

2023-2024 NORC CIT CORE WEIGHT MANAGEMENT SERVICES		COST
ITEM	DESCRIPTION	
<p>*Budget for 6% increase per grant year in costs</p> <p>**Prices below represent estimates based on typical time; final cost will depend on the actual amount of time spent on each project</p> <p>*** The salary and fringe for the Registered Dietitian (RD) is estimated at an hourly rate for clarity in the budget, but it is possible it could be lower/higher depending on the RD available at the time you receive funding. This will be converted to an equivalent amount of FTE support and will be billed your project speed type. Fringe is estimated at the standard 39% but could be higher/lower depending on their actual rate.</p>		
Consultations		
NORC CIT Core Budget Consultation	Initial consultation with NORC CIT Core RD to discuss weight loss/maintenance program needs and develop a budget for NORC CIT Core Intervention Support for grant submission.	Initial 45 min consultation free
Statistical Consultation	Statistical support for obesity, nutrition, and metabolism-related studies, including power calculations for grant submissions and data analysis. The initial consultation is free for NORC junior investigators. Ongoing support is available with collaboration and funding.	Initial 45 min consultation free
Behavioral Health Consultation	Assistance with the design of behavioral weight loss interventions, strategies to increase adherence to behavioral interventions, and assessment of behavioral outcomes. The initial consultation is free for NORC investigators. Ongoing support is available with collaboration and funding.	Initial 45 min consultation free
Administrative Fees		
Administrative Services	Administrative support tasks (e.g., CIT Core liaison attendance at study team meetings, booking classrooms, ordering meal replacement products). The number of hours needed is determined in consultation with investigator depending on protocol support needs.	\$70 per hour
Curriculum Use	Use of either (1) Standard 12 Week Calorie Controlled Diet Behavioral Weight Loss Curriculum (Colorado Weigh curriculum, no curriculum modifications or additional classes) OR (2) Standard 16 Week Full Meal Replacement Behavioral Weight Loss Curriculum (My New Weigh Curriculum, no curriculum modifications or additional classes) OR (3) Standard 6-12 Month Weight Loss Maintenance Support Curriculum (Weight Loss 4 Life Curriculum, twice monthly group meetings for up to 12 months, no curriculum modifications or additional classes). NOTE: Full Meal Replacement Program requires physician oversight provided by study team.	Free for NORC Members

Curriculum Development	Group or individual behavioral weight loss curriculum development, hourly fee. The number of hours needed is determined in consultation with investigator depending on protocol support needs.	\$70 per hour
Participant Materials (in person)	Participant binder with cover page, colored tabs, and colored curriculum printouts for each week.	\$50 per participant
Participant Materials (virtual)	Emailed curriculum to participants	Included in class fee
Group Weight Loss Services	Group-based Behavioral Weight Loss and/or Weight Loss Maintenance Support	
Group-based weight loss or weight loss maintenance behavioral support class	RD-led 60 min in-person or virtual class includes RD class prep, weekly mid-week class email correspondence, tracking of class attendance, and weekly weights. RD time required per class (\$70 per hour) depends on study protocol and curriculum used and is determined in consultation with investigator but is typically 4-6 hours per class. Does not include data entry. Cost per class session, up to 18 participants. The number of classes determined with the investigator. Typically 12 weekly classes for ~5-7 % weight loss with a calorie-controlled diet or 16 weekly classes for ~7-10% weight loss with full meal replacement program.	\$280-420 per class
Medical Monitoring of Full MR Program or studies using weight loss pharmacotherapy	Medical screening of participants including medical history and physical exam with Physician or APP, 12 lead EKG, Screening Labs, and medical monitoring of participants for the duration of the weight loss program duration required for full MR Program and/or weight loss pharmacotherapy. <i>CIT Core does not provide, must be provided by study team.</i>	Not provided by CIT Core; the study team is required to provide
Attendance and Weight in Data Entry	Data entry of participant attendance and weight into REDCAP database. Cost per class session, up to 18 participants	\$70 per class
Food Log Review	Review and feedback on participant food logs. Cost per class session, up to 18 participants	\$70 per class
RD Attendance at Study Team Meetings	RD group leader attendance and input at study team meetings	\$70 per hour
Group Class Guest Speaker	Exercise support specialist, behavioral psychologist etc.	\$150-200 per class
Food Demonstration or Cooking Class	45-minute in person or virtual cooking class. RD or trained chef prepares a recipe from scratch in our AHWC demo kitchen. If class is in-person, participants will be able to taste recipe. Instructor gives nutrition and cooking tips (such as knife skills) throughout the class.	\$275 per demo, plus food costs
Individual Weight Loss Services	1:1 Weight Loss or Weight Loss Maintenance Behavioral Support	

Individual weight loss or weight loss maintenance behavioral support session	90 minutes of RD time to include in-person or virtual RD session including scheduling time, email correspondence, and food log review, tracking of attendance and weight. Does not include data entry. Number of sessions determined with investigator, typically 12 sessions for ~5-7 % weight loss with calorie-controlled diet or 16 sessions for ~7-10% weight loss with full meal replacement program.	\$105/ session
Data Entry of Attendance and Weight	Attendance and weigh-in data entry into REDCAP database. Cost per session for one participant.	\$10
RD Attendance at Study Team Meetings	RD attendance and input at study team meetings	\$70 per hour
Meal Replacements	Health One Meal Replacement Packets	
Full MR	Per participant, 5 MR per day, weekly per participant charge (does not include coordinating the product order or delivery to participant). 1 box of MRs= \$46.99 without admin costs	\$142/week for MRs only
Partial MR	Per participant, 2 MR per day, weekly per participant charge (does not include coordinating the product order or delivery to participant). 1 box of MRs= \$46.99 without admin costs	\$47/week for MRs only
MR Sample	Additional food demo and prep fee for group or individual programs using partial or full MR	\$70

Things to consider when customizing your study's weight loss and /or maintenance intervention:

1. Individual vs Group Classes
2. In-person vs Virtual classes
3. Frequency of classes
4. Length of intervention
 - a. 12 weekly classes for ~5-7 % weight loss with calorie-controlled diet
 - b. 16 weekly classes for ~7-10% weight loss with full meal replacement program
5. Food log review
6. Calorie Goal
 - a. Range
 - b. Individualized
 - Tanita scale
 - RMR
 - DXA
 - Equation
 - Range based on gender