

## NICE PUBLIC HEALTH PROGRAMME GUIDANCE

### Type 2 diabetes: preventing pre-diabetes among adults in high-risk groups

#### 5<sup>th</sup> meeting of the Programme Development Group Wednesday 30<sup>th</sup> June 2010

MidCity Place, 71 High Holborn, London WC1V 6NA

<b>Attendees:</b>	<p><b>Programme Development Group (PDG) Members:</b> Nick Wareham (Chair) <i>left at 12.30 and returned at 14.30</i>, Bennett Quinn, Anne Dornhorst, Jennifer Tringham, Neel Basudev, Mireia Jofre-Bonet (left at 13:10), Steven Cummins, Tim Marsh, Akeem Ali, Margaret Guy, Aderonke Jomo – Coco, Sabina Syed, Tracy Kelly, Sarah Wild, Nigel Unwin (<i>chaired in Nick Wareham's absence</i>), Saiyyidah Zaidi,</p> <p><b>Experts:</b> Theo Lorenc (Matrix Evidence Ltd.), Chris Cooper (Matrix Evidence Ltd.), Alison O'Mara (Matrix Ltd.), Sabina Syed (Community Member, NICE PDG – Pre-diabetes prevention), Nita Forouhi (MRC Epidemiology Unit), Klim McPherson (University of Oxford/Chair, NICE PDG – CVD), Susan Jebb (MRC Human Nutrition Research/Chair, NICE PDG – Obesity)</p> <p><b>NICE:</b> Catherine Swann, Clare Wohlgemuth, Alastair Fischer, Karen Peploe, Adrienne Cullum, Gesina Hodgson, Ruairaidh Hill</p> <p><b>Review Team:</b> Maxine Johnson, NICE</p>
<b>Apologies:</b>	Marie Cummins, Wasim Hanif, Ameet Bakhai, Amanda Adler (Co-Optee), Emma Doohan, Marc Suhrcke

Agenda Item		Action
<b>1. Welcome and introductions</b>	<p>Apologies were received from Marie Cummins, Wasim Hanif, Ameet Bakhai, Amanda Adler (Co-Optee), Emma Doohan, Marc Surcke</p> <p><b><u>Minutes of the last meeting</u></b> There were no amendments to the circulated minutes.</p> <p><b>Action:</b> Emma Doohan to publish minutes on website.</p> <p><b><u>Update of actions/matters arising:</u></b></p> <ul style="list-style-type: none"> <li>• Nick Wareham to send Alan Brennan some references to recent research on physical activity and CVD (this action was carried forward from PDG 4.)</li> </ul>	<b>Nick Wareham</b>

	<ul style="list-style-type: none"> <li>The NICE team transcribed the recommendations and considerations into a word document and will circulate later on today.</li> </ul> <p><b><u>Declarations of Interest:</u></b></p> <p><b>Personal pecuniary interest</b>  Ameet Bakhai  Wasim Hanif</p> <p>Susan Jebb: Member, Tanita Medical Advisory Board (manufacturer of weighing scales and body composition analysis equipment); Regular contributor of paid articles on nutrition and weight control to Rosemary Conley Diet and Fitness magazine.</p> <p><b>Personal family interest</b>  Ameet Bakhai</p> <p><b>Non-personal pecuniary interest</b>  Sabina Syed  Ameet Bakhai  Margaret Guy  Susan Jebb: MRC Human Nutrition Research was specifically established as a collaborative centre with a remit to work in partnership with a range of external stakeholders. Whilst the large majority of this work is funded by the MRC and additionally through contracts with other government departments and agencies, they also conduct research in collaboration with industry and NGOs. They also have an active communication programme involving dialogue with industry – food, pharma and biotech. They contribute to scientific advisory boards, strategic reviews and provide critical appraisal of new products and marketing initiatives, particularly for the food industry. This work is conducted according to clear terms of engagement to protect their independence.</p> <p><b>Personal non-pecuniary interest</b>  Ameet Bakhai  Anne Dornhorst  Marie Cummins  Wasim Hanif  Margaret Guy</p>	<p><b>NICE</b></p>
<p><b>2. Additional Review: Update (NICE/Theo Lorenc, Matrix)</b></p>	<p>Matrix has been commissioned to carry out the additional work as requested by the PDG. Theo Lorenc is the lead reviewer and presented a plan for the work.</p> <p>He asked the PDG if they would like to input/identify key studies/reviews in addition to formal searches.</p> <p><b>Action:</b> The chair asked PDG members to send any</p>	<p><b>All</b></p>

