



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

Agenda Item: 9

Please see attached paper for information.

GENERAL MATTERS

NICE Guidance

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.

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.

CPHE WORK PROGRAMME 2005-06

The Secretary of State referred additional topics to NICE on 5th April 2005, including the first on public health. These are:

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.

A further wave of work (12th wave) is likely to be announced during September 2005.

ON-GOING WORK

Obesity Guidance

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

The Guideline Development Group has now met on 9 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 March 2006. The views of SACN on the draft guidance will be valuable.

Maternal and Child Nutrition

The scope for the CPHE public health programme guidance to improve the nutrition of pregnant and breastfeeding mothers and children in low income households will be available on the NICE website from the 15th September <http://www.publichealth.nice.org.uk/page.aspx?o=MaternalChildNutritionGID> and all stakeholders including SACN will be encouraged to comment on this draft scope. The closing date for stakeholder comments is the 14th October and the finalised scope will be published in November 2005.

[Please note: The draft scope has already been circulated to Alison Tedstone and Sheela Reddy and NICE has met with Alison Tedstone, to ensure that this and the work of SACN are complimentary].

The Programme Development Group for the guidance will meet from December 2005 to consider evidence reviews and to begin formulating recommendations.

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

- Guidance on breastfeeding (both initiation and duration) is in development and will be available for consultation in the autumn of 2005. This report will be consulted on in conjunction with the NICE post natal care guideline which contains a chapter on infant feeding including breastfeeding.
- An evidence review of food support programmes during pregnancy has been completed. This investigated 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 feed into the NICE maternal and child nutrition public health programme guidance.

Physical Activity

The Scope for the physical activity work on brief interventions in primary care, exercise referral, pedometers and community based walking and cycling schemes was published in the NICE website on 28th July, together with comments and responses on the draft Scope. Work is progressing in line with the published timescale, with the intention of producing published guidance in March 2006.