

# Thinking of commissioning child weight management services in your local area? Choose MEND.



20,000 overweight and obese children are now fitter, healthier and happier because they have attended MEND programmes commissioned by Public Health teams and Local Authorities across the UK. **What makes MEND stand out?**

## MEND programmes:

- are proven to be **clinically safe and effective**

MEND 7-13 is the only UK community-based programme with a published, peer-reviewed Randomised Controlled Trial (RCT). The RCT demonstrates a significant and safe reduction in child obesity and improvements in health, fitness and esteem. Community data for over 10,000 families shows that MEND programmes delivered by staff from a wide range of backgrounds achieve equally successful outcomes.

As a minimum, all MEND programmes comply adhere to guidance from both the National Institute of Health and Clinical Excellence (NICE) and the National Obesity Observatory's Standard Evaluation Framework (NOO SEF).

- are **outcome-based**

We provide comprehensive outcome reports to help you monitor and evaluate the success of the programmes. Information provided includes details of demographics as well as changes in BMI, waist circumference, physical activity, sedentary behaviours, fitness, nutrition habits and psychological outcomes.

- are **cost-effective**

Research by the York Health Economics Consortium and the New Economics Foundation found that the incremental cost-effectiveness ratio of MEND 7-13 is £1,671 per quality-adjusted life year (QALY) gained – this is significantly below the NICE threshold for cost-effectiveness of £20,000-£30,000 per QALY gained.

- **save you money**

The same independent research concludes that our MEND 7-13 programme is a cost-effective and cost-saving intervention programme that provides returns on public investment of between 10 and 13 times.

- **offer long-term solutions**

We track and keep data on MEND participants for 12 to 24 months after the core ten-week programme has finished. Our data shows that our programmes are a sustainable solution to the UK's child obesity crisis.

- **are based in research**

We have a 20-year research partnership with Great Ormond Street Hospital for Children NHS Trust and the University College London Institute of Child Health. We also work with leading academics around the world to ensure that our programmes are informed by the best available research.

We record and keep data about everyone who joins a MEND programme. We also provide national outcomes from our programmes so that commissioners can benchmark local MEND services. **Over 90% of children reduce their BMI after attending MEND.** For more on our research and outcomes visit [www.mendcentral.org/aboutmend/ourresearch](http://www.mendcentral.org/aboutmend/ourresearch)

- **are continuously improved**

We rigorously monitor and evaluate our programmes, drawing upon new and emerging local, national or international evidence and extensive feedback from families, delivery teams and commissioners. This allows us to make improvements so that families and commissioners can be sure that our programmes are always of the highest quality.

- **are leading the way**

We hold the largest volume of child weight management programme data in the world. Our programmes meet all existing and emerging guidance criteria and standards for weight management interventions.

We regularly benchmark our programmes against relevant best practice standards and other similar programmes. For example, a recent evaluation study of MEND 7-13, conducted by the University of Worcester that was commissioned by the Department of Health West Midlands, found that children who attended our programme achieved a greater reduction in BMI compared to six other child weight management programmes.

- **can be tailored to your needs**

Commission a MEND programme and we'll meet with you to assess your local needs for child weight management services. All programmes can be tailored and adapted to local populations and service user needs. We can also provide a summary report containing specific recommendations to help you meet obesity priorities in your area.

- **are developed and supported by an expert team.**

All programme content and materials are developed and tested by our in-house child obesity and behaviour change experts. Our experienced training and operations support team provide local delivery teams with a tailored range of training, resources and tools and ongoing advice so that local teams can run successful programmes. An online patient management system, marketing and stakeholder engagement, an online and freephone referral service and quality assurance are just some of the many elements we offer. This central supporting infrastructure means cost-effective, successful and effective obesity prevention and treatment programmes can be delivered in your area.

**How does it work?**

MEND programmes are provided in local communities by teams that have been trained by MEND. All programmes are family based and involve parent or carer participation. Many commissioners appoint their own delivery team but we are happy to source this for you and provide a fully managed child weight management service.

We provide essential supporting infrastructure and materials so that local programmes achieve consistently positive outcomes.

By working in genuine partnership with commissioners, delivery teams and other local stakeholders, we combine best practice in obesity management with expert local delivery.

**To find out more** or make an appointment with our regional management or business development team

- call **0800 230 0263**
- or email **info@mytimeactive.co.uk**