

REPORT DOCUMENTATION PAGE

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Enhancing Readiness Behaviors to Engage with Existing Weight Management Services

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The views expressed are those of the authors/presenters and do not reflect the official views of the Department of Defense or its Components. The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 CFR 219 and DODI 3216.02_AFI40-402.

Background

Obesity is a growing problem both nationally and in the Military Health System. While the existing literature reflects an abundance of controlled trials demonstrating the efficacy of a broad array of weight management interventions, there is relatively little research concerning how to increase the utilization of such programs. The present study seeks to enhance readiness to engage with existing weight management services through patient exposure to a consolidated services briefing delivered in a motivational style.

Hypothesis

Patient exposure to a consolidated services briefing will enhance readiness to engage with existing weight management services.

Methods

Data derive from 10 participants empaneled to a large, military ambulatory surgical center in South Central Texas. Participants were older (modal age category 46-64), non-active duty (57%), and evenly distributed with respect to gender. This report is based on information collected from February through May 2018. Participants received a standardized, 30-minute orientation to weight management services delivered in a motivational style and designed to increase readiness for change.

Findings

Figure 1. Effect at Scale

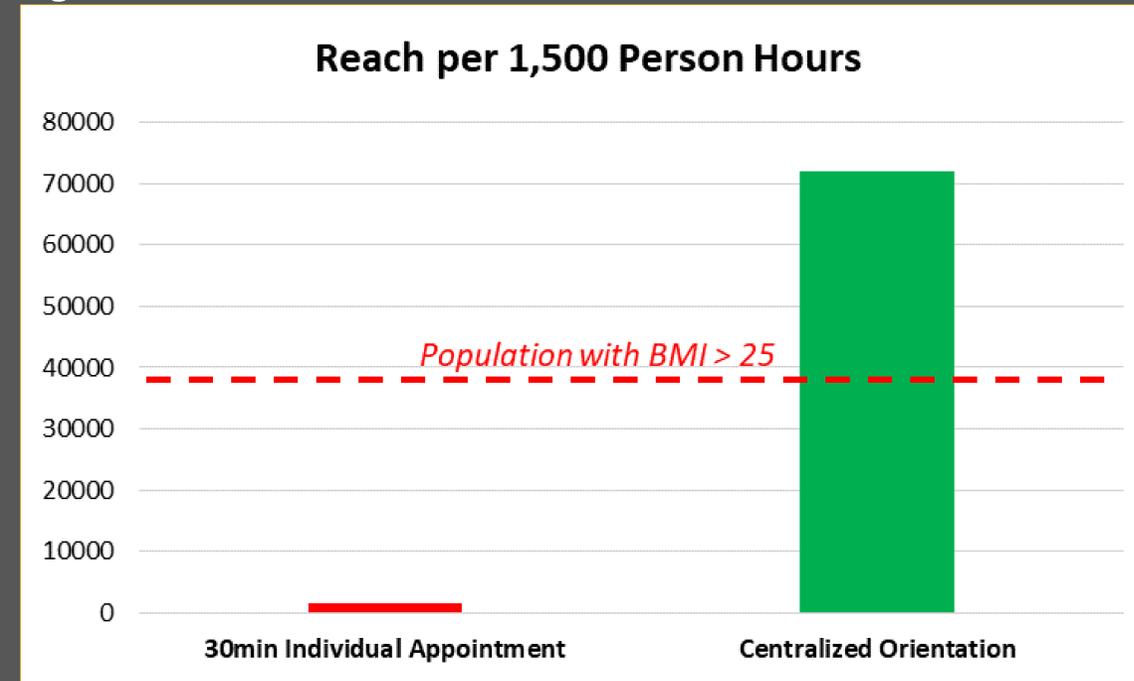
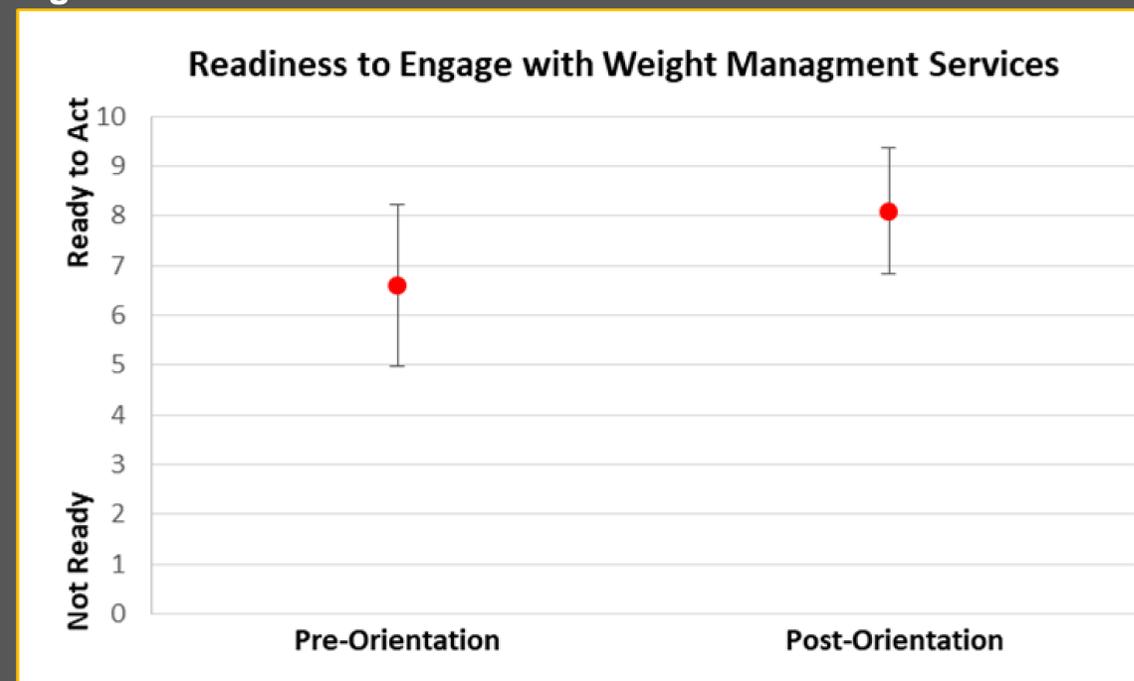


Figure 2. Pre & Post Data



TIME	EFFECT SIZE
T1 – T2	0.30 (Medium)

Results

- Comparison of readiness to engage with a formal weight management program prior to, and following, receipt of their intervention is depicted in Figure 2. Participants tended already to be somewhat motivated to utilize weight management services prior to the intervention (M=6.60; 95% CI [4.97-8.23]).
- Readiness ratings increased following participation in the 30-minute orientation class (M = 8.10; 95% CI [6.82-9.38]).
- The increase in readiness was consistent with a medium effect size of $d=0.30$ (see figures and tables).

Conclusions

- As hypothesized, participants' self-reported readiness to engage with services germane to overweight and obesity increased following involvement in a 30-minute orientation to available services.
- Content that improves readiness for change and which can be delivered in group format holds considerable promise as a means by which to address the challenge of overweight/obesity at scale.