

# COMPREHENSIVE LIFESTYLE INTERVENTION

WV PEIA WEIGHT MANAGEMENT PROGRAM AND ITS IMPACT ON CLIENTS, RDNS, AND HEALTH

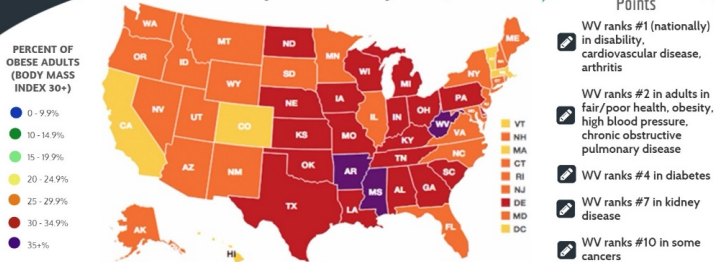


# Obesity & Physical Inactivity

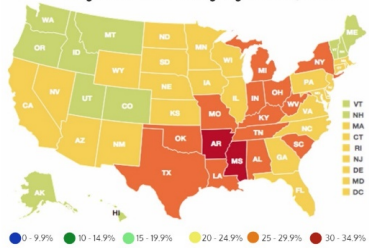
IN THE UNITED STATES

## Obesity and Health in West Virginia

Adult Obesity Rate State by State, 2014

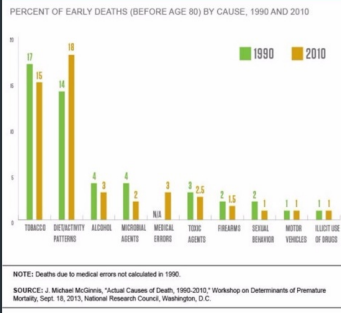


Physical Inactivity by State, 2014



374,239 deaths each year are due to obesity.

Poor Diet, Lack of Exercise Impede Progress on Reducing Early Deaths.



## PHYSICAL INACTIVITY

About 30% of our population is inactive (no activity beyond baseline activities of daily living)

About 20% of our population is insufficiently active (get <150 min of moderate activity or 75 min of vigorous activity per week)

Only 10% meet the physical activity guidelines for Americans (150 minutes per week of at least moderate intensity physical activity)

80% of our adolescents do not meet the physical activity guidelines of being physically active 1 hour per day.

Physical Activity Guidelines:

<https://health.gov/paguidelines/guidelines/chapter1.aspx>

## EVIDENCE OF THE BENEFITS OF WEIGHT MANAGEMENT

- 3-5% wt reduction that is MAINTAINED, can lead to clinically significant health improvements:
  - Decreased triglycerides
  - Decreased glucose levels; Hgb A1C
  - Decreased blood pressure
  - Decreased risk of type 2 diabetes

3-5% is a realistic goal for most people

*RDNs are uniquely qualified to help reach these goals in both clinically and cost effective manners.*

[http://andeal.org/template.cfm?template=guide\\_summary&key=4325](http://andeal.org/template.cfm?template=guide_summary&key=4325)

<http://www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/weight-management>

