An Interdisciplinary Team Approach to Weight Management - The Hines MOVE!® Weight Management Program

Presented by Rochelle D. Kirwan MS, RD, HFS, CWC

Objectives:

• Understand the benefits of an interdisciplinary team approach to weight management.

• Identify various approaches to assist in an individualized weight management program.

• Recognize the various marketing tools used to promote the Hines MOVE!® Program.

Outline

• What is MOVE!®?
• Additional Program Options
  – Individual follow-up with any team provider
  – Use of Clinical Video Telehealth Conferencing Equipment – CBDCs
  – MOVE!® gym and physical activity promotion
  – HT7TeleMOVE!®
  – Bariatric Surgery information class
  – Behavioral Health Support – Small group support
  – C.H.E.F. classes – Cooking Healthy Everyday Foods
  – Grocery Store Tour
  – Farmers’ Market
  – Weight loss challenges
  – Social Media and Outreach
• Outcomes
• Questions
Why MOVE!® Weight Management?

- While America faces an obesity epidemic of large proportions, the Veteran population experiences an even greater prevalence of overweight and obesity.
- Among the Veterans who use the Veteran Health Administration (VHA) services, approximately 72.2% were overweight or obese (Kinsinger et al, 2009).
- In addition, the Veteran population seems to be older, poorer, and less educated than the general public (Das et al., 2005).

What is the MOVE!® Program

- In efforts to combat the high prevalence of obesity in the Veteran population, the MOVE!® Program was developed to provide weight management interventions using a more individualized approach to identify strengths and barriers for patients trying to lose weight.
- MOVE!® is an interdisciplinary weight loss/management program offered free to Veterans at VA Hospitals nationwide.
- At Hines, Program Providers include Dietitians, MD, PharmD, Social Work, Psychology, Physical Therapy, Health and Fitness Specialist, and Certified Personal Trainers

Hines MOVE!® Team

- Lisa Kopolinski, RD, CDE, MOVE!® Co-Coordinator
- Rochelle Kirwan, MS, RD, HFS, CWC, MOVE!® Co-Coordinator and Exercise Specialist
- Jessica Walls, RD, CPT – HT/TeleMOVE!® Program Coordinator
- Nancy Berard, RD, Clinical Nutrition Manager
- Dr. Sattar Hadi, MD
- Nicole Graphia, LCSW
- Mandi Evanson, LCSW
- Paul Ellin, PT
- Paul Johnson, PhD – Psychology
- Erin Zerth, PhD – Psychology
- Dayna Mitchell, PharmD
- Chanda Johnson – MyHealththeVet Program Coordinator
- Debra Malone – MOVE!® Support
Additional Support for the Hines MOVE!® Team

- Nutrition and Food Services
  - Ashley Bergmann RD, CPT
  - Caitlin O'Rourke RD, CPT
  - Riesa Rarick MS, RD, CPT
  - D'arcy Rea RD
  - Dana Strohmaier RD
  - Amy Taetzsch RD, CPT – HT/TeleMOVE!® provider

- Health Promotion Disease Prevention
  - Lorry Luscri MPH, CPH, RD, LDN - HPDP Program Manager

- Wellness Is Now – Employee Wellness
  - Maureen Komperda

Overview of MOVE!®

- Self-Management (formerly Level 1 and 2)
  - Offered at Hines

- Weight Loss medications (formerly Level 3)
  - Offered at Hines

- MOVE!® Intensive (formerly Level 4)
  - Not offered at Hines

- Bariatric Surgery (formerly Level 5)
  - Informational class and referral system in place at Hines
### Overview of MOVE!® Program

- **MOVE!® Self-management** - offered at Hines and some Community Based Outpatient Clinics (CBOCs)
  - Individual
    - MOVE!® website, MOVE!® Preview, one-on-one support, HT/TeleMOVE!®
  - Group sessions
    - 9 total group classes over 5 months
    - MOVE!® Support
- **Weight loss medications** (offered at Hines)
  - Need to participate in MOVE!® for at least 6 months

### Overview of MOVE!® Program

- **MOVE!® Intensive** (not offered at Hines)
  - Medically supervised program
    - Residential weight management treatment, outpatient supportive treatment, onsite groups and classes, meal replacement, or very low calorie diets

- **Bariatric Surgery** (not offered at Hines)
  - Hines can refer Veterans to Jesse Brown
  - Informational class offered at Hines
    - Veterans must complete rigorous evaluations by Medical Doctor, Psychologist and Registered Dietitian prior to being referred

### How are Veterans referred to MOVE!®?

- **Screening**
  - Veterans with a BMI of 25 or > need annual weight management screening.

- They are offered the various options of the MOVE!® Program
  - Self Management Support - Individual Care
  - Self Management Support - Group Classes

- They can decline and work independently (are directed to the MOVE!® website); or can decline weight management services totally
Who enrolls in MOVE!®?

- Vets with BMI>25 with interest in weight management are asked to have Primary Care Provider (PCP) submit consult to MOVE!® Program.

- Can also be self-referred or referred by BMI criteria in the inpatient setting. All patients must have a consult.

- Exclusion criteria are listed on the consult

- Consult includes:
  - Clear for medications if appropriate
  - Approval for moderate physical activity

Hines Self-Management Support Group Approach

- Interactive presentations, PPT format, encourage questions, incentives

- MOVE!® Preview – Every Monday
  - Provides quick access to MOVE!® program information
  - Program overview
    - Allows a more individualized program
    - Patients can choose the program options they wish to participate in.
Hines Self-Management Support
Group Approach

• Step 1: MOVE!® Intro is 2nd Tues of each month
• Step 2: 8 follow-up sessions: 1st & 3rd Tues of each month (repeat three times per year)
• Step 3: Support group: 4th Tues of each month
  – Graduate to support after the 5 months of the program AND have lost or maintained weight.

Group Class Topics

• Introduction: Introduction to exercise, food journaling, portion size, number of servings/day of each food group, goal setting

• Four nutrition topics:
  – HT/TeleMOVE!
  – Label reading
  – Healthy plate/beverages
  – Dining out and fast food

Group Class Topics

• Two behavior topics
  – Overcoming thoughts and behaviors contributing to obesity (Psychology)
  – Coping with stress (Social Work)

• Two exercise topics
  – Benefits/barriers of regular exercise (Physical Therapy)
  – Nutrition and Exercise (Nutrition)

• Other topics taught on same day as core courses
  – Medical risks of obesity (Dr. Hadi)
  – Medications for obesity (Pharmacy)
“I am currently participating in the MOVE!® Weight Management and Exercise class and want to thank all the instructors of the program. This class has helped me tremendously. For years I have struggled with high cholesterol and “belly fat.” When I found out about this program, I was determined to make a lifestyle change. To eat healthier and start exercising. This class has helped me to lower my cholesterol and I started to lose weight. I’m feeling much better.”

– Ronald Lanni, MOVE!® participant

Group Class Outcomes – Feb 2012

39 attended the MOVE!® Intro Class – Graduated June 19th, 2012
24 completed program
10 did not complete
3 never came to another class
2 cancelled program

Overall weight loss: anyone who came to at least 2 classes and lost weight - 27
Mean weight loss of -7.2#
Median weight loss of -5.2#
Range of weight loss: -2 to -30.6#

Overall weight loss factoring in weight