**PAPER NUMBER #167**

**Use of economic modelling for improving practice and policy; addressing maternal obesity**

**Presenting Authors**

Dr Cate Bailey and Professor Helen Skouteris

**Affiliation**

1. Monash Centre for Health Research and Implementation

**Country of residence**

Australia

**Objectives/aims**

Health economic analysis and methodology can be utilized for translating and disseminating evidence into practice. An area where such evidence is important, is in evaluating interventions designed to address maternal obesity. The majority of Australian women enter pregnancy overweight or obese and over 50% experience excessive gestational weight gain (EGWG). EGWG predicts maternal obesity. Hence, we are investigating cost-effectiveness of intervention programs to reduce gestational weight gain to improve understanding of implementation costs and challenges to inform preventative strategies.

**Methods**

Economic models will be constructed to understand the effectiveness of different intervention types and the costs of implementing interventions in the real world using evidence from two systematic reviews. The first review analysed all studies where an economic analysis of an intervention to reduce gestational weight gain in pregnancy has been conducted. The second review included a meta-analysis and health economic analysis on individual patient data collected by the International Weight Management in Pregnancy (i-WIP) Collaborative Group.

**Main findings**

Evidence suggests broad efficacy for interventions to reduce gestational weight gain. There are opportunities to unpack which interventions are most effective in what situations, and model the economic effectiveness of these programs over time. Session aims are to demonstrate the use of economic modelling for translating and disseminating evidence. Intended outcomes of this presentation are for participants to gain knowledge on how to use available evidence to determine cost-effectiveness of different interventions in varying situations, and how this information can inform policy and practice.