



Economic Evaluation of a Community-based Obesity Prevention Program in Children: The APPLE Project

There is an established link between childhood and adult overweight and obesity. For that reason, childhood prevention interventions are gaining interests from policymakers. The APPLE project was one of the first controlled community interventions focusing on changes in the school and wider community environment. The aim of this study was to assess the costs of implementing APPLE in relation to effects on weight, including any benefits in health-related quality of life terms.

Overall, the study highlighted a lower BMI z-score and weight z-score in the intervention group compared to the control group. Furthermore, the total cost of the project was equated to NZ\$1,281 per child for 2 years. The study shows that a community-based intervention conducted in schools can significantly reduce the rate of excessive weight gain in 5-12 year olds children over a 4-years period. While initially trialled with schools located in small communities, the evidence seems to suggest that APPLE could easily be implemented in larger schools with very little increase in total cost.

Reference: McAuley KA, Taylor RW, Farmer VL, et al. Economic Evaluation of a Community-based Obesity Prevention Program in Children: The APPLE Project. *Obesity*. 2010;18(1):131-136. [doi:10.1038/oby.2009.148](https://doi.org/10.1038/oby.2009.148)