

## NICE PUBLIC HEALTH PROGRAMME GUIDANCE PROMOTION OF PHYSICAL ACTIVITY IN CHILDREN

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

Thursday 22<sup>nd</sup> May 2008

NICE Offices, Level One, City Tower, Piccadilly Plaza,  
Manchester M1 4BD

### Final Minutes

<b>Attendees:</b>	<p><b>PDG Members</b> Gordon Andrews, Vicki Birchwood, Barry Causer, Issy Cole-Hamilton, Ashley Cooper, Peter Cooper, John Hutton, Chris Laws, Patricia Maude, Gareth Stratton (Chair), Paul Trueman, Malcolm Tungatt, Kim Twine, Martin Hagger, Esther van Sluijs, Sarah Vaughan-Roberts</p> <p><b>NICE</b> Hilary Chatterton, Hugo Crombie, Mike Kelly, Patricia Mountain, Bhash Naidoo, Anthony Threlfall, Simon Ellis, Edgar Masanga, Joanna Cargill</p> <p><b>Contractors</b> Nick Cavill, Charlie Foster</p>	
<b>Apologies:</b>	<p><b>PDG Members</b> Lindsey Dugdill, Suzanne Priest, John Stevens, Jonathan Williams</p> <p><b>Contractors</b> Stuart Biddle</p>	
<b>Authors</b>	Patricia Mountain, Melinda Kay, Hilary Chatterton, Simon Ellis	
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<b>Audience</b>	<b>PDG members, NICE team, the public (via web publication)</b>	

Item		Action
1	<p><b>Welcome, Introductions and Aims of the Meeting</b> The Chair welcomed Members to the eighth meeting.</p> <p>Apologies were received from Martin Hagger, Suzanne Priest and John Stevens from the PDG, and Stuart Biddle from the collaborating centre.</p> <p>The Chair outlined the objectives of the day:</p> <ul style="list-style-type: none"> <li>• To discuss the findings of the Play review (PAC8-3) and how it might inform the recommendations.</li> <li>• To discuss the equality and diversity issues related to the evidence</li> <li>• To learn about the role of the NICE editing, costing and press teams</li> <li>• To continue the process of finalising the recommendations (PAC8-6)</li> </ul>	
2	<p><b>Declarations of Interests</b></p> <p>The PDG, NICE and reviewers were asked to give verbal declarations of interests that were additional to their written declarations or specific to the topics for discussion today.</p> <p>No conflicts of interest were declared.</p> <p>During item 5, Patricia Maude declared a non-pecuniary personal interest in 2Move, as she was a co-author of the programme. With regard to Tumble Tots, she is a consultant for their Leaps and Bounds Programme, in which she has a personal pecuniary interest as author and as tutor to their trainee deliverers.</p> <p>As author of 'Physical Children, Active Teaching, an Investigation into Physical Literacy' she declared a personal pecuniary interest.</p>	
3	<p><b>Minutes of previous meeting (17<sup>th</sup> April 2008) and matters arising</b></p> <p>The Chair asked the PDG Members for any accuracy amendments to the minutes of the previous meeting.</p> <p>The minutes were approved by the PDG.</p> <p>The Chair highlighted the following matters arising / action points that were not on the agenda:</p> <ul style="list-style-type: none"> <li>• VERB papers – Nick Cavill has sent a number of papers through to NICE from this study. He was invited to summarise the main findings. The study was undertaken in the USA and used a mass marketing approach targeting children aged 8-12. The central message was to ask children what their favourite active verb was and to encourage them to undertake that activity. Nick's summary indicated that such an approach was successful in raising awareness and knowledge and in increasing physical activity. It was noted that the group had previously seen one of the early verb papers as part of the family and community review.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Correction to minutes of PDG 6 – Barry Causer requested a correction to alter Southwark Olympics to Southwark Community Games.</li> <li>• Economic analysis paper – Ric Fordham and Garry Barton have produced a revised document in liaison with Bash Naidoo and Barry Causer, which explains the difficulties of undertaking the analysis, its limitations and the appropriateness of this type of analysis with children. This was released for public consultation with the rest of the evidence on 12<sup>th</sup> May.</li> </ul> <p>Mike assured the group that a technical definition of self efficacy which was provided by Stuart Biddle at a previous meeting had been agreed and the glossary amended accordingly.</p> <p>It was noted that all the evidence reviews are now out for stakeholder consultation.</p>	
<p><b>4</b></p>	<p><b>Play Review – presentation of key findings</b></p> <p>Charlie Foster gave a presentation of the play review. He noted that the review was different from other NICE reviews and should be considered as being similar to having expert testimony from experienced practitioners.</p> <p>The review presented the views of children and practitioners. Four issues emerged as barriers to increased active play:</p> <ul style="list-style-type: none"> <li>• Fears about “stranger danger”</li> <li>• Road traffic</li> <li>• Anti-social behaviour</li> <li>• Bullying from other children.</li> </ul> <p>It was indicated that adults’ perceptions of risk were an important influence on children’s physical activity.</p>	
<p><b>5</b></p>	<p><b>Presentation</b></p> <ul style="list-style-type: none"> <li>– <b>Early Years Movement Development</b></li> <li>– <b>Implications for recommendations</b></li> </ul> <p>Patricia Maude, a member of the PDG, gave a presentation about the importance of early year’s mastery of core physical skills. Central to the presentation was the reasoning that early acquisition of core physical activity skills was crucial to a child’s development and also their likelihood of participating and enjoying a range of physical activities in the future.</p> <p>Patricia said that acquisition of physical skills is usually considered to occur naturally without teaching but many of these skills are complex and require practise and structure. It was suggested that children can benefit greatly from being encouraged to learn new physical skills and that parents can help.</p> <p>This was followed by a short presentation by Issy Cole Hamilton on play in relation to the Children’s plan and Play strategy. She reported that</p>	

