

**Public Health Interventions Advisory Committee (PHIAC)**

**PHIAC 41: Minutes of the meeting held on 6th November 2009**

**Weight Management in Pregnancy and School-based interventions to prevent smoking**

<p><b>Attendees</b></p>	<p><b><u>Members</u></b>                  Catherine Law, Susan Michie, Amanda Hoey, Matt Kearney, Alasdair Hogarth, Stephanie Taylor, KK Cheng, Philip Cutler, Joyce Rothschild, John Barker, Bren McInerney (left at 3.45pm), Tracey Sach, Stephen Morris, David Sloan, Richard Cookson, Lesley De Meza, Dagmar Zeuner, Mike Rayner , Joanne Cooke, Ruth Hall, Andrew Hopkin (left at 3.45pm), Toby Prevost</p> <p><b><u>NICE staff</u></b>                  Mike Kelly, Emma Doohan</p> <p><b><i>Weight Management in Pregnancy</i></b>                  Tricia Younger, Caroline Mulvihill, Karen Peploe, Patti White Alastair Fischer</p> <p><b><i>School based interventions to prevent smoking</i></b>                  Catherine Swann, Patti White, Andrew Hoy, Lesley Owen, Mandy Harling</p> <p><b><u>Contractors</u></b>  <b><i>Weight Management in Pregnancy</i></b>                  Fiona Campbell, School of Health and Related Research (SchARR), Jim Chilcott (SchARR), Josie Messina (SchARR),</p> <p><b><i>School based interventions to prevent smoking</i></b>                  Richard Lloyd (GHK Fieldwork), Aidan Moss (GHK), Amanda Fearne (National Youth Agency (NYA)), Richard McKie (NYA)</p> <p><b><u>Co-opted members</u></b>  <b><i>Weight Management in Pregnancy</i></b>                  Bob Fraser (Obstetrician and Head of Centre for Pregnancy, University of Sheffield), Ruth Bell (Clinical senior lecturer in public health, University of Newcastle), Janet Gordon (Advanced dietitian for maternal health, Birmingham Community nutrition and dietetic department), Debra Bick (Professor of Evidence Based Midwifery Practice, Kings College London)</p> <p><b><i>School based interventions to prevent smoking</i></b>                  Amanda Amos (Professor of Health Promotion, University of Edinburgh),</p> <p><b><u>Expert Witnesses</u></b>  <b><i>School based interventions to prevent smoking</i></b>                  Noreen Graham (Deputy Director, Pupil Food, Health and Safety Unit, Department for Children, Schools and Families)</p> <p><b><u>Non-public observers</u></b>                  Jenny Griffiths, Thomas Feist, Rebecca Williams</p>
<p><b>Authors</b></p>	<p>Emma Doohan</p>
<p><b>Audience</b></p>	<p>Members of PHIAC; The public</p>

<b>Agenda Item</b>	<b>Minutes</b>	<b>Action</b>
<p><b>1. Welcome and introductions. (Chair)</b></p> <p><b>2. Apologies (Chair)</b></p>	<p>The Chair welcomed members to the 41<sup>st</sup> PHIAC meeting. The meeting was declared quorate.</p> <p>Apologies were received from:</p> <p><b>PHIAC members</b>            Stephen Walters, Ann Hoskins, Muriel James, Mark Sculpher, Jane Putsey, Mike Owen, Mike Bury, Sue Atkinson, Dale Robinson, David McDaid</p> <p><b>NICE staff</b>            Sarah Dunsdon, Patricia Mountain</p> <p><b>Co-opted members</b>            Lucilla Poston (Professor of Maternal and Fetal Health, Kings College London)</p>	
<p><b>3. Declarations of Interest (All)</b></p>	<p>Declarations of interest in relation to ‘weight management in pregnancy’ were requested.</p> <p>A number of declarations of interest had been received in writing prior to the meeting. Catherine Law and Mike Kelly had reviewed these and agreed that they did not prevent anyone from participating in the whole meeting.</p> <p>Meeting attendees were asked to declare these interests again, and any additional declarations were requested.</p> <p>The following declarations were made:</p> <p><b><u>Personal pecuniary interests:</u></b>  <b>PHIAC members:</b>  <b>Matt Kearney:</b> Matt has a potential interest as a General Practitioner who may benefit from provision of service in primary care.</p> <p><b>Non- PHIAC members:</b>            None</p> <p><b><u>Personal Family interests:</u></b>  <b>PHIAC members:</b>            None</p> <p><b>Non- PHIAC members:</b>            None</p> <p><b><u>Personal non-pecuniary interests:</u></b>  <b>PHIAC members:</b>            None</p> <p><b>Non- PHIAC members:</b>  <b>Ruth Bell:</b> Is a member of the steering group for MEND beginnings (an organisation seeking to develop interventions for weight management around pregnancy).</p> <p><b><u>Non- Personal pecuniary interests:</u></b></p>	

