

Weight management guideline committee 14 meeting minutes

Weight Management Guideline Update – Committee Meeting 14 – Day 2

Date: 13/06/2023

Location: Virtual

Minutes: Final

Committee members present:		
Marie Burnham (MB – Chair)		Present for notes 1 – 7
Kate Anderson		Present for notes 1 – 7
Margaret Ashwell		Present for notes 1 – 7
Nivedita Aswani		Present for notes 4 – 7
Sarah Britton		Present for notes 1 – 2
Twane Celliers		Present for notes 2 – 7
Preetpal Doklu		Present for notes 3 – 7
Julian Hamilton-Shield		Present for notes 1 – 7
Phoebe Kalungi		PM only
Sarah le Brocq		Present for notes 1 – 7
Alex Miras		Present for notes 1 – 7
Helen Parretti		Present for notes 1 – 7
Laurence Taggart		Present for notes 1 – 7
Suzy Taylor		Present for notes 1 – 7

NICE Team in attendance:		
Victoria Axe	Guideline Commissioning Manager	Present for notes 1 – 7
Susie Burlace (SB)	Medical Editor	Present for notes 1 – 7
Bethan Dorsett (BD)	Digital Editor	Present for notes 1 – 7
Jon Littler	Project Manager	Present for notes 1 – 7
Kusal Lokuge	Technical Analyst – Health Economics	Present for notes 1 – 7
Alfredo Mariani	Technical Analyst – Health Economics	Present for notes 1 – 7
Caroline Mulvihill (CM)	Technical Adviser	Present for notes 1 – 7
Louisa Robinson	Technical Analyst (observing)	Present for notes 1 – 7
Shreya Shukla (SS)	Senior Technical Analyst	Present for notes 1 – 7
Hannah Stockton	Technical Analyst	Present for notes 1 – 7
Michellie Young (MYO)	Technical Analyst	Present for notes 1 – 7

Apologies:

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Mfon Archibong	Committee Member
Lisa Hodgson	Committee Member
Kathryn Melia	Committee Member
Grace O'Malley	Committee Member
Adam Storrow	Business Analyst – Resource Impact
Billy White	Committee Member

1. Welcome and objectives for the meeting

The Chair, Marie Burnham (MB) welcomed the committee to day 2 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, but none had arisen from the day before.

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

For the first main item on the agenda the Chair introduced Michellie Young (MY) Technical Analyst.

Having covered the identification of obesity review question the previous day (from the children and young people perspective) MYO revisited the question looking at the recommendations for adults and our rationale for making them. She also discussed the possibility of rerunning evidence searches.

After taking comments, suggestions and questions from the committee, the Chair thanked MYO for her hard work in preparing the recommendations for the committee and moved to the next item on the agenda.

3. Review question 1.4 – *What approaches are effective and cost-effective in increasing uptake of weight management services in adults 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 adults, particularly those in black, Asian and minority ethnic groups?*

MYO remained as presenter and moved directly to the review question around the uptake of weight management services. Again, children and young people had been reviewed the day before, so now MYO focused on the recommendations for adults.

As she had for the identification question, MYO revisited our recommendations and rationales, as well as discussing the upcoming evidence reruns.

After taking questions and feedback from the committee, the Chair moved the meeting to the next item on the agenda.

4. Review question 2.1 – *What is the effectiveness and cost effectiveness of total or partial diet replacements, intermittent fasting, plant-based and low carbohydrate, in achieving and maintaining weight loss in adults living with overweight or obesity?*

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The Chair introduced Shreya Shukla (SS), the Senior Technical Analyst for this guideline. SS began the process of ratifying the recommendations and rationale for our review question on diet replacements, showing the recommendations fit in with prior evidence searches and how they'd been updated in light of new evidence searches.

After giving a brief presentation, SS took questions and comments from the committee.

The Chair thanks SS for her work, and the committee for their support, and moved to the next item on the agenda.

5. Review question 2.5 – *What is the effectiveness, cost effectiveness and acceptability of psychological approaches to address the counterproductive effect of weight stigma in achieving or maintaining weight loss, or negating the adverse impact of weight stigma, in children, young people and adults?*

SS remained as presenter for this section and again gave a presentation to ratify our recommendations and rationale, this time for our review question on the impact of weight stigma.

SS gave a quick update to confirm no new evidence had emerged through searches and moved on to discussing how the evidence we'd sourced already had been used in our recommendations and rationale.

SS then briefly took questions from the committee before the Chair closed this item.

6. Reviewing the original research recommendations

For the penultimate item on the agenda, SS remained as presenter and took the committee through the original research recommendations from the last updates that this guideline intends to amalgamate. She asked them to give feedback on which ones were still a priority so that they could be highlighted to stakeholders at consultation.

The committee re-evaluated the research recommendations, offering their opinions on which ones we should still prioritise, before the Chair closed this item and moved on to the final item of the day.

7. Next steps and any other business

The Chair thanked the committee and the development team for their hard work and focus over the two days of the committee. No one had any further business to raise so she handed over the JL to cover the next steps.

JL reminded the committee that additional dates had been booked into their diaries for the 17th and 24th July and that updates derived from their feedback over the two days of this committee would be sent to them for further clarification over the coming weeks.

The Chair closed the meeting.

Date of next meeting: 17/07/2023 and 24/07/2023

Location of next meeting: Virtual and in-person