draft the recommendations and considerations based on</b></p>	<p><b>PDG</b></p> <p><b>NICE Team</b></p>

	<p><b>PDG comments to date and to forward within the next week for comment by email.</b></p> <p><b>Action: The NICE Team to forward the PDG timelines for finalising the guidance.</b></p> <p>Ruth Chambers and Carol Weir left the meeting at 4pm.</p>	<b>NICE Team</b>
<b>8. Next steps</b>	<p><b>Action: The NICE team to send the next steps to the group.</b></p> <p>The group were asked to provide alternative wording or specific actions in regards to any changes they may wish to make on the draft guidance.</p>	<b>NICE Team</b>
<b>9. Any other business</b>	<p>There was no other business.</p> <p>The Chair thanked the PDG for their hard work over the two day meeting.</p>	
<b>10. Close</b>	<p>The meeting ended at 4.05pm.</p>	