	<p><b>PHIAC members:</b> None</p> <p><b>Non- PHIAC members:</b> <b>Janet Gordon:</b> Janet manages a small team (NHS dieticians and food health advisors) that is commissioned by 2 PCTs to provide, amongst other things, a dietetic service for obese pregnant women.</p> <p><b><u>Potential interest due to future research funding:</u></b> <b>PHIAC:</b> KK Cheng, Toby Prevost, Susan Michie, Jo Cooke</p> <p><b>Non-PHIAC</b> None</p> <p>It was agreed that the above declarations would not prevent any members from taking part in the meeting.</p>	
<p><b>4. Weight Management in pregnancy: Considering the evidence</b></p>	<p>Jo Cooke, lead practitioner PHIAC discussant, and Amanda Hoey, lead lay PHIAC discussant, gave overviews of the topic from their perspectives.</p> <p>Fiona Campbell, from the School of Health and Related Research (SchARR), provided an overview of the findings from the effectiveness review on dietary and/or physical activity interventions for weight management in pregnancy.</p> <p>Jim Chilcott from SchARR presented the findings from the economic modelling report.</p> <p>The lead PHIAC technical discussant, Tracey Sach commented on the key issues relating to the economics review, and Tricia Younger read out the key issues highlighted by the other lead PHIAC technical discussant, Stephen Walters (who was unable to attend the meeting) on the evidence.</p> <p>The committee were given an opportunity to ask questions and get clarification on the evidence presented during the morning.</p> <p>The co-opted members were given an opportunity to comment on the evidence and the topic more generally. Tricia Younger read out some comments from Lucilla Poston who could not be at the meeting.</p>	
<p><b>5. Weight Management in pregnancy: Drafting the recommendations</b></p>	<p>Catherine Law summarised the discussions as follows:</p> <ul style="list-style-type: none"> <li>• The committee felt that there was a clear demand from both health professionals and pregnant women for this guidance as currently there is inconsistent advice in practice on this topic.</li> <li>• The Institute of Medicine (IOM) guidelines on weight gain during pregnancy (2009) were discussed. The committee felt that they were unable to comment on the applicability of these guidelines for the UK population.</li> </ul>	

