

Economic plan

This plan identifies the areas prioritised for economic modelling. The final analysis may differ from those described below. The rationale for any differences will be explained in the guideline.

1 Guideline

Weight Management

2 List of modelling questions

| Review questions by scope area | What is the effectiveness and cost effectiveness of total or partial diet replacements, intermittent fasting, plant-based and low carbohydrate diets in achieving and maintaining weight loss in adults living with overweight or obesity? |
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| Population | <ul style="list-style-type: none"> Adults over the age of 18 living with overweight or obesity Where possible people with type 2 diabetes or prediabetes will be stratified and analysed separately |
| Interventions and comparators considered for inclusion | <ul style="list-style-type: none"> Low-energy total diet replacement (800 – 1200 calories per day) plus support Usual care (advice) |
| Perspective | Public sector |
| Outcomes | QALY |
| Type of analysis | Cost-utility analysis |
| Modelling software | Excel |
| Issues to note | The analysis is limited to low energy diet replacement as the committee prioritised interventions with clinically significant outcomes in the short and long term |