

Lifetime cost effectiveness of a through-school nutrition and physical programme: Project Energize

Project Energize, which started as a randomised control trial (RCT), was then implemented in the Waikato region of New Zealand on a larger scale. Its purpose was to “to improve the overall health and to reduce weight gain of primary school aged children by increasing their physical activity and encouraging healthy eating.” By 2010, the programme had reached 42,067 children. This paper aims to examine the “comparative cost effectiveness of the intervention compared with the comparison children in the RCT in 2004 (older children) and 2006 (younger children)” using computer modelling.

According to the models, “Project Energize in its current form is cost effective when compared to similar interventions [...] and is also likely to be cost-effective when compared to healthcare treatment and prevention activities already funded by the New Zealand health system” The overall “incremental cost/QALY gained was \$30,438 for the younger and \$24,690 for the older children: the cost/QALY was lower for Māori (\$28,241, \$22,151) and relatively less for the middle socioeconomic status schools (\$23,211, \$17,891) compared with higher and lower [socioeconomic status] schools.”

Reference: Rush E, Obolonkin V, McLennan S, Graham D, Harris JD, Mernagh P, Weston AR. Lifetime cost effectiveness of a through-school nutrition and physical programme: Project Energize. *Obes Res Clin Pract*. 2014 Mar-Apr;8(2):e115-22. doi: 10.1016/j.orcp.2013.03.005.