	reviews/studies to Catherine Swann and Clare Wohlgemuth.	
<b>3. Expert testimony: CPD and training: enabling professionals to practise effectively and confidently (Sabina Syed)</b>	<p>Sabina Syed presented a paper in relation to CPD and training: enabling professionals to practise effectively and confidently.</p> <p>The purpose of the paper is to look at proven methods such as preceptorship and using the Kirkpatrick model of training evaluation. Sabina focussed on preceptorship for the purpose of this meeting.</p> <p>The PDG were given an opportunity to ask Sabina any questions of clarification or raise any discussion points.</p>	
<b>4. Expert testimony: BME groups, diet and risk of type 2 diabetes (Dr. Nita Forouhi, MRC Epidemiology Unit, Cambridge)</b>	<p>Nita Forouhi from the MRC Epidemiology Unit in Cambridge gave a presentation in relation to findings from the evidence review for BME groups, diet and risk of type 2 Diabetes.</p> <p>The PDG were given an opportunity to ask any questions or make any comments on the testimony heard.</p> <p>The group then held a general discussion. They were asked to consider whether the evidence indicated the following:</p> <ul style="list-style-type: none"> <li>• Areas for new recommendations</li> <li>• Gaps in the evidence</li> <li>• Research recommendations</li> <li>• Changes to the existing recommendations</li> <li>• Equity issues</li> <li>• Commissioning issues</li> <li>• Implementation issues</li> </ul>	
<b>6. Expert testimony: Developing population level guidance (Prof. Klim McPherson, Fellow, New College Oxford / CVD PDG Chair; Dr Martin Brown, Martin Brown Associates)</b>	<p>Klim McPherson, Fellow, New College Oxford / CVD PDG Chair, presented a paper entitled "Making a population – level guidance for prevention of CVD and obesity – The Foresight project."</p> <p>The PDG were given an opportunity to ask any questions or make any comments on the expert testimony.</p>	
<b>7. Expert Testimony: Tackling Obesity (Dr. Susan Jebb, Head of Nutrition and Health, MRC Human Nutrition Research,</b>	<p>Susan Jebb, Head of Nutrition and Health, MRC Human Nutrition Research, Cambridge, circulated two presentations entitled "Dietary Strategies to Prevent Type 2 Diabetes" and "Tackling Obesities: Future Choices". Susan then talked the PDG through the slides.</p> <p>The PDG were given an opportunity to ask any questions or make any comments on the expert testimony.</p>	

<b>Cambridge)</b>		
<b>8. Recommendations (Clare Wohlgemuth)</b>	Clare Wohlgemuth reminded PDG members about revising recommendations from previous meetings and developing new recommendations from evidence considered today. Clare also briefed PDG members in relation to the group work in relation to recommendations.	
<b>9. Revisions to reviews 1-3 (Maxine Johnson, NICE)</b>	Maxine Johnson, NICE, gave feedback to the PDG on the amendments made to reviews 1-3.	
<b>10. Group work: PDG 5 Expert testimony: recommendations and considerations (All)</b>	<p>PDG members were requested to discuss/draft the following based on the evidence heard today:</p> <ul style="list-style-type: none"> <li>• New recommendations</li> <li>• New considerations</li> <li>• Gaps in the evidence</li> <li>• Recommendations for research</li> </ul>	
<b>11. Group Work: PDGs 1-4: Revising recommendations and considerations</b>	<p>PDG members were asked to review the recommendations and considerations developed at previous meetings. Each group considered the following:</p> <ul style="list-style-type: none"> <li>• Does the data/information presented since they were drafted impact on the existing recommendations?</li> <li>• If so, how? What (if anything) do we want to change and why?</li> <li>• Are there any implications/changes for the considerations?</li> <li>• Are there any implications/changes for the gaps in evidence and research recommendations sections?</li> </ul>	
<b>12. Group Discussion (All)</b>	The chair asked PDG to feed back on new recommendations, plus any thoughts on changes to existing recommendations.	
<b>13. Next Steps (Catherine Swann, NICE)</b>	<p><b>1. Homework</b> Catherine Swann, NICE, presented some “homework” for PDG members. They were asked to review a list of potentially relevant recommendations from other health guidance areas. For this purpose NICE have devised a short form and PDG members were asked to go through recommendations and detail their views.</p> <p><b>Action:</b> NICE to circulate form electronically and PDG members to complete and send back by cop 16<sup>th</sup> July.</p> <p><b>2. Meetings 6&amp;7</b></p> <ul style="list-style-type: none"> <li>• Cost effectiveness report, outline of modelling</li> <li>• Experts</li> </ul>	<b>NICE/All</b>

	<ul style="list-style-type: none"> <li>• Theming and prioritising recommendations</li> <li>• Thinking about key principles</li> <li>• Allocating tasks</li> </ul> <p><b>3. Meetings 8&amp;9</b></p> <ul style="list-style-type: none"> <li>• Final modelling report</li> <li>• Final experts</li> <li>• Finalising draft recommendations</li> </ul>	
<b>14. Summary &amp; AOB</b>	<p>The chair summarised key action points from the meeting, including:</p> <ul style="list-style-type: none"> <li>• Theresa Marteau to be invited to talk about behaviour change</li> </ul>	
<b>15. Close</b>	The meeting closed at 16:55.	

**Date of next meeting:** 21<sup>st</sup> July 2010, NICE offices, Mid City Place, 71 High Holborn, London, WC1V 6NA