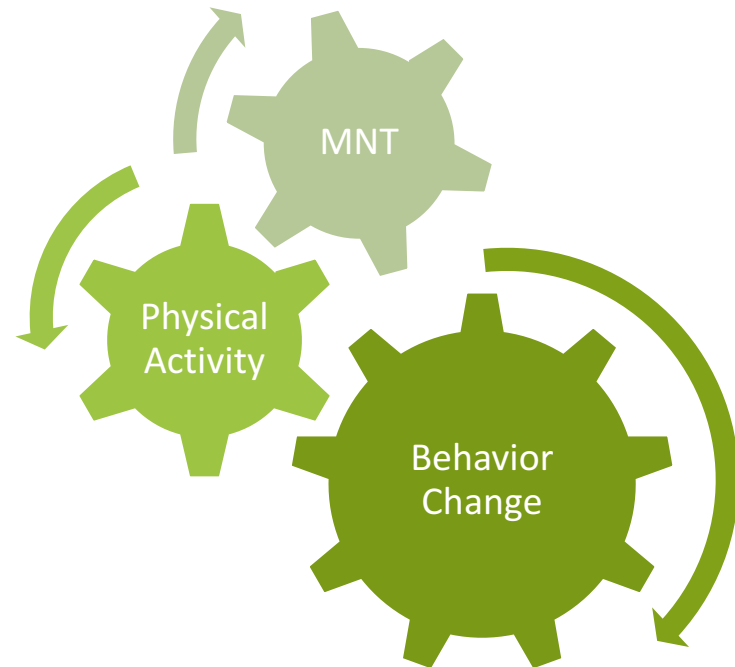


## WHERE'S THE EVIDENCE: *COMPREHENSIVE LIFESTYLE INTERVENTION*

- MNT component: Addressing modification of dietary patterns and energy intake
- Physical Activity component: Encouraging 150 (to possibly 300) minutes of moderate to vigorous physical activity per week
- Behavioral component: Involving structured counseling for behavior change.
- **CLI produces greater weight loss than interventions that use the same components singularly.**

[http://andeal.org/template.cfm?template=guide\\_summary&key=4015](http://andeal.org/template.cfm?template=guide_summary&key=4015)

<http://www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/weight-management>



## Program Reach

- Since it's inception has served 15,953 participants
- Enroll 1500-2000 new participants yearly
- 61 facilities with locations in 29 of 55 counties
- Over 300 service providers
- **Currently 55 RDNs working with the program state wide**
  - **RDNs are reaching well over 1000 new enrollees each year...**



## WV PEIA WEIGHT MANAGEMENT PROGRAM: COMPREHENSIVE LIFESTYLE INTERVENTION PROGRAM

*Offering interventions from:*

Registered/Licensed Dietitian Nutritionists

Exercise Physiologists

Certified Personal Trainers

Health Behavior Coaches/Counselors

# WV PEIA WEIGHT MANAGEMENT PROGRAM:

## *IMPACT ON PARTICIPANTS:*

### ▪ Financial Impact:

- \$20 per month for 2 years
- 4 sessions with RDN
- 4 sessions with EP
- 26 hours of personal training
- 8+ sessions with HBC
- 12 newsletters
- Weight Management Blog
- Twitter: weekly challenges
  
- Approximately \$1600 in services + for \$480

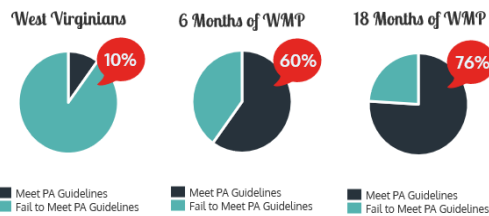
### ▪ Impact on Weight:

- 44% of participants that stayed in program  $\geq 6$  months lost 5% +
- 50% who stayed in  $\geq 12$  months lost 5% +
- Since 2013: Served 8,458 people
  - Total weight lost was 76,119lb
  - Average weight loss per person was 8.9#
  - **4% average**

**\*Clinically significant weight loss**

## How Does the Weight Management Program Help West Virginians?

### Physical Activity Levels



#### Some Interesting Facts

- 15,000 WMP Participants Ever
- 2,000 Participants Enrolled Each Year
- 62,860 lbs Lost by WMP Participants
- 300 Service Providers

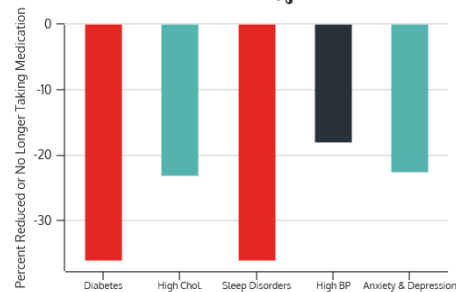


**300**  
Surgeries Averted



**2.5M**  
Healthcare Savings

### Medication Reduction After Six Months



## IMPACT ON PHYSICAL ACTIVITY AND MEDICATION USAGE

Able to see significant increase in those meeting physical activity guidelines for Americans

