Introduction

Obesity
- Definitions using body mass index (BMI)
  - Overweight = BMI ≥ 25 kg/m²
  - Obese = BMI ≥ 30 kg/m²

Prevalence
- 68% of US adults; Veterans similar or higher prevalence²,³

Co-morbid Conditions
- Heart disease, hypertension, dyslipidemia, Type 2 diabetes, respiratory problems, orthopedic abnormalities, depression, certain cancers

Expenses Related to Obesity
- Rising healthcare costs:
  - 1999 > $70 Billion⁴; 2010 = $168 Billion⁵
  - Lives lost 365,000 annually⁶,⁷
  - Survival reduced 8-10 years for persons with a BMI 40-45 vs BMI < 25⁸

MOVE! Program
- Weight management program offered by the Veterans Administration Medical Center (VAMC) for overweight and obese Veterans
- Program options:
  - Self-management
  - Group education
  - Individual in-person consultation
  - Individual telephone consultation
- Focus of education and consultation
  - Goal setting
  - Diet
  - Physical Activity
  - Psych/Behavior Change
  - VA Resources: MyHealthE Vet

Purpose/Aims
The purpose of this study is to identify predictors of desirable outcomes for Veterans in the weight management program, MOVE!, at CNVAMC. The primary aim is to determine if the weight of Veterans in the program varies over time by: a) Veteran background characteristics and b) MOVE! Program exposure. The secondary aim is to determine if HgbA1C, BP, and serum lipid levels vary over time by: a) Veteran background characteristics and b) MOVE! Program exposure.

Conceptual Framework

<table>
<thead>
<tr>
<th>Background</th>
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<tbody>
<tr>
<td>Age, Gender, Ethnicity, Race, Marital Status, Comorbidities, BMI, Rurality, VA Priority Group</td>
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</tbody>
</table>

MOVE! Program Exposure
- Participant Type (self-management or group)
- Group Visits
- Individual Visits
- Telephone Visits

Outcome Variable
- Weight

Methods

Design
- Longitudinal analysis of secondary data
- Inclusion criteria:
  - MOVE! Program participants at CNVAMC
  - Enrolled 7/1/2008 to 5/31/2010
- Exclusion criteria:
  - Age ≥ 90 years, pregnant, weight loss surgery, death

Analysis Plan
- Descriptive Statistics
- Logistic Regression
  - Overweight = BMI
- Multiple Regression using Ordinary Least Squares
  - Weight reduction in pounds (last weight – baseline)
- Multilevel Modeling with GEE and RCA
  - Repeated measures of weight over time

Approvals
- CNVAMC Research and Development Committee
- Georgia Health Sciences University, HAC # 10-08-035

Initial Findings

<table>
<thead>
<tr>
<th>Baseline Background (n=404)</th>
<th>Weight Reduction*</th>
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<tbody>
<tr>
<td></td>
<td>Age &lt;5% (n = 199)</td>
</tr>
<tr>
<td>Age</td>
<td>mean (sd)</td>
</tr>
<tr>
<td>Male</td>
<td>56.4 (11.3)</td>
</tr>
<tr>
<td>Non-Hispanic</td>
<td>59.0 (11.3)</td>
</tr>
<tr>
<td>Black</td>
<td>58.4 (11.4)</td>
</tr>
<tr>
<td>Married</td>
<td>66.7 (10.8)</td>
</tr>
<tr>
<td>Comorbidities</td>
<td>8.65 (5.32)</td>
</tr>
<tr>
<td>BMI</td>
<td>34.96 (5.94)</td>
</tr>
<tr>
<td>Urban</td>
<td>835 (21.9)</td>
</tr>
<tr>
<td>VA Priority Group</td>
<td>143 (35.4)</td>
</tr>
<tr>
<td></td>
<td>98 (24.3)</td>
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</table>

Conclusion & Implication

Additional analyses are forthcoming. Results are expected to determine if weight varied over time based on background characteristics, exposure to the program, or a combination of the two. Results may guide program revisions.

References

Acknowledgements
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