	<ul style="list-style-type: none"> <li>• It was noted health professionals in the UK do not have clear guidance for weight gain during pregnancy. However, it is not the remit of this guidance to consider this.</li> </ul> <p>Catherine Law suggested 3 areas that required further consideration by the committee:</p> <ul style="list-style-type: none"> <li>• Whether the IOM guidelines should be referred to in the guidance, and if a recommendation should be made for them to be reviewed in the future.</li> <li>• Whether the committee felt it was appropriate for the guidance to focus on optimising pre-pregnancy weight</li> <li>• How the guidance should be presented. Currently, guidance on 'weight management after childbirth' is being considered in the December meeting as a separate referral.</li> </ul> <p>The committee were given an opportunity to discuss these considerations, a further opportunity to ask questions about the evidence, and to discuss more generally the drafting of the recommendations.</p> <p>Mike Kelly suggested that it was clear from feedback from the wider health community that it will be useful to present coherent messages and recommendations from recent relevant clinical and public health guidance. Therefore, developing a single product dealing with before, during and after pregnancy would be welcomed. The committee agreed with this approach.</p> <p>The chair summarised the morning's discussion as follows:</p> <ul style="list-style-type: none"> <li>• The guidance needs to explicitly recognise why it is not possible to make clear recommendations about appropriate weight gain in pregnancy.</li> <li>• The guidance will focus on physical activity and diet before, during and after pregnancy (so will closely link with the weight management after childbirth guidance being considered at the December PHIAC meeting).</li> <li>• Pregnancy was considered to be an important opportunity in the life course to consider issues related to weight gain.</li> <li>• The context of the family should be considered in the recommendations.</li> <li>• The guidance will have a role in clarifying areas of confusion and popular misconception, particularly explaining what women should be doing differently in relation to physical activity and diet during pregnancy.</li> <li>• Some of the key features from the effectiveness review (ie feedback) should be highlighted.</li> <li>• This guidance should cross refer to other relevant NICE and non-NICE guidance (i.e. other recommendations in this topic area as well as cross referencing to more general guidance such as the behaviour change guidance).</li> </ul> <p>It was agreed that the NICE team would draft</p>	
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	<p>recommendations in line with these discussions. The team will then reflect on next steps, but the team may be able to bring some draft recommendations to the December PHIAC meeting.</p>	<p>NICE team</p>
<p><b>6. Weight Management in pregnancy: Drafting the research recommendations</b></p>	<p>The potential research recommendations for the topic were considered.</p>	
<p><b>7. School based interventions to prevent smoking –</b></p>	<p>Declarations of interest in relation to school based interventions to prevent smoking were requested.</p> <p>A number of declarations of interest had been received in writing prior to the meeting. Catherine Law and Mike Kelly had reviewed these and agreed that they did not prevent anyone from participating in the whole meeting.</p> <p>Meeting attendees were asked to declare these interests again, and any additional declarations were requested.</p> <p>The following declarations were made:</p> <p><b><u>Personal pecuniary interests:</u></b>  <b><i>PHIAC members:</i></b>  <b>None</b></p> <p><b><i>Non- PHIAC members:</i></b>  <b>None</b></p> <p><b><u>Personal Family interests:</u></b>  <b><i>PHIAC members:</i></b>  <b>None</b></p> <p><b><i>Non- PHIAC members:</i></b>  <b>None</b></p> <p><b><u>Personal non-pecuniary interests:</u></b>  <b><i>PHIAC members:</i></b>  <b>None</b></p> <p><b><i>Non- PHIAC members:</i></b>  <b>Amanda Amos:</b> Amanda has expressed an opinion on the evidence on school-based smoking prevention programmes as a co-author of a rapid review commissioned by the Department of Health on ‘Young People and Smoking in England’. The review was commissioned through the Public Health Research Consortium.</p> <p>Amanda is a member of ASH Scotland and a member of the ASH Advisory Council.</p> <p><b><u>Non- Personal pecuniary interests:</u></b></p>	

	<p><b>PHIAC members:</b> <b>None</b></p> <p><b>Non PHIAC:</b> <b>None</b></p> <p><b><u>Potential interest due to future research funding:</u></b> <b>PHIAC:</b> Toby Prevost, Susan Michie</p> <p><b>Non-PHIAC</b> Amanda Amos</p> <p>It was agreed that the above declarations would not prevent any members from taking part in the meeting.</p>	
<p><b>8. School based interventions to prevent smoking</b></p>	<p>Andrew Hoy presented an update on the evidence following the PHIAC 1 meeting.</p> <p>Catherine Swann presented an overview on the stakeholder responses to the consultation on the draft guidance.</p> <p>Aidan Moss and Richard Lloyd from GHK Consulting gave an overview of the results from the fieldwork on this topic.</p> <p>Richard McKie and Amanda Fearne from the National Youth Agency presented an overview of the findings from the fieldwork with students.</p> <p>The co-opted members and experts were invited to comment and then the committee had an opportunity to ask any questions or make any comments.</p> <p>Patti White, analyst at NICE, then presented some suggested post-consultation revisions to each of the recommendations.</p> <p>Agreed actions:</p> <ul style="list-style-type: none"> <li>• It was agreed that the NICE team would explore the wording of the title to ensure it encompasses all of the relevant settings being considered in the guidance. NICE to check this with DH and DCSF.</li> <li>• NICE team to work with education members on PHIAC to ensure the correct terminology is used throughout the guidance.</li> <li>• Appropriate links to other NICE guidance should be made.</li> <li>• Each of the recommendations will be edited in line with the afternoon's discussions.</li> <li>• A methodological issue was raised by one the members about the importance of using examples within the guidance (and in future guidance). The committee asked NICE to consider this again, and think how examples might be added to this guidance or implementation materials.</li> <li>• The recommendation about peer-led approaches is largely based on data from the evaluation of the UK-based ASSIST intervention. Different ways of</li> </ul>	<p><b>NICE team</b></p> <p><b>NICE team</b></p> <p><b>NICE team</b></p> <p><b>NICE team</b></p>

