Weight Reduction Among Veterans in the MOVE! Program

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Introduction

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
  - Behavior Change
  - VA Resources: MyHealtheVet

Purpose/Aim
Determine which background and program exposure variables were associated with a 5% weight reduction

Conceptual Framework

Background Variables
- Age, Gender, Ethnicity, Race, Marital Status, Comorbidities, BMI, Rurality, & VA Priority Group

Outcome Variable
- 5% Weight Reduction

Program Exposure Variables
- Self-Managed vs Group Attendee, Number and Type of Visits, & Time

Methods

Design
- Analysis of data extracted from medical records
- Inclusion criteria: participants who enrolled in MOVE! July 2008 to May 2010
- Exclusion criteria: age > 90 years, pregnant, weight loss surgery, death

Analysis
- Descriptive Statistics
- Logistic Regression

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

Results

Descriptive Statistics (n=404)

<table>
<thead>
<tr>
<th></th>
<th>mean (sd)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>56 (11)</td>
<td>80</td>
</tr>
<tr>
<td>Male</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Hispanic</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>Black</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>Married</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td>Comorbidities</td>
<td></td>
<td>61</td>
</tr>
<tr>
<td>Diabetes</td>
<td>3</td>
<td>35</td>
</tr>
<tr>
<td>Hypertension</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>Hyperlipidemia</td>
<td>54</td>
<td>35</td>
</tr>
<tr>
<td>BMI</td>
<td>35 (6)</td>
<td>83</td>
</tr>
<tr>
<td>Urban</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>VA Priority Group</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>1 (Most resources)</td>
<td>35</td>
<td>9</td>
</tr>
<tr>
<td>8 (Least resources)</td>
<td>9</td>
<td></td>
</tr>
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</table>

Logistic Regression (n=404)

13% achieved the 5% weight reduction

<table>
<thead>
<tr>
<th></th>
<th>b</th>
<th>OR</th>
<th>p (CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>0.03</td>
<td>1.03</td>
<td>0.03 (1.00, 1.07)</td>
</tr>
<tr>
<td>Group Attendee</td>
<td>1.84</td>
<td>6.30</td>
<td>&lt;0.01 (1.66, 23.93)</td>
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<tr>
<td>Holiday Eating Class</td>
<td>1.39</td>
<td>4.01</td>
<td>&lt;0.01 (1.44, 11.19)</td>
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<tr>
<td>Total Weeks</td>
<td>0.02</td>
<td>1.02</td>
<td>0.06 (1.00, 1.04)</td>
</tr>
<tr>
<td>Total Weeks X Group Attendee</td>
<td>-0.03</td>
<td>0.97</td>
<td>0.02 (0.95, 1.00)</td>
</tr>
</tbody>
</table>

Cox & Snell R2

χ² df p

Overall Model

0.06 26.09 5 <0.01

Hosmer and Lemeshow Test

4.23 8 0.84

Discussion & Conclusions

- Both age and group attendance at the holiday eating class had positive effects on weight reduction.
- The benefit of group attendance decreased slightly over time.
- The mechanism by which these background and intervention characteristics affect weight reduction over time deserves further investigation.

Acknowledgements

1. Gayle Sprott, RN, CNVAMC MOVE! Program Coordinator
2. Katherine Meeue, PhD, RN, Nurse Researcher and VA Nursing Fellowship Program Director
3. Drs. L. Marion, G. Bennett, R. Campbell, G. Narsavage, & R. Sattin, Dissertation Committee Members
4. Caroline McManus, PhD(c), CNS/PMH-BC, Assistance with data collection
5. The Department of Veterans Affairs funded this work with a Nursing Fellowship