

The West Midlands ActiVe lifestyle and healthy Eating in School children (WAVES) study: a cluster randomised controlled trial testing the clinical effectiveness and cost-effectiveness of a multifaceted obesity prevention intervention programme targeted at children aged 6-7 years.

Studies suggest that school-based interventions are successful in preventing childhood and adolescent obesity. To support successful implementation and ensure the sustainability of such interventions, the costs, and effects on physical activity (PA) levels in the long term need to be assessed.

The West Midlands ActiVe lifestyle and healthy Eating in School children (WAVES) study intervention was used as a case study to assess such outcomes. WAVES is a 12-month long intervention that equips teachers with the tools to support their students. 30 minutes of daily PA and school-based cooking workshop are coordinated (also involving parents as primary caregivers).

The results indicate that the cost of delivering an intervention was on average £266.35 per child. When comparing the cost-effectiveness of delivering versus not delivering the intervention, the cost per extend life year was approximately £46,083. Although the intervention is not cost-effective, it provides insights into “contextual factors and strategies for future interventions.” School-based interventions should not be conducted in siloes, they should be integrated within a framework of wider societal approaches that improve social and economic structures through policy.

Adab, P., Barrett, T., Bhopal, R., Cade, J., Canaway, A., Cheng, K., Clarke, J., Daley, A., Deeks, J., Duda, J., Ekelund, U., Frew, E., Gill, P., Griffin, T., Hemming, K., Hurley, K., Lancashire, E., Martin, J., McGee, E., Pallan, M., Parry, J. and Passmore, S., 2018. The West Midlands ActiVe lifestyle and healthy Eating in School children (WAVES) study: a cluster randomised controlled trial testing the clinical effectiveness and cost-effectiveness of a multifaceted obesity prevention intervention programme targeted at children aged 6–7 years. Health Technology Assessment, 22(8), pp.1-608.