Tackling obesity in areas of high social deprivation: clinical effectiveness and cost-effectiveness of a task-based weight management group programme a randomised controlled trial and economic evaluation


Record Status
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Authors' objectives
To assess whether or not a task-based weight management programme [Weight Action Programme (WAP)] has better long-term effects than a ‘best practice’ intervention provided in primary care by practice nurses.

Authors' conclusions
A WAP delivered in general practice better promotes weight loss over 12 months than a best usual practice nurse-led weight loss programme.

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Address for correspondence
NETSCC, Health Technology Assessment, Alpha House, University of Southampton Science Park, Southampton, SO16 7NS UK Tel: +44 23 8059 5586 Email: hta@hta.ac.uk

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