Over the last 3 years, 25% of participants were able to reduce or stop taking at least 1 medication

*Interesting fact: Over the program course, 300 people have decided not to go through with bariatric surgery. In plan year 2016, 42 people changed their mind (this is 52% of people who had indicated they wanted surgery)*



## WV PEIA WEIGHT MANAGEMENT PROGRAM: *IMPACT ON REGISTERED DIETITIANS*

- *Expands our reach:* We are touching the lives of 1500-2000 people a year, teaching and helping them with behavior change to obtain skills needed for healthy living.
- *Expands our opportunities:*
  - Entrepreneurship/Reimbursement
  - Positive outlet/change of pace
  - Visibility and credibility:
    - Develops rapport with the fitness community
    - More visible to the general public outside of hospitals, NHs, doctor's offices
    - Helps the public understand what we do



## ■ *Research helps us fine tune our roles and skills:*

- Participants clearly view the RDN as an expert
- Focused on us as a source of specific or general information
- 82% of respondents provided positive feedback
- Some feedback included: not helpful, not personalized, not enough meetings (multifactorial)
- Respondents did not really note appreciation for support and encouragement from RDNs
  
- Clients may be looking for more of an ally on their path to behavior change
- **RDNs can focus on working to build those collaborative relationships and cultivating motivation with our clients by practicing and growing our skills in counseling and MI**

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### *Client Experiences With Dietary, Exercise, and Behavioral Services in a Community-Based Weight Management Program*

Sam Zizzi, EdD<sup>1</sup>  
Peter Kadushin, PhD<sup>2</sup>  
Jesse Michel, PhD<sup>3</sup>  
Christiaan Abildso, PhD, MPH<sup>4</sup>

*Compared with randomized trials, community-based interventions are delivered by a wider variety of professionals with varied training backgrounds. When evidence-based programs are scaled into larger formats and disseminated to a wider audience, little is understood about how clients experience these interventions. To understand the experience of clients after meetings with nutrition, exercise, and health behavior professionals, researchers surveyed participants after 6 months in a weight management program. A total of*

**T**he obesity epidemic plaguing the United States is well documented (U.S. Department of Health and Human Services, 2010). Researchers are investigating an array of social, economic, and environmental factors that negatively influence our health as a nation, as well as the interventions that address these factors. Common interventions include diet, physical activity (PA), and behavioral therapy (Jones & Wadden, 2006; National Heart, Lung, and Blood Institute and the North American Association for the

WMP RESEARCH....



# WV PEIA WEIGHT MANAGEMENT PROGRAM: IMPACT ON HEALTH/WEIGHT OUTCOMES

- Weight Loss Maintenance: successful maintainers vs unsuccessful maintainers



- Out of 450 responders, almost ½ were successful with weight loss maintenance (46.7%)
- Both achieved similar weight loss during the program
- SM lost 2.4% more weight after program end
- UM gained 9.6% post program
- Predictors of WLM:
  - More likely to have been physical active pre program
  - Self weighing at least 1x/wk but not daily
  - Limiting portion sizes
  - Limiting snacking
  - Viewed early program weight loss as acceptable (not good or excellent...this depicted unrealistic goals)
  - Perceived that maintaining a regular exercise routine was easy (self efficacy)

**NOTED:**  
*LIKELIHOOD OF  
MAINTAINING WEIGHT  
LOSS DIMINISHES OVER  
TIME*



- New research looking at the role of emotions in long term weight maintenance:
  - Awareness of emotional impact can drive changes in attitude and support new self regulation strategies....
- Will be doing a 10 year evaluation project (2004-2014)

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