

**NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE**  
**Maintaining a healthy weight and preventing excess weight gain**

**3<sup>rd</sup> Meeting of the Public Health Advisory Committee**

**Wednesday 19th November 2014**

**Derwent Room, NICE offices, London SW1A 2BU**  
**Final Minutes**

<b>Attendees:</b>	<p><b><i>PHAC Members</i></b> Susan Jebb (Chair), Peymane Adab, Louisa Ells, Sarah West Sadler, Mireia Jofre Bonet (left 16.05), Alison Lloyd, Chris Packham, Joyce Rothschild, Amanda Sowden (left 16.15), Lucy Yardley (left 16.15), Toby Prevost, Bimpe Oki, Laura McGowan</p> <p><b><i>NICE Team</i></b> Kay Nolan, Adrienne Cullum, Lakshmi Murthy, Emma Doohan, Ian Mather</p> <p><b><i>Co-optees</i></b> Nick Cavill</p> <p><b><i>Observers</i></b> Dominic Horne</p>
<b>Apologies:</b>	<p><b><i>PHAC Members</i></b> Nick Finer</p> <p><b><i>NICE team</i></b> Patti White, Rachel Kettle, Rupert Franklin</p>

<b>Author</b>	ED
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<b>Audience</b>	<b>PHAC members, NICE team, members of the public</b>

Item		Action
<p><b>1. Welcome and objectives for the meeting</b></p>	<p>The Chair welcomed the Public Health Advisory Committee (PHAC) to the third meeting on Maintaining a healthy weight and preventing excess weight gain.</p> <p>The Chair welcomed the observers.</p> <p>The Chair welcomed the members of public to the meeting. The members of the public had been briefed already, both verbally and in writing by the NICE team, and the Chair reminded them of the protocol for members of the public, i.e. their role is to observe and they may not speak or ask questions. Also, no filming or recording of the meeting is permitted.</p> <p>The Chair reminded all present that the PHAC is independent and advisory, and that its decisions and recommendations to NICE do not represent final NICE guidance; and they may be changed as a result of public consultation.</p> <p>The Chair outlined the objectives of the meeting which included:</p> <ul style="list-style-type: none"> <li>• Discuss comments received at draft guideline consultation</li> <li>• Finalise recommendations and considerations based on PHAC discussions at the last meeting</li> <li>• Finalise research recommendations</li> <li>• Receive a presentation from Implementation team</li> </ul>	
<p><b>2. Apologies for absence</b></p>	<p>The Chair informed the PHAC that apologies had been received. These are noted above.</p> <p>NICE to contact Nick Finer with any specific issues members would like him to clarify as he is unable to be at the meeting.</p>	<p>NICE</p>
<p><b>3. Declarations of Interests</b></p>	<p>The Chair explained that verbal declarations of interest are a standing item on every agenda and are recorded in the minutes as a matter of public record. The Chair asked the PHAC to declare any changes to their interests. Previous declarations of interest can be viewed on the NICE website here <a href="http://www.nice.org.uk/Guidance/InDevelopment/GID-PHG89">http://www.nice.org.uk/Guidance/InDevelopment/GID-PHG89</a></p> <p>The chair reiterated the following declaration which had been made at the first meeting:</p> <ul style="list-style-type: none"> <li>• Susan Jebb is on the advisory board for Tanita Ltd (specific, personal financial interest).</li> </ul> <p>It was agreed that Susan would not chair the meeting</p>	

	<p>when the committee discussed draft recommendation 7 (monitoring weight gain). It was agreed that Chris Packham would chair the meeting at this point in the meeting.</p>	
<b>4. Minutes of previous meeting</b>	<p>The minutes of the meeting were agreed as an accurate record with no changes.</p> <p>These will now be published on the NICE website.</p>	
<b>5. Stakeholder comments</b>	<p>Adrienne Cullum, analyst at NICE, summarised the stakeholder comments received during the consultation on the draft guideline, pulling out the main themes and key issues.</p> <p>The committee had a chance to ask any questions and discuss the comments received.</p>	
<b>6. SACN draft report on carbohydrates and health</b>	<p>Adrienne Cullum then gave a very brief summary of the draft Scientific Advisory Committee on Nutrition (SACN) report on carbohydrates and health which was issued for consultation from 26<sup>th</sup> June to 1<sup>st</sup> September 2014. The final report is due to be published in Spring 2015.</p> <p>It was agreed that findings from the SACN report were harmonious with the current recommendations made in the update of CG43.</p>	
<b>7. Equality impact</b>	<p>Lakshmi Murthy gave a presentation highlighting NICE's equality obligations and any equality issues that had been identified through the stakeholder consultation. She then suggested next steps for the equality impact assessment.</p> <p>The committee will consider these equality issues when revising the guideline throughout the course of the day. Where possible, the NICE team will cross refer to other NICE guidelines that particularly consider targeting particular groups.</p>	
<b>8. Research recommendations</b>	<p>The committee discussed and made changes to the draft research recommendations.</p> <p>The research recommendations will be redrafted in light of the committee discussions for publication in the final guideline.</p> <p>It was noted that the NICE team have checked the current list of NIHR projects in this topic area. None of the suggestions made by the committee clash with the current list of the NIHR research suggestions.</p>	
<b>9. Finalising the</b>	<p>The committee discussed each of the sections of the</p>	

<p><b>guideline (recommendations &amp; considerations)</b></p>	<p>draft guideline in turn and agreed the changes that should be made.</p> <p>They discussed and agreed changes for each of the following:</p> <ul style="list-style-type: none"> <li>• The context section.</li> <li>• Each of the recommendations</li> <li>• The considerations</li> </ul> <p>The team noted the agreed changes.</p> <p>The changes will be reflected in the next iteration of the guideline and the committee will have an opportunity to consider them and make any further changes before publication.</p> <p>When the committee discussed recommendation 7, Chris Packham chaired the committee as Susan Jebb had a conflict of interest specifically related to this recommendation.</p> <p>The committee were given an opportunity to add to or amend any of the research recommendations based on the discussions during the day.</p>	
<p><b>10. Implementation activities to support the guideline</b></p>	<p>Kay Nolan gave a presentation that had been provided by the NICE Implementation team which shared the provisional implementation plans for the guideline.</p> <p>The PHAC were asked to suggest any additional ideas and to email implementation colleagues with any relevant information that might help with the implementation of the guideline.</p>	
<p><b>11. Next steps and any other business</b></p>	<p>The next steps were noted as follows:</p> <ul style="list-style-type: none"> <li>• NICE to forward updated research recommendations to PHAC as soon as possible (as standalone document) as there have been substantial changes to this section.</li> <li>• PHAC to be sent full updated guidance on 15<sup>th</sup> December – PHAC members and co-optees are encouraged to comment.</li> <li>• Kay Nolan thanked topic, core members, co-optees and the Chair for all of their work on the guideline to date. Chris Packham was thanked for his additional chairing of section 7.</li> </ul>	<p><b>NICE</b></p> <p><b>NICE</b></p>
<p><b>12. Close</b></p>	<p>The meeting closed at 4.30pm.</p>	