



Childhood Obesity Intervention Cost-Effectiveness Study



CHALLENGE

Over the past three decades, more and more people living in the United States have developed obesity, which puts them at greater risk for diabetes and heart disease. Without effective actions, the majority of today’s children—59 percent—will grow up to have obesity when they are age 35. The Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES), a key research project of the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health, uses cost-effectiveness analysis to compare the costs and outcomes of different policies and programs promoting improved nutrition or increased physical activity in schools, early care and education and out-of-school settings, communities, and clinics.

CHOICES APPROACH

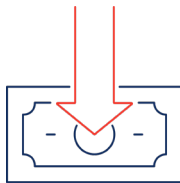
CHOICES cost-effectiveness analysis examines:



How many and what types of people would be affected by the policy/program?



What the effect of the policy/ program would be on health?



What will be the implementation costs and the potential health care cost savings?



How could the policy or program reduce health disparities and improve health equity?

CHOICES uses a microsimulation model, which creates a virtual population of people based on big data (i.e. US Census, National Health and Nutrition Examination Survey, Behavioral Risk Factor Surveillance System, and multiple longitudinal studies). CHOICES analysis relies on evidence reviews of published findings of the effectiveness of different policies or programs on people’s health, like their Body Mass Index or changes in dietary intake and physical activity. CHOICES identifies the costs necessary to implement them and the resulting health care cost savings that would result because of improved health outcomes.

CHOICES research can help provide evidence for action, explain the impact on population health, identify cost-effective and efficient implementation strategies, guide resource investment, and cultivate alliances and support for further action to address child health.

CHOICES ON A LOCAL LEVEL

The results of CHOICES analysis can help cities, counties, and states:

- 1 Identify and prioritize cost-effective policies or program strategies to help more children grow up at a healthy weight
- 2 Explain the effects of a policy or program on health and health equity
- 3 Guide investment of resources to ensure the strategy will have the greatest impact on population health and health equity
- 4 Engage partners and build support to implement a policy or program

CONTACT US



Visit the **CHOICES website**

Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES) Project at the Harvard T.H. Chan School of Public Health

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