

Table A3.1: Estimated resource use and costs for delivery of the Waste the Waist intervention per group of 10 participants.

| Item of resource use | Mean resource use per group | Unit cost (£) | Mean cost (£, 2011) |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|-----------------------|---------------------|
| Lifestyle Coaches (delivery of intervention, preparation of material, travel, supervision). Based on two lifestyle coaches per group. | 92.66 | £21/hour ¹ | £1,945.86 |
| Supervisory input | 1.33 hours | £60/hour ² | £80 |
| Intervention venue | 27 hours (9 sessions) | £20/hour | £540 |
| Consumables | 1 pedometer per participant | £10/pedometer | £100 |
| Administrative support (telephone, emails and letters) | 16 hours | £21/hour ³ | £336 |
| Estimated total cost for delivery of intervention per group | | | £3001.86 |
| Estimated total mean delivery cost per participant | | | £300.19 |
| Set-up training costs-estimated mean cost per participant | | | £10.22 |
| Estimated total mean cost per participant | | | £310.41 |

¹Curtis (2012), Based on salary structure of a worker employed on NHS scale AfC Band 2 point 5, £21 (see Table 10.5, p179) Clinical support worker nurse (community) was used as a proxy as we assumed the salary structure to be similar to that of a HT. This estimate of cost (per hour) for HT includes salary on-costs, and management/capital overheads.

²Curtis (2012), Based on salary structure of a worker employed on NHS scale AfC Band 8a, per hour, £60 (see Table 9.5, p171). Clinical psychologist was used as a proxy as we assumed the salary structure to be similar to that of the Lead trainer (CG). This estimate of cost (per hour) for HT includes salary on-costs, and management/capital overheads.

³Curtis (2012), Based on the median salary structure of a worker employed on the NHS scale AfC Band, £21 per hour (see Table 10.5, p179) Clinical support worker (community) was used as a proxy as we assumed the salary structure to be similar to that of an administrative clerk.

Curtis, L. Unit costs of health and social care. Canterbury: Personal Social Services Research Unit, University of Kent; 2012.