

## FFIT Follow up economic evaluation supplementary tables

**Table i. Unit costs of NHS resources from Personal Social Services Research Unit (PSSRU) 2011/12<sup>1</sup> and 2014/15<sup>2</sup>**

Type of health care visit	Unit cost (£) 2011/12	Unit cost (£) 2014/15	Notes
GP visit	43.00	44.00	Per patient contact in surgery (assumed 11.7 minutes). Includes direct care staff costs.
Practice nurse visit	13.25	14.00	Per patient contact in surgery (assumed 15 minutes).
Physiotherapist	16.50	18.00	Per patient contact in community (assumed 30 minutes). No equivalent listing. Assumed band 5 of scientific and professional staff.
Accident and Emergency visit	41.00	44.00	In PSSRU 2011/12, used walk-in service, not admitted. As no equivalent A&E listing in PSSRU 2014/15, used £44 'hear, treat and refer' ambulance services as approximates to previous costs.

**Table ii. Unit costs of prescribed medications from the British National Formulary<sup>3</sup>**

Kind of medication	Unit cost (£) 2011/2	Unit cost (£) 2015	Drug costed
Asthma	2.19	2.19	Beconase
Antidepressants	0.96	1.02	Citalopram: 20 mg, 28-tablet pack
Painkillers	4.70	3.87	Cocodamol: 8 mg, 100-tablet pack
Anti-inflammatories	3.23	3.23	Diclofenac potassium: 25 mg, 28-tablet pack
Sleeping tablets	0.86	1.06	Diazepam: 5 mg, 28-tablet pack
Gels/creams	3.89	4.00	Ibuprofen: maximum strength 10% w/w, 100g pack. (50g pack no longer listed)

**Table iii Health resource use costs based on 12-week recall at 3.5 yrs (in £) (totals and sub-totals rounded to 3 significant figures)**

<b>Cost category</b>	<b>FFIT-FU-I N=233</b>	<b>FFIT-FU-C N = 255</b>	<b>Total</b>	<b>95% CI</b>
<b>Primary care</b>				
GP	6688	8272	14960	
Nurse	1596	1288	2884	
Physio	864	972	1836	
Emergency	792	836	1628	
<i>Sub-total primary care</i>	<i>9940</i>	<i>11370</i>	<i>21300</i>	<i>18000, 24600</i>
<b>Medications</b>				
Painkillers	283	329	611	
Anti-inflammatories	149	149	297	
Gels/creams	96	100	196	
Inhalers	74	129	204	
Sleeping pills	6	10	16	
Anti-depressants	40	42	82	
<i>Sub-total medications</i>	<i>648</i>	<i>758</i>	<i>1410</i>	<i>1190, 1620</i>
<b>Secondary care</b>				
Outpatient	7782	9970	17752	
Inpatient	22156	13957	36113	
Other	5311	8202	13513	
<i>Sub-total Secondary care</i>	<i>35200</i>	<i>32100</i>	<i>67400</i>	<i>28400, 106000</i>
<b>TOTAL</b>	<b>45800</b>	<b>44300</b>	<b>90100</b>	<b>50000, 130000</b>

**Table iv: Extrapolated weight, weight trajectories and BMI for the hypothetical control scenarios**

	Baseline						12 months						3.5 years					
	FFIT-FU-I		Hypothetical control scenarios				FFIT-FU-I		Hypothetical control scenarios				FFIT-FU-I		Hypoth. scenarios		FFIT-FU-I	Hypoth. scenarios
	Mean weight (kg)	Mean BMI (kg/m <sup>2</sup> )	Mean Weight (kg)	Mean weight excl. 3 deaths (kg)	Mean BMI (kg/m <sup>2</sup> )	*Mean BMI excl. 3 deaths (kg/m <sup>2</sup> )	Mean weight (kg)	Mean BMI (kg/m <sup>2</sup> )	Mean Weight (kg)	Mean weight excl. 3 deaths (kg)	Mean BMI (kg/m <sup>2</sup> )	Mean BMI excl. 3 deaths (kg/m <sup>2</sup> )	Mean weight (kg)	Mean BMI (kg/m <sup>2</sup> )	Mean weight (kg)	Mean BMI (kg/m <sup>2</sup> )	Weight gain trajectory (kg)	Extrapolat. weight gain trajectory (kg)
FFIT RCT	108.28	35.03	108.65	n/a	35.23	n/a	102.79	33.26	108.26	n/a	35.06	n/a	105.38	34.08	n/a	n/a	n/a	n/a
Base Case	108.28	35.03	108.65	108.55	35.23	35.19	102.79	33.26	108.26	108.12	35.06	35.02	105.38	34.08	110.16	35.72	1.04	0.46
SA1	108.28	35.03	108.65	108.55	35.23	35.19	102.79	33.26	108.26	108.12	35.06	35.02	105.38	34.08	112.05	36.33	1.04	1.00
SA2	108.28	35.03	108.65	108.55	35.23	35.19	102.79	33.26	108.26	108.12	35.06	35.02	105.38	34.08	109.27	35.39	1.04	0.46
SA3	108.28	35.03	108.65	108.55	35.23	35.19	102.79	33.26	108.26	108.12	35.06	35.02	105.38	34.08	110.62	35.83	1.04	1.00
SA4	108.28	35.03	108.58	108.46	35.19	35.14	102.79	33.26	109.45	109.30	35.43	35.38	105.38	34.08	110.45	35.75	1.04	0.46
SA5	108.28	35.03	108.58	108.46	35.19	35.14	102.79	33.26	109.45	109.30	35.43	35.38	105.38	34.08	111.80	36.19	1.04	1.00

