



**Paper for information: Government Updates on Nutrition
Related Activities
Centre for Public Health Excellence**

Agenda Item: 7

Please see attached paper for information.

Update on the work of the Centre for Public Health Excellence (CPHE) within the National Institute for Health and Clinical Excellence (NICE)

<http://www.publichealth.nice.org.uk>

GENERAL MATTERS

Transfer of HDA functions to NICE

- 1) The National Institute for Health and Clinical Excellence (NICE) took on the functions of the Health Development Agency from April 2005 to create a single excellence-in-practice organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health.

NICE Guidance

- 2) Guidance is for those working in the NHS, local authorities and the wider public, private and voluntary sectors.

NICE will produce guidance in the following areas:

- Public health - guidance on the promotion of good health and the prevention of ill health for those working in the NHS, local authorities and the wider public and voluntary sector.
 - Health technologies - guidance on the use of new and existing medicines, treatments and procedures within the NHS.
 - Clinical practice - guidance on the appropriate treatment and care of people with specific diseases and conditions within the NHS.
- 3) The guidance will be produced by three 'centres' within NICE: the Centre for Public Health Excellence, the Centre for Health Technology Evaluation, and the Centre for Clinical Practice.

Consultation on the CPHE

- 4) A consultation on how public health guidance will be produced was published on the NICE website on 21 March 2005 for a three month public consultation period which ends on 10 June 2005. NICE is also consulting how a regional team structure might best support the new organisation. It is proposed that the CPHE will produce two types of guidance:
 - public health intervention guidance
 - public health programme guidance.

Public health intervention guidance

- 5) Public health intervention guidance will have a very specific focus. Interventions will be defined as locally delivered, clearly circumscribed actions, normally led by public health professionals, that reduce the risk of developing a disease or condition or that help to promote or to maintain a healthy lifestyle. Interventions may be population, community or individually based. Examples of interventions giving advice in primary care settings to encourage exercise, or working directly with new mothers to encourage the uptake and continuation of breastfeeding.
- 6) Public health intervention guidance will evaluate what is known from research and from practice about the effectiveness and the cost effectiveness of particular interventions. It will make recommendations about whether to start, to continue or to stop doing particular interventions. The guidance will also describe the optimum way(s) to do interventions.

Public health programme guidance

- 7) Public health programme guidance will have a much broader focus. A 'programme' will be defined as a suite of activities (variable combinations of actions, practice, interventions and policies) combined with organisational infrastructures and methods of delivery. Public health programme guidance may be topic, setting or population based. Examples of programmes are national or regional smoking cessation strategies or strategies to facilitate physical activity at population level.
- 8) Public health programme guidance will evaluate the evidence and make recommendations about programmes that will help to prevent disease or improve health and so reduce health inequalities. The cost effectiveness of all or part of a programme will be considered.

Developing the guidance

- 9) The guidance will be produced according to clear processes and methods. In 2005, NICE will develop and consult on documents setting out a full statement of its processes and methods.

Audiences for the Public Health guidance

- 10) Before April 2005, NICE's remit was to develop guidance for the NHS. From April 2005, with the transfer to NICE of the functions of the Health Development Agency and the creation of the new Centre for Public Health Excellence within the Institute, the audiences for the guidance products will explicitly be extended beyond the NHS.
- 11) The audiences for the guidance developed by the Centre for Public Health Excellence will include the NHS, local government and education, the public utilities, and the private and voluntary sectors as well as a range of central

government departments and their delivery arms that are responsible for taxation, benefits, roads, transport, housing, criminal justice and other aspects of services that determine the health of the public.

Topics and perspective for the development of guidance on public health

- 12) The topics to be covered include areas identified in the 2004 White Paper *Choosing Health*: smoking and tobacco control; obesity; diet and nutrition; exercise and physical activity; alcohol; sexual health; and mental health. NICE will also develop guidance on other areas central to government policy: drug misuse, promotion of the health of children and young people, and accidental injury.
- 13) Topics for guidance products will be identified in each of these themes, in agreement with the Department of Health. Topics selected are publicly announced in successive waves of NICE activities. The scope of each piece of work will be the subject of consultation with stakeholders (which may include other government departments) to whom the final product will be directed.

