

Weight Management Interventions For Veterans: A Plan To Determine Who Benefits and When & Initial Findings

Jane Garvin, PhD(c), MSN, FNP-BC, RN
Charlie Norwood VA Medical Center & Georgia Health Sciences University

Introduction

Obesity

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

Prevalence

- 68% of US adults¹; Veterans similar or higher prevalence^{2,3}

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 annually^{6,7}
- Survival reduced 8-10 years for persons with a BMI 40-45 vs BMI < 25⁸

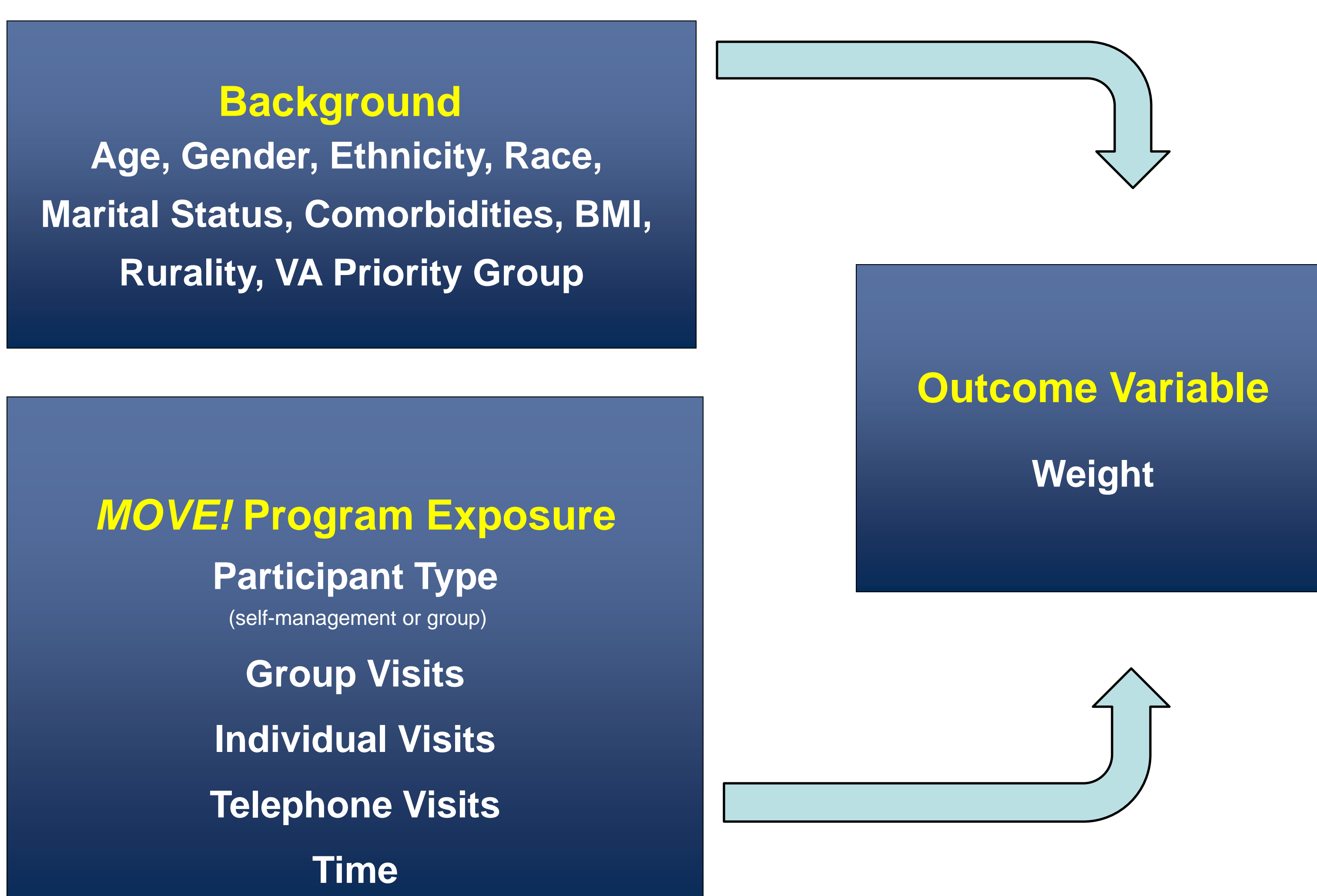
MOVE! Program

- 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: MyHealthVet

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



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 \geq 90 years, pregnant, weight loss surgery, death

Analysis Plan

- Descriptive Statistics
- Logistic Regression
 - Weight reduction of \geq 5% (last weight – baseline)
- 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

Baseline Background (n=404)

	mean (sd)	# (%)
Age	56.4 (11.3)	
Male		321 (79.5)
Non-Hispanic		388 (96.0)
Black		236 (58.4)
Married		236 (58.4)
Comorbidities	8.65 (5.32)	
BMI	34.96 (5.94)	
Urban		335 (82.9)
VA Priority Group		
1		143 (35.4)
5		98 (24.3)

Weight Reduction*

	<5% (n = 351) mean (sd)	\geq 5% (n = 53) mean (sd)
Age	55.9 (11.4)	60.3 (9.9)
Weeks observed	56.3(30.8)	53.8(29.7)
Visits		
RD #1	0.55(0.98)	1.08(1.40)
RD #2	0.46(0.86)	0.96(1.43)
RD #5	0.03(0.17)	0.15(0.36)
Psych #1	0.46(0.84)	0.94(1.57)
Psych #2	0.09(0.30)	0.23(0.42)
Total	4.41(5.91)	7.62(10.90)

* p<.05 ; RD#1 portions, #2 reading labels, #5 holiday eating.

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.

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