\*3 men in the original FFIT comparison group had died by the 3.5-year follow up  
 Excl. = excluding; Hypoth. scenarios = Hypothetical control scenarios; Extrapol. = extrapolated

**Table v: Regression of SF12 utility scores, BMI and age, adjusted for participant-level clustering (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	t	P>t	95%CI	
BMI	-0.00391	0.000748	-5.23	0.000	-0.00537	-0.00244
Age	0.00092	0.000471	1.95	0.051	-4.95e-06	0.00184
Constant	0.884094	0.0377	23.5	0.000	0.810	0.958

**Table vi: Regression of SF12 utility scores and BMI, adjusted for participant-level clustering (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	t	P>t	95%CI	
BMI	-0.00412	0.000731	-5.64	0.000	--0.00556	-0.00269
Constant	0.936	0.0254	36.8	0.000	0.886	0.986

**Table vii: Mean systolic blood pressure (mmHg) from FFIT RCT and FFIT Follow Up for the FFIT-FU-I group and with imputed systolic blood pressure for the hypothetical control scenarios**

	Baseline		12 months		3.5 year	
	FFIT-FU-I	Hypoth. scenarios	FFIT-FU-I	Hypoth. scenarios	FFIT-FU-I	Hypoth. scenarios
FFIT RCT	137.45	141.20	129.70	134.47	134.68	n/a
Base Case	137.45	141.20	129.70	134.47	134.68	142.07
SA1	137.45	141.20	129.70	134.47	134.68	143.16
SA2	137.45	141.20	129.70	134.47	134.68	135.17
SA3	137.45	141.20	129.70	134.47	134.68	135.95
SA4	137.45	141.41	129.70	135.49	134.68	136.19
SA5	137.45	141.41	129.70	135.49	134.68	136.96

Hypoth. scenarios = Hypothetical control scenarios

**Table viii: Model risk equations with BMI as a covariate – Coronary Heart Disease (CHD) (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	95%CI	
Age	0.0454	0.00350	12.96	0	0.0385	0.0523
SIMD 2004*	0.00269	0.00129	2.08	0.037	0.000161	0.00521
Diabetes	0.691	0.178	3.89	0	0.343	1.04
Family history (CHD/stroke)	0.416	0.0578	7.2	0	0.303	0.53
Cigarettes per day	0.0202	0.00214	9.46	0	0.0160	0.0244
Systolic blood pressure	0.0066	0.00140	4.71	0	0.00385	0.00934
BMI	0.0516	0.00703	7.33	0	0.0378	0.0654
Constant	-10.1	0.286	-35.4	0	-10.7	-9.55
Gamma	0.0557	0.00419	13.3	0	0.0475	0.0639

\*Scottish Index of Multiple Deprivation<sup>4</sup>

**Table ix: Model risk equations with BMI as a covariate – Cardiovascular Disease (CVD) (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	95%CI	
Age	0.0662	0.00612	10.8	0	0.0542	0.0782
SIMD 2004	0.00904	0.00210	4.3	0	0.00492	0.0132
Diabetes	1.19	0.245	4.86	0	0.712	1.67
Family history CHD/stroke	-0.016	0.109	-0.15	0.883	-0.229	0.198
Cigarettes per day	0.0240	0.00364	6.61	0	0.0169	0.0312
Systolic blood pressure	0.0117	0.00225	5.23	0	0.00734	0.0161
BMI	0.00267	0.0131	0.2	0.839	-0.0231	0.0284
Constant	-12.2	0.507	-24.1	0	-13.2	-11.2
Gamma	0.0905	0.00732	12.4	0	0.0761	0.105

**Table x: Model risk equations with BMI as a covariate – fatal CVD (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	95%CI	
Age	0.0928	0.0053	17.5	0	0.0825	0.103
SIMD 2004	0.00583	0.00174	3.36	0.001	0.00243	0.00924
Diabetes	0.896	0.235	3.82	0	0.435	1.36
Family history CHD/stroke	0.166	0.0852	1.95	0.051	-0.00077	0.333
Cigarettes per day	0.0312	0.0029	10.7	0	0.0255	0.0368
Systolic blood pressure	0.0152	0.00167	9.09	0	0.0119	0.0184
BMI	0.0102	0.0106	0.97	0.332	-0.0105	0.0309
Constant	-13.8	0.421	-32.8	0	-14.6	-13.0
Gamma	0.0788	0.00596	13.2	0	0.0671	0.0905