Evidence to be considered

- 14) The guidance will be thoroughly evidence based. Evidence will be fit for the purpose of developing public health guidance. It will therefore be selected and appraised according to well-defined criteria on the basis of its appropriateness to the problem or the research question. The evidence will be the best available and will be graded according to the general principles on grading developed by NICE. Evidence of all types will be considered: no one type of evidence will be favoured a priori. It will be drawn from a range of disciplines and research traditions within them, which will include clinical medicine, epidemiology, health economics, medical sociology, health psychology, nutrition, sports science, nursing, education and health promotion. If appropriate, consensus methods will be applied in the absence of evidence of sufficiently robust quality.

CPHE WORK PROGRAMME 2005-6

15) The Secretary of State referred additional topics to NICE on 5th April 2005, including the first on public health. The topics are in line with the national priorities established for the NHS. Full details of the process that is followed by the Department of Health when selecting topics for NICE can be found on the Department of Health's website at: <http://www.dh.gov.uk>. Once these topics have been referred, the development of the subsequent advice is entirely the responsibility of NICE.

Public health topics referred to NICE

Public health interventions

- An assessment of four commonly used methods to increase physical activity: brief interventions in primary care, pedometers, exercise referral schemes and community based exercise programmes for walking and cycling.
- An assessment of interventions (including screening) to reduce the transmission of Chlamydia and other STIs and to reduce the rate of under eighteen conceptions, especially among vulnerable and at risk groups.
- An assessment of brief interventions and referral for smoking cessation in primary care (including pharmacy and dental services as well as GPs surgeries) and other settings with particular reference to pregnant smokers and disadvantaged groups and the tailoring and targeting of interventions.

Public health programmes

- Guidance on the optimal provision of smoking cessation services including the provision of NRT, for primary care, pharmacies, local authorities and workplaces with particular reference to manual groups, pregnant smokers and hard to reach communities.
- Guidance for midwives, health visitors, pharmacists and other primary care services to improve the nutrition of pregnant and breastfeeding mothers and children in low income households. [To note: NICE will be approaching both SACN and their Maternal and Child Nutrition sub-group once this works begins to seek their views and comment on the guidance scope].
- The most appropriate means of generic and specific interventions to support attitude and behaviour change at population and community levels.

ON-GOING WORK

Obesity Guidance

(see www.nice.org.uk/page.aspx?o=63364)

16) The Guideline Development Group has now met on 6 occasions to consider evidence reviews relating to different aspects of the Scope. The draft guidance will undergo two (approx four week) consultations during the first half of 2006. It

is likely that the first consultation will start in February 2006. The views of SACN on the draft guidance will be valuable.

Maternal and Child Nutrition

17) The work programme for the two Maternal and Child Nutrition collaborating centres is progressing well. The centres are based at the Mother and Infant Research Unit, University of York and led by Professor Mary Renfrew.

Evidence and Guidance collaborating centre

- The effectiveness of interventions to promote the duration of breastfeeding systematic review has been published as a NICE publication and the full report and summary are available from the NICE website www.nice.org.uk. The full report is available in CD ROM format with hard copies of the summary. Copies will be distributed to SACN members.
- Guidance on breastfeeding (both initiation and duration) is in development and will be available in the autumn of 2005.
- An evidence review of food support programmes during pregnancy is also in progress. This will investigate the effectiveness and, where possible, the cost effectiveness of food support programmes in improving low birth weight and other physical and psycho-social health outcomes for low-income women and their babies, to identify which components of current programmes to improve nutrition in pregnancy show signs of success and to *explore* the potential of food programmes in reducing inequalities in the health of women and their babies. This work will also be available in the autumn of 2005.

Practice development collaborating centre

18) A learning needs assessment programme of work is underway. This aims to support practice to increase breastfeeding initiation rates and recommendations for continuation of exclusive breastfeeding for six months, and includes:

- Review of existing formal learning opportunities
- Review of existing literature
- Telephone/email survey of relevant organisations
- National survey of practitioners
- Review of learning opportunities in sentinel sites (a network of at least 15 sentinel sites in areas of significant deprivation have been established to inform, support and develop the work of the Collaborating Centre).

