

National Institute for Health and Clinical Excellence

Centre for Public Health Excellence

Review consultation document

Review of Public Health guidance (PH11) – Improving the nutrition of pregnant and breastfeeding mothers and children in low-income households

1 Background information

Guidance issue date: 2008

3 year review: 2011

2 Process for updating guidance

Public health guidance is reviewed 3 years after publication to determine whether all or part of it should be updated.

The process for updating NICE public health guidance is as follows:

- NICE convenes an expert group to consider whether any new evidence or significant changes in policy and practice would be likely to lead to substantively different recommendations. The expert group consists of selected members (including co-optees) of the original committee that developed the guidance, topic experts, practitioner professional bodies and representatives of relevant government departments.
- NICE consults with stakeholders on its proposal for updating the guidance (this review consultation document).

- NICE may amend its proposal, in light of feedback from stakeholder consultation.
- NICE determines where any guidance update fits within its work programme, alongside other priorities.

3 Consideration of the evidence and practice

The expert group discussed current and ongoing research of relevance to the current recommendations.

It was noted that the Scientific Advisory Group on Nutrition (SACN) will be publishing a number of scientific reports over the next 2-3 years in relation to the guidance topic area which may impact on the current recommendations.

There are a number of large scale intervention trials ongoing and an evaluation of the national Healthy Start scheme, the findings from which may also impact on the current recommendations. However the results of these trials are not expected to be published before 2013 or 2014

The national policy context for the commissioning and provision of maternity, postnatal and children's services and nutritional support services is undergoing change, but the implication of these changes is still unclear.

Recommendations 1 and 13

The expert group considered these recommendations to be still relevant and useful. They suggested it was unlikely that any new evidence would lead to changes to these recommendations.

Recommendations 2, 3 and 4

The expert group considered that these recommendations were still relevant and should be widely implemented. The expert group considered that there was no new evidence that would suggest these recommendations need to be updated or amended.

Recommendations 5 and 6

The expert group considered these recommendations to be still relevant and useful. They suggested it was unlikely that any new evidence would lead to changes to these recommendations.

Since publication of the PH11 guidance in 2008, NICE has published guidance on 'Weight management before, during and after pregnancy' (PH27) which is consistent with recommendation 6. A reference to this guidance will be included on the PH11 web-page.

Recommendations 7, 8, 9, 10 and 11

The expert group considered these recommendations to be still relevant and useful. They suggested it was unlikely that any new evidence would lead to changes to these recommendations.

Recommendations 12, 14, 15 and 20

The expert group considered these recommendations to be still relevant and useful. They suggested it was unlikely that any new evidence would lead to changes to these recommendations. The Department of Health has recently published a new guide to bottle feeding

http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_124526.pdf and an amendment will be made to recommendations 14 and 20.

Recommendations 16, 17, 18 and 19

The expert group considered these recommendations to be still relevant and useful. They suggested it was unlikely that any new evidence would lead to changes to these recommendations.

Recommendation 17 suggests that babies should be weighed at birth, at 5 and 10 days and then at 2, 3, 4 and 8-10 months. These times were chosen to coincide with the routine immunisation intervals. New evidence-based UK-

WHO growth charts <http://www.rcpch.ac.uk/Research/UK-WHO-Growth-Charts> published in May 2009 advised that “Babies should be weighed in the first week as part of the assessment of feeding and thereafter as needed. Recovery of birth weight indicates that feeding is effective and that the child is well. Once feeding is established, babies should usually be weighed at around 8, 12 and 16 weeks and 1 year at the time of routine immunisations. If there is concern, weigh more often; however, weights measured too close together are often misleading, so babies should be weighed no more than once a month up to 6 months of age, once every 2 months from 6 to 12 months of age, and once every 3 months over the age of 1 year. However, most children do not need to be weighed this often.”

The expert group agreed that recommendation 17 should be amended to be consistent with the advice in the UK-WHO growth charts and avoid confusion amongst health professionals.

Recommendation 21 and 22

The expert group considered these recommendations to be still relevant and useful. They suggested it was unlikely that any new evidence would lead to changes to these recommendations.

Implementation and post publication feedback

In total, 55 enquiries were received from post-publication feedback, most of which were requests for printed copies or links to related products. Some enquires were made seeking further clarification on vitamin D (recommendation 3) and the availability of the Healthy Start vitamin supplements (recommendation 4). Some enquires also highlighted the contradiction in the weighing of babies recommendation (recommendation 17) however the expert group agreed to amend this to be consistent with the UK-WHO growth charts.

No new evidence was identified through post publication enquiries or implementation feedback that would indicate a need to update the guidance.

4 Related guidance

- Donor breast milk banks: the operation of milk donor bank services. Clinical Guideline 93. Published February 2010 (see <http://guidance.nice.org.uk/CG93>)
- The management of hypertensive disorders during pregnancy. Clinical Guideline 107. Published August 2010 (see <http://guidance.nice.org.uk/CG107>)
- Pregnancy and complex social factors. A model for service provision for pregnant women with complex social factors Clinical guideline 110. Published September 2010 (see <http://guidance.nice.org.uk/CG110>)
- Food allergy in children and young people. Diagnosis and assessment of food allergy in children and young people in primary care and community settings. Clinical Guideline 116 Published February 2011 (see <http://guidance.nice.org.uk/CG116>)
- Quitting smoking in pregnancy and following childbirth. How to stop smoking in pregnancy and following childbirth. Public health guidance 26. Published June 2010 (see <http://guidance.nice.org.uk/PH26>)
- Weight management before, during and after pregnancy. Dietary interventions and physical activity interventions for weight management before, during and after pregnancy. Public health guidance 27. Published July 2010 (see <http://guidance.nice.org.uk/PH27>)
- Skin cancer prevention: information, resources and environmental changes. How the NHS and local authorities can help prevent skin cancer using public information, sun protection resources and by making changes to the environment. Public health guidance 32. Published January 2011 (see <http://guidance.nice.org.uk/PH32>)

5 Equality and diversity considerations

There has been no evidence to indicate that the guidance does not comply with anti-discrimination and equalities legislation.

6 Conclusion

Through the review process, no additional areas were identified which were not covered in the original guidance scope or would indicate a significant change in practice. There are no factors described above which would invalidate or change the direction of the current recommendations. The guidance should not be updated at this time.

As outlined above, it is proposed that minor amendments will be made to the guidance making reference to new NICE guidance and the advice on weighing babies in the UK-WHO growth charts published since March 2008.

7 Recommendation

The guidance should not be updated at this time.

The guidance will be reviewed again according to current processes.

8 Next steps

Following consultation on this draft review proposal, the final recommendation will be made to NICE's Guidance Executive. Following that, the outcome will be made available on the website.

Centre for Public Health Excellence (CPHE)

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