

2022 NORC CIT CORE WEIGHT MANAGEMENT SERVICES		COST
ITEM	DESCRIPTION	
*Budget for 6% increase per grant year in costs **Prices below represent estimates based on typical time, final cost will depend on actual amount of time spent on the project		
Consultations		
NORC CIT Core Budget Consultation	Initial consultation with NORC CIT Core RD and NORC CIT Director or Associate Director to discuss weight loss/maintenance program needs and develop 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. Initial consultation is free for NORC junior investigators, ongoing support with collaboration and funding.	Initial 45 min consultation free
Behavioral Health Consultation	Assistance with design of behavioral weight loss interventions, strategies to increase adherence to behavioral interventions, and assessment of behavioral outcomes. Initial consultation is free for NORC investigators, ongoing support 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) (# of hours determined in consultation with investigator depending on protocol support needs).	\$55 per hour
Curriculum Use	Use of either (1) Standard 12-16 Week Calorie Controlled Diet Behavioral Weight Loss Curriculum (Colorado Weigh curriculum, no curriculum modifications or additional classes) OR (2) Standard 16-20 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 (# of hours determined in consultation with investigator depending on protocol needs).	\$65 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	No 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 class in person or virtual class includes RD class prep, weekly mid-week class email correspondence, tracking of class attendance and weekly weights. Does not include data entry. Cost per class session, up to 18 participants. (# of classes determined with investigator, typically 12-16 weekly classes for ~5-7 % weight loss with calorie-controlled diet or 16-20 weekly classes for ~7-10% weight loss with full meal replacement program)	\$275 per class
Medical Monitoring of Full Meal Replacement Program	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 required for full meal replacement program. <i>CIT Core does not provide, must be provided by study team.</i>	Study team required to provide
Attendance and Weight in Data Entry	Attendance and weigh-in data entry into REDCAP database. Cost per class session, up to 18 participants	\$55 per class
Food Log Review	Review and feedback on participant food logs. Cost per class session, up to 18 participants	\$55 per class
RD Attendance at Study Team Meetings	RD attendance and input at study team meetings	\$55 per hour
Group Class Guest Speaker	Exercise support specialist, behavioral psychologist etc.	\$90-150 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	60 min 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. (# of sessions determined with investigator, typically 12-16 sessions for ~5-7 % weight loss with calorie-controlled diet or 16-20 sessions for ~7-10% weight loss with full meal replacement program)	\$90
Attendance and Weight in Data Entry	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	\$55 per hour
Meal Replacements (MR)	Health One Meal Replacement Packets	

Full MR	Per participant, 5 MR per day, weekly per participant charge (does not include coordinating ordering or delivery to participant)	\$135 per week
Partial MR	Per participant, 2 MR per day, weekly per participant charge (does not include coordinating ordering or delivery to participant)	\$45 per week
MR Example Recipes	Additional food samples prep fee for group or individual programs using partial or full MR	\$55