

Weight management guideline committee 14 meeting minutes

Weight Management Guideline Update – Committee Meeting 14 – Day 1

Date: 12/06/2023

Location: Virtual

Minutes: Final

Committee members present:		
Marie Burnham (MB – Chair)		Present for notes 1 – 6
Kate Anderson		Present for notes 1 – 6
Margaret Ashwell		Present for notes 1 – 5
Nivedita Aswani		Present for notes 1 – 6
Sarah Britton		Present for notes 1 – 6
Twane Celliers		Present for notes 1 – 3
Preetpal Doklu		Present for notes 1 – 6
Julian Hamilton-Shield		Present for notes 1 – 6
Lisa Hodgson		Present for notes 1 – 6
Omar Khan		Present for notes 1 – 6
Sarah le Brocq		Present for notes 1 – 6
Alex Miras		Present for notes 1 – 6
Grace O'Malley		Present for notes 3 – 6
Helen Parretti		Present for notes 1 – 6
Laurence Taggart		Present for notes 1 – 3
Suzy Taylor		Present for notes 1 – 6
Billy White		Present for notes 1 – 6

NICE Team in attendance:		
Victoria Axe	Guideline Commissioning Manager	Present for notes 1 – 6
Susan Burlace	Medical Editor	Present for notes 1 – 6
Jon Littler (JL)	Project Manager	Present for notes 1 – 6
Kusal Lokuge	Technical Analyst – Health Economics	Present for notes 1 – 6
Sara Matthews	Technical Analyst	Present for notes 1 – 3
Caroline Mulvihill	Technical Adviser	Present for notes 1 – 6
Hannah Stockton	Technical Analyst	Present for notes 1 – 6
Adam Storrow	Business Analyst – Resource Impact	Present for notes 1 – 6
Shreya Shukla (SS)	Senior Technical Analyst	Present for notes 1 – 6
Miaoqing Yang (MY)	Senior Technical Analyst – Health Economics	Present for notes 1 – 6
Michellie Young (MYO)	Technical Analyst	Present for notes 1 – 6

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External attendees:	
Julian Higgins (JH)	University of Bristol
Sophie Phillips (SP)	University of Durham
Carolyn Summerbell (CS)	University of Durham

Apologies:	
Mfon Archibong	Committee Member
Bethan Dorsett	NICE Digital Editor
Phoebe Kalungi	Committee Member
Alfredo Mariani	NICE Technical Analyst – Health Economics
Kathryn Melia	Committee Member
Samantha Scholz	Committee Member

1. Welcome and objectives for the meeting

The Chair, Marie Burnham (MB) welcomed the committee to day 1 of the fourteenth weight management guideline committee meeting and informed the committee of the apologies noted above.

The Chair asked all committee members to verbally declare any interests that have arisen since the last meeting. Helen Parretti declared the following new interest:

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Helen Parretti	GP	Talk for on how primary care can take a more leading role in the management of obesity both with pharmacotherapy, i.e. what models would work, and pre/post op management. Accommodation and travel covered.	Direct financial	Declare and participate. Agreed by: Guideline lead Rationale: Talk on post-op care and pharmacotherapy. Both out of scope.

The Chair and development team reviewed these prior to the meeting and noted that the interests declared did not prevent the Grace from fully participating in the meeting.

Finally, MB and committee members reviewed the minutes from committee meeting 13 and agreed them as an accurate record of the meeting.

2. Review question 2.4 – *What are the effectiveness and cost effectiveness of healthy living programmes for preventing overweight or obesity in children and young people?*

The Chair (MB) introduced colleagues from the Universities of Durham (Sophie Phillips) and Carolyn Summerbell) and Bristol (Julian Higgins). They provided an update on the research they had done for Cochrane which would support our recommendations for healthy living

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programmes for children and young people.

Julian began by giving a brief update of his evidence reviews, which covered ages 5 – 18, taking questions from the committee. He was then followed by Sophie and Carolyn who gave their full evidence review presentation which covered the 2 – 4-year-old age bracket.

After taking questions from the committee on how they had conducted their reviews and the kind of evidence that had been drawn out, MB thanked the university staff for their work and support and moved to the next item on the agenda.

3. Review question 1.3 – *What approaches are effective and cost-effective in identifying overweight and obesity in children and young people, particularly those in black, Asian and minority ethnic groups?/What are the barriers and facilitators to identifying overweight and obesity in children and young people, particularly those in black, Asian and minority ethnic groups?*

The Chair then introduced Michellie Young (MYO) the Technical Analyst leading on the review questions covering the identification of obesity and the uptake of weight management services.

MYO focused on the identification question for her first item, specifically from the perspective of servicing children and young people. She recapped the recommendations the committee had made so far, covered the re-runs of evidence searches she had recently performed and then asked the committee if they had questions or suggestions.

After some discussion from the committee, where they offered their feedback, MB thanked MYO for her work on this review question and moved to the next item on the agenda.

4. Review question 2.3 – *What intervention components and approaches are effective, cost effective and acceptable for children and young people living with overweight or obesity?*

The Chair introduced Shreya Shukla (SS), Senior Technical Analyst. With support from MYO she presented a recap of the recommendations made so far for our review question to cover weight management interventions for children and young people, as well as presenting the findings of the recently rerun evidence searches.

During the subsequent discussion the committee offered further refinements on how the recommendations were written, ordered and presented.

The Chair then thanked SS and MYO for their presentation before moving to the penultimate item on the agenda.

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

Picking up from her previous discussion around review question 1.3, MYO moved on to the uptake aspect of weight management services (RQ 1.4) again with a focus on children and young people.

As before, MYO recapped the recommendations the committee had made so far and covered the re-runs of evidence searches, before asking the committee if they had questions or suggestions.

The committee offered their input on how the wording, order and presentation of the recommendations could be further refined before the Chair moved the meeting to the final

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item of the day.

6. Next steps and any other business

The Chair thanked the committee for their time and input throughout the day and reminded them that day 2 of this meeting would begin at the same time on the following day.

She then closed day 1 of this meeting.

Date of next meeting: 13/06/2023

Location of next meeting: Virtual and in-person