Physical Activity

19) Four physical activity interventions were referred to NICE in the 11th wave for consideration under the public health intervention guidance stream. These are: brief advice interventions in primary care, pedometers, exercise referral schemes and community based exercise for walking and cycling. The scope for this work is currently under development and will be published on the NICE website in the near future. This work is being fast streamed, with the intention of producing guidance by March 2006.

National Healthy Schools

- 20) The Healthy Schools Programme replaces the National Healthy Schools Standard, and will lead to more structured health promotion in schools, with an emphasis on targeting the needs of local school populations of children and young people. The team leading the HSP are based at the Department of Health (formally at the HDA).

New Publications

(available from <http://www.publichealth.nice.org.uk>; published by the HDA until 31st March and NICE from 1st April)

Injuries in children aged 0-14 years and inequalities

Injury mortality and morbidity among children aged 0-14 varies substantially depending on the child's age, gender, socio-economic group, cultural and/or ethnic group, and where they live. This report describes and seeks to understand these variations and explains why each factor is associated with injury risk.

Published: 06/04/2005

Prevention and reduction of alcohol misuse - evidence briefing summary

This summary presents an overview of the findings and recommendations from a review of selected systematic and other reviews and meta-analyses published from 1996 to 2004.

Published: 31/03/2005

Grading evidence and recommendations for public health interventions: developing and piloting a framework

This provisional framework provides a practical and transparent method for deriving grades of recommendation for public health interventions, based on a synthesis of all relevant supporting evidence from research. The methodology is being piloted, alongside the current NICE methodology, within the development of the public health/ prevention aspects of the NICE guidance on overweight and obesity.

Published: 31/03/2005

Making the case: Improving health through transport

This publication is aimed at those interested in developing health and transport policies; those involved in partnership work with local authorities; those with responsibilities for NHS estates; and those developing work where transport will play a significant part.

Published: 31/03/2005

Clarifying approaches to: health needs assessment, health impact assessment, integrated impact assessment, health equity audit, and race equality impact assessment

Planners, policy makers and practitioners across all sectors in England use a range of approaches to assess health needs, inform decisions and assess impact. Use of these approaches can lead to improved health outcomes and reduced inequalities through auditing provision, access and

outcomes.

Published: 31/03/2005

Worklessness and health - what do we know about the causal relationship? Evidence review
This evidence review collates review-level evidence about the causal relationship between worklessness and ill health. It identifies gaps in the research and makes recommendations for future research activity. The findings will be most useful to those commissioning and undertaking research, including practitioners and agencies outside of academia, and those who work at policy level in employment.

Published 30/3/05

National Healthy Schools Programme: A guide for teachers

National Healthy Schools Programme: A guide for parents and carers

The National Healthy Schools Programme (NHSP) means that the health service, schools, parents and carers work together to help children and young people be healthier, more comfortable and relaxed in school and to learn better. It will ensure that half of all schools are healthy schools by 2006, with the rest working towards healthy school status by 2009.

Published 30/3/05

Prevention and reduction of alcohol misuse - Evidence briefing (2nd edition)

This evidence briefing updates the first edition of Prevention and reduction of alcohol misuse, published in June 2002. It presents the evidence under the following core themes: interventions to reduce alcohol-impaired driving, healthcare settings, and children and young people. It highlights the general lack of research evidence in a wide range of topics relating to the prevention and reduction of alcohol misuse, in particular the reduction of inequalities associated with alcohol misuse.

Published 24/3/05

Effectiveness of public health interventions for increasing physical activity among adults: a review of reviews (evidence briefing) (2nd edition)

This evidence briefing collates review-level evidence about the effectiveness of interventions to increase physical activity among adults. It focuses on individual-centred interventions and discusses the potential generalisation of the results to UK settings. This evidence briefing updates the edition published in February 2004.

Published 23/3/05