

Weight management guideline committee 12 meeting minutes

Weight Management Guideline Update – Committee Meeting 12 – Day 1

Date: 20/01/2023

Location: Virtual

Minutes: Final

Committee members present:		
Marie Burnham (Chair)		Present for notes 1 – 6
Kate Anderson		Present for notes 1 – 6
Nivedita Aswani		Present for notes 1 – 6
Rachel Batterham		Present for notes 1 – 4
Sarah Britton		Present for notes 1 – 6
Twane Celliers		Present for notes 1 – 6
Preetpal Doklu		Present for notes 1 – 6
Julian Hamilton-Shield		Present for notes 1 – 6
Lisa Hodgson		Present for notes 1 – 6
Phoebe Kalungi		Present for notes 1 – 6
Sarah le Brocq		Present for notes 1 – 6
Grace O'Malley		Present for notes 4 – 6
Helen Parretti		Present for notes 1 – 6
Samantha Scholz		Present for notes 1 – 6
Laurence Taggart		Present for notes 1 – 6
Suzy Taylor		Present for notes 1 – 6

In attendance:		
Victoria Axe	Guideline Commissioning Manager	Present for notes 1 – 6
Susie Burlace (SB)	Content Editor	Present for notes 1 – 6
Giacomo de Guisa	Technical Analyst	Present for notes 1 – 6
Jeremy Dietz (JD)	NICE Technical Adviser, Health Economics	Present for notes 3 – 6
Jon Littler (JL)	Project Manager	Present for notes 1 – 6
Faizan Mahmood	NICE Technical Analyst, Health Economics (Observing)	Present for notes 1 – 6
Alfredo Mariani (AM)	Technical Analyst – Health Economics	Present for notes 1 – 6
Shreya Shukla (SS)	Senior Technical Analyst	Present for notes 1 – 6
Adam Storrow (AS)	Resource Impact Lead	Present for notes 1 – 6
Miaoqing Yang (MY)	Senior Technical Analyst – Health Economics	Present for notes 1 – 6

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Michellie Young (MYO)	Technical Analyst	Present for notes 1 – 6
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Apologies:	
Mfon Archibong	Committee member
Margaret Ashwell	Committee member
Keona Bennett	NICE Administrator
Omar Khan	Committee Member (co-opted)
Kate Kelley	Associate Director, Guideline Development Team
Kathryn Melia	Committee member
Samantha Scholz	Committee Member (co-opted)
Billy White	Committee member

1. Welcome and objectives for the meeting

The Chair (MB) welcomed the committee members and NICE attendees to the twelfth weight management guideline committee.

MB then informed the committee that apologies had been received which are noted above.

The Chair asked all committee members to verbally declare any interests that have arisen since the last meeting. No new interests were declared but *prior* to the meeting, Rachel Batterham submitted an update containing several published studies she had been involved in.

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

Finally, MB and committee members reviewed the minutes from committee meeting 11 and agreed them as an accurate record of the meeting.

2. and 3. Ratifying recommendations for 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?*

For the next two sections of this meeting, MB introduced Shreya Shukla (SS), Senior Technical Analyst, who led the committee on a discussion to ratify the recommendations they had made so far regarding the question on diets.

SS asked the committee if they were happy with the wording and order of the updated recommendations and took feedback from them to make further adjustments.

MB thanks SS for all her work in preparing these recommendations, and the committee for their support in developing them, and moved to the next item on the agenda.

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4. and 5. Review question 1.3 pathway presentation and discussion – *What are the barriers for identifying overweight and obesity in children, young people and adults*

MB introduced Michellie Young (MYO) to lead the afternoon session, which would focus on pathways for barriers and facilitators in identifying obesity.

MYO talked the committee through possible pathways of treatment, for both adults and children, and helping someone find a suitable one. She also covered how this would link in with existing published recommendations, how it could improve uptake, and potential pitfalls.

Throughout and after the presentation, MYO took comments and questions from the committee and used their responses to make final adjustments to the recommendations surround the pathway.

MB thanked MYO for her presentation and moved to the final item on the agenda.

6. AOB, Summary and next steps

MB thanked everyone for their attendance on the first of two days of discussion, reminding them of the second day on Monday 23 January 2023, and closed the meeting.

Date of next meeting: 23/01/2023

Location of next meeting: Virtual