**Table xi: Model risk equations with BMI as a covariate – fatal non CVD (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	95%CI	
Age	0.094	0.00427	22	0	0.0856	0.102
SIMD 2004	0.00967	0.00144	6.73	0	0.00685	0.0125
Diabetes	0.338	0.258	1.31	0.189	-0.167	0.844
Family history CHD/stroke	-0.0109	0.0752	-0.14	0.885	-0.158	0.137
Cigarettes per day	0.0292	0.00244	12	0	0.0245	0.034
Systolic blood pressure	-0.00057	0.00167	-0.34	0.731	-0.00385	0.0027
BMI	-0.0235	0.00949	-2.47	0.013	-0.0421	-0.00489
Constant	-10.5	0.37	-28.5	0	-11.2	-9.8
Gamma	0.0814	0.00501	16.3	0	0.0716	0.0912

**Table xii: Model risk equations with cholesterol as a covariate – CHD (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	95%CI	
Age	0.0447	0.00355	12.6	0	0.0378	0.0517
SIMD 2004	0.00399	0.00129	3.09	0.002	0.00145	0.00653
Diabetes	0.653	0.184	3.56	0	0.292	1.014
Family history CHD/stroke	0.408	0.0579	7.05	0	0.295	0.522
Cigarettes per day	0.0176	0.00218	8.07	0	0.0133	0.0219
Systolic blood pressure	0.00783	0.00140	5.58	0	0.00508	0.0106
Total cholesterol	0.255	0.0240	10.6	0	0.208	0.302
HDL cholesterol	-0.760	0.0941	-8.08	0	-0.947	-0.574
Constant	-9.54	0.293	-32.5	0	-10.1	-8.96
Gamma	0.057	0.0042	13.6	0	0.0488	0.0652

**Table xiii: Model risk equations with cholesterol as a covariate – CVD (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	[95% Conf. Interval]	
Age	0.0658	0.00616	10.7	0	0.0537	0.0779
SIMD 2004	0.00941	0.00211	4.46	0	0.00527	0.0136
Diabetes	1.168	0.257	4.55	0	0.664	1.67
Family history CHD/stroke	-0.021	0.109	-0.19	0.847	-0.235	0.193
Cigarettes per day	0.0239	0.00364	6.57	0	0.0168	0.0310
Systolic blood pressure	0.0117	0.00223	5.25	0	0.00735	0.0161
Total cholesterol	0.0828	0.0431	1.92	0.056	-0.00198	0.168
HDL cholesterol	-0.125	0.137	-0.91	0.362	-0.394	0.144
Constant	-12.5	0.491	-25.5	0	-13.5	-11.5
Gamma	0.0908	0.00733	12.4	0	0.0764	0.105

**Table xiv: Model risk equations with cholesterol as a covariate – fatal CVD (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	[95% Conf. Interval]
Age	0.0929	0.00532	17.5	0	0.0824 0.103
SIMD 2004	0.0065	0.00174	3.73	0	0.00308 0.00992
Diabetes	0.863	0.240	3.59	0	0.3893 1.34
Family history CHD/stroke	0.165	0.0853	1.93	0.054	-0.00275 0.332
Cigarettes per day	0.0314	0.00288	10.9	0	0.0257 0.0370
Systolic blood pressure	0.0152	0.00168	9.07	0	0.0119 0.0185
Total cholesterol	0.12	0.0354	3.38	0.001	0.0503 0.189
HDL cholesterol	-0.143	0.115	-1.24	0.218	-0.370 0.0851
Constant	-14.1	0.407	-34.8	0	-14.9 -13.3
Gamma	0.0792	0.00597	13.3	0	0.0675 0.0909

**Table xv: Model risk equations with cholesterol as a covariate – fatal non CVD (rounded to 3 significant figures)**

Risk factor	Coef.	Std. Err.	z	P>z	[95% Conf. Interval]
Age	0.0937	0.00427	21.9	0	0.0854 0.102
SIMD 2004	0.00940	0.00145	6.5	0	0.00656 0.0122
Diabetes	0.335	0.257	1.31	0.192	-0.169 0.839
Family history CHD/stroke	-0.0147	0.0752	-0.2	0.845	-0.162 0.133
Cigarettes per day	0.0305	0.00240	12.7	0	0.0258 0.0353
Systolic blood pressure	-0.00141	0.00165	-0.86	0.391	-0.00464 0.00182
Total cholesterol	-0.0513	0.0304	-1.69	0.092	-0.111 0.00832
HDL cholesterol	0.384	0.0864	4.45	0	0.214 0.554
Constant	-11.2	0.352	-31.9	0	-11.9 -10.5
Gamma	0.0810	0.00501	16.2	0	0.0711 0.0908

## References

1. Personal Social Services Research Unit. *Unit Cost of Health and Social Care 2011*. URL: [www.pssru.ac.uk/project-pages/unit-costs/2011/index.php](http://www.pssru.ac.uk/project-pages/unit-costs/2011/index.php) (accessed 16 November 2016).
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