	<p>indicators for play will be in the national indicator set, with local play indicators for use in Local Area Agreements from April 2009.</p>	
<p><b>6.</b></p>	<p><b>Play review and presentations - group discussion and questions</b></p> <p>Members were invited to discuss the play review and the presentations. The play review was warmly received by the group and acknowledged as being valuable.</p> <ul style="list-style-type: none"> <li>• The need for children to develop motor competence before starting school was highlighted.</li> <li>• The importance of children aged eleven to have the core skills to access the PE curriculum at secondary school.</li> <li>• Core motor skills are a pre-requisite for take up of physical activity opportunities in later life.</li> <li>• There is evidence from the Qualifications and Curriculums authority of problems at key stages 2-3. These are being addressed by the TOP Programmes. The need to pay attention to the interest of other members of society was highlighted in relation to children's outdoor play. Societal views about what counts as antisocial behaviour have changed.</li> <li>• The number of adults required to supervise children in the outdoor environment compared to the indoor should be considered. It was suggested that the guidance should reinforce the 3 relevant indicators in the National Indicator set.</li> <li>• Risk assessment for schools requires parents to be informed about the level of risk. Teachers are concerned about parents' reactions to risk.</li> <li>• It was reported that the accident statistics were low for indoor play provision in Finland, where children were left to play without adult supervision.</li> </ul> <p>Mike Kelly noted that the value of this review was not to be found in its ability to answer questions of effectiveness but that it helped to clarify the broader issues that the PDG should consider in relation to encouraging children to play actively. The attitude of adults towards children playing was one of the issues identified. Mike Kelly indicated that this will need to be addressed in the recommendations and in their implementation.</p>	
<p><b>7</b></p>	<p><b>Play - Recommendations and considerations</b></p> <p>The Chair asked the PDG to discuss key points to be added to the existing recommendations and considerations and to raise any additional recommendations or considerations based on this review.</p> <p>The following points were raised:</p>	

	<ul style="list-style-type: none"> <li>• Physical activity is not just about movement but also about quality of the experience.</li> <li>• There is a need to address the risks associated with play and distinguish between real and perceived risk. Mike Kelly suggested that rather than having a recommendation on risk, it should be in the text of the guidance.</li> <li>• A completely precautionary approach should be discouraged; however this should be done in the light of the real pressures on providers. This needs to be linked to the nature of the society we live in.</li> <li>• The Play Safety Forum published a statement about play risk in 2002. New guidance about schools trips from DCFS mentions challenging perceived risk.</li> <li>• NICE Physical activity and workplace guidance should be checked for suitable wording around risk. The collaborating centre brought a review around case law and risk in physical activity to the attention of the PDG.</li> <li>• The quality of the observational research should be considered. However, it was noted that the play review draws on a body of evidence with consistent conclusions.</li> <li>• The need for training, planning and appropriate facilities comes out of the play review.</li> <li>• Play should be considered as integral part of physical activity and the physical activity recommendations as they exist.</li> <li>• Seasonality study suggested that the major factor was not the amount of rainfall but hours of daylight.</li> </ul> <p>The Chair thanked the PDG and Mike Kelly agreed to write a narrative on risk for the guidance</p>	<p><b>Mike Kelly</b></p>
<p><b>8</b></p>	<p><b>Equality assessment of the evidence</b></p> <p>Hugo Crombie gave a short presentation on his analysis of the equality and diversity issues arising from the evidence collated so far. He also gave an example of the process from the NICE guidance on Physical Activity and the Environment, from the evidence to initial recommendation; editing and changes post consultation and fieldwork, to the final recommendation.</p> <p>The PDG discussed the presentation and the following points were raised:</p> <ul style="list-style-type: none"> <li>• Physical activity &amp; disability has not been directly addressed. The NICE team responded that this was a topic which NICE are considering doing separately.</li> <li>• There is a lack of studies showing differential effects.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Urban/ rural divide can impact on equality.</li> <li>• Adolescent boys have been addressed; their data is split across the review areas.</li> <li>• There is a need to consider if there is anything discriminatory in the way the evidence has been reviewed.</li> <li>• Need to consider LAAC (looked after and accommodated children) and young people who are who are carers.</li> <li>• Need to consider gender in relation to religious beliefs.</li> <li>• Multiple components of deprivation – need to be conscious about this and not look at things in isolation. This is not a legal necessity but the NICE approach is to move beyond the requirements of legislation.</li> </ul>	
<p><b>9</b></p>	<p><b>Role of editing, communication, implementation and costing teams</b></p> <p>Simon Ellis gave brief presentation on the role of editing and the NICE Communications team.</p> <p>Edgar Masanga from the implementation directorate gave a brief presentation on the role of implementation at NICE including costing.</p> <p>The PDG discussed the presentations and raised the following points:</p> <ul style="list-style-type: none"> <li>• It was queried whether the guidance was automatically sent to all relevant professionals. A Quick Reference Guide is sent to all stakeholders and others on NICE databases. Particular groups can be targeted via the Communications team.</li> <li>• Implementation can produce costing templates for Local Authorities if required.</li> </ul>	
<p><b>10</b></p>	<p><b>Finalising the recommendation – The first three</b></p> <p>Anthony Threlfall from NICE gave a brief presentation explaining how the Recommendations 1, 2 and 3 had evolved since the previous meeting. The Chair agreed that rewording of the recommendation was important. He asked that the rewording should include – Achieve local area agreement targets.</p> <p>It was noted by the PDG that the meaning of the recommendation had been altered in the editing process.</p> <p>For Recommendation 1 the original wording was preferred to the edited version. These three recommendations were not considered any further at this meeting.</p> <p>The NICE team was asked by the Chair to consider Recommendation 1 again in conjunction with the editors.</p>	<p><b>NICE team</b></p>

<p><b>11</b></p>	<p><b>Finalising the recommendations – The rest: specifying each recommendation</b></p> <p>The Chair asked the PDG to work in small groups. All the recommendations had been collated in one document (PAC8.6) and placed under the headings from the behaviour change guidance.</p> <p>As only two meetings remain in which to finalise the recommendations before they are released for public consultation, members were invited to consider all the recommendations and suggest possible structures for their organisation.</p> <p>The groups fed back, two alternative structures were suggested.</p> <p>Consequently, the Chair asked the NICE team to consider these ideas for the structure.</p>	<p><b>NICE team</b></p>
<p><b>12</b></p>	<p><b>Brief discussion to identify areas where additions to recommendations are needed</b></p> <p>Having considered all the recommendations together and restructuring them, the group were invited to indicate their views about the completeness of the current set of recommendations.</p> <p>The lack of reference to sport and important organisations and events was noted, including the Olympics, national governing bodies of sport and Youth Sports Trust.</p> <p>Words that were felt to be key were:</p> <ul style="list-style-type: none"> <li>• Play</li> <li>• Regional government</li> <li>• Core motor skills</li> <li>• Developing maturity in movement patterns</li> <li>• Multi component – involving school, family and community</li> </ul> <p>Gaps that were identified were:</p> <ul style="list-style-type: none"> <li>• Those under 5 who are not in nursery education</li> <li>• Travellers</li> <li>• Refugees</li> <li>• Those not coming into contact with schools.</li> </ul>	
<p><b>13</b></p>	<p><b>Summary of the day, agreed action and next steps</b></p> <p>The Chair thanked members and summarised the outcome of the day, with reference to the objectives stated at the start, in particular it was noted that the play review provides valuable information about context. He stressed that the PDG must be very considerate of equality and diversity issues.</p> <p>The Chair asked the NICE team to consider the two new models of structure of the recommendations for the next meeting.</p>	<p><b>NICE team</b></p>

<b>14</b>	<p><b>Any Other Business</b></p> <ul style="list-style-type: none"> <li>• A reminder that we are currently consulting on the evidence (Monday 12th May until Monday 9th June). All of the reviews and the economic analysis are available on the NICE website for stakeholders to comment.</li> <li>• Anthony Threlfall is leaving NICE at the end of the month to take up the post of research director public health at Bury PCT. The Chair thanked Anthony for all his work on this guidance and wished him well for the future.</li> <li>• Adrienne Cullum, member of the NICE project team has gone on maternity leave. Susan Murray joins the NICE team.</li> <li>• A reminder that the next PDG meeting is 2 days on 11/12<sup>th</sup> June, at Floor 24 City Tower.</li> </ul>	
<b>Close</b>	The Chair thanked all attendees and closed the meeting at 4pm.	