THE INTERVENTION: BEYOND SABOR

- **What:** 12-week community-based program
- **Goal:** To reduce behavioral risk factors associated with overweight, obesity, diabetes, and cardiovascular disease.
- **Specific Aims:** To reduce or maintain BMI, modify current dietary and cooking practices, and increase physical activity
- **Location:** 16 intervention sites / 16 control sites in Lower Rio Grande Valley of South Texas
- **Target Population:** Mexican-origin adults overweight / obese or at-risk

Weekly classes met for 2 hours each including:
- Provision of information about obesity, diabetes, risk factors *(20-minutes)*
- Cooking demonstration & food sampling *(60-minutes)*
- Group physical activity *(40-minutes)*
- Follow-up healthy action reminder postcards and newsletters

**Data Collected**
- 3 time points: Baseline, end of intervention and 6-7 month follow-up
- Height, weight, blood pressure, cholesterol, triglycerides, FPG
- Demographic information
- 24-hour food and activity recall used sample containers to increase accuracy of quantities consumed

**COST-EFFECTIVENESS ANALYSIS METHODS**

- Societal perspective taken in calculating intervention costs
- Administrative and evaluation-related costs were *not* included because cost-effectiveness is concerned with the cost to achieve outcomes if a program's activities were to be replicated.
- Commercial modeling program used to project health care cost differentials and QALYs gained for the intervention group and a simulated matched control group receiving “standard care.”
  - Sample created from demographic and physiologic data collected at baseline.
- Two simulation trials:
  - Portion of sample losing at least 2% weight
  - Portion of sample losing at least 5% weight between baseline and 6-7 month follow-up
- Direct intervention costs calculated manually and added to discounted health costs to determine cost-effectiveness ratio numerator.
- 3% discount rate applied to costs and quality-adjusted life years (QALYs)
- Outcomes projected to 5, 10 and 20 years
- Outcomes segmented by weight class at baseline: normal, overweight, obese, morbidly obese to assess weight-specific differences in cost-effectiveness
- Sensitivity analysis: projected long-term weight loss based on changes in sugar-sweetened beverage (SSB) consumption using a validated formula from Wang et al., 2012.

**REFERENCE**