	<p>signposting this intervention were discussed for the recommendation. NICE to explore how this has been done in other guidance</p> <p>It was agreed that the NICE team would revise the recommendations in line with the discussions in the afternoon, and they would then be circulated to PHIAC.</p> <ul style="list-style-type: none"> <li>The committee discussed research recommendations.</li> </ul> <p>Mandy Harling from implementation at NICE considered some of the implementation issues and approaches to this guidance.</p> <p>The committee suggested that the implementation tools should consider the broader benefits for the school – not just in health terms. This could be drawn out in section 4.</p> <p>Catherine Swann provided an overview of the next steps in guidance production. The committee queried why there was only one week to comment on the guidance. CS to follow up with the project manager.</p> <p>MK reported back to the committee on a letter received from Professor Lawrence Moore regarding the reporting of the ASSIST trial in the evidence review. The letter suggested that the effectiveness of the ASSIST trial had been underestimated in the review. MK had sought two independent views on these claims. The independent assessors supported Lawrence Moore’s view.</p> <p>The committee noted these comments but did not feel they applied any further revision of the guidance over and above that which had been agreed in earlier discussion. It was also noted that these comments were made outside of the usual consultation period. It was noted that a link to these minutes would be posted on the same web-page as the <a href="#">evidence review</a>.</p>	<p><b>Mandy Harling</b></p> <p><b>CS</b></p>
<p><b>9. Topic referrals</b></p>	<p>The following topics were suggested for referral to the topic selection panel:</p> <ul style="list-style-type: none"> <li>Prevention of smoking uptake in further education settings</li> <li>Clinical guidance on optimal weight gain in pregnancy in the UK context</li> </ul>	
<p><b>10. Minutes of the October meeting</b></p>	<ul style="list-style-type: none"> <li>The minutes of the October PHIAC meeting were agreed with no changes.</li> </ul>	
<p><b>11. AOB</b></p>	<ul style="list-style-type: none"> <li>MK informed the committee that the Department of Health’s smoking team had been planning to issue guidance on smoking and pregnancy which would be issued to commissioners and published before the NICE guidance on this topic. It has now been agreed that interim guidance will be prepared jointly by NICE</li> </ul>	

	<p>and DH so it is congruent with the NICE guidance which is being published next year.</p> <ul style="list-style-type: none"> <li>• Tabled papers – it should be clear in presentations which page in the review is being referred to. All tabled papers and handouts should be sent to the committee after the meeting. Half the number of paper copies of presentations will be printed in the future.</li> <li>• It was agreed that the next PHIAC away day will be held in September 2010.</li> <li>• Richard Cookson is leaving the committee. Thanks were given to Richard for all his hard work over the years.</li> <li>• It was noted that the mental wellbeing at work guidance had received positive coverage at its launch this week.</li> <li>• It was noted that members terms on the committee may be extended in 3 years blocks in line with the current process.</li> </ul>	<p><b>NICE Team</b></p>
<p><b>12. Close</b></p>	<p>The meeting closed at 4.30pm.</p>	