Weight Before and After 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[1]
- Program became free of charge to veterans in July of 2008[2]
- Program design[3]
  - Self-managed OR Group AND Optional
  - Individual in-person consultation
  - Individual telephone consultation
- Little is known about the effectiveness of the MOVE!® program[4-7]

Purpose

- The purpose of this study was to examine the trajectory of weight before and after enrollment in the MOVE!® program at the Charlie Norwood VAMC (CNVAMC) in Augusta, Georgia.

METHODS

Design

- Analysis of data extracted from 402 medical records
- Interrupted time series
- Weights evaluated before and after enrolling in MOVE!® (Figure 1)
  - 5 years, 3 years, and 1 year before
  - Baseline/Enrollment
  - 3 & 6 months (Mo) and 1 & 2 years (Yr) after
- Inclusion criteria: participants enrolled in MOVE!® July 2008 to May 2010
- Exclusion criteria: age ≥ 90 years, pregnant, weight loss surgery, death

Analysis

- Descriptive Statistics
- Linear Mixed Models Analyses – interrupted time series

Approvals

- CNVAMC Research and Development Committee
- Georgia Regents University IRB

RESULTS

Table 1. Sample Demographics (n = 402)

Category	%	mean ± sd
Age (years)		56 ± 11
Male	79	
Black	59	
Married	58	
Diabetic	30	
Body Mass Index (BMI)		35 ± 6

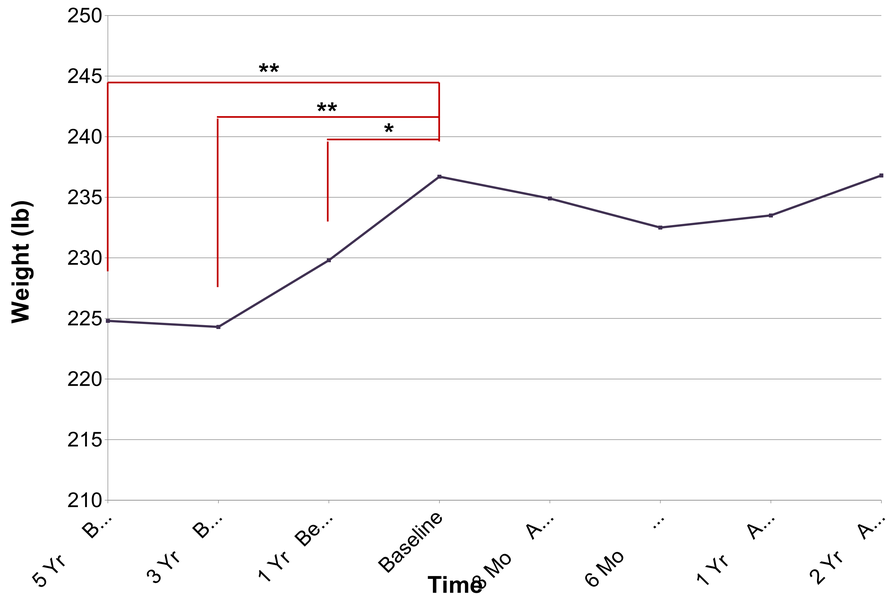

Figure 1. Weight before and after the MOVE!® Program. Participants had a significant gain of 12 pounds between the 5 years prior to enrollment (225 ± 47 pounds) and the time of enrollment (237 ± 45 pounds) in MOVE! ®
*$p < .05$, **$p < .01$

CONCLUSIONS

- The interrupted time series data demonstrated a change in the trajectory of weight. Weight gains seen prior to enrollment were halted for 2 years following enrollment.
- Overall, the data suggest that MOVE!® program enrollment is associated with weight stabilization for a period of time. This weight stabilization potentially limits the advancement of comorbid conditions expected with continued weight gain.
- Further investigation is required to determine if weight reduction was associated with individual and/or intervention characteristics and if weight reduction differed from those who were referred to the MOVE!® program but did not enroll in the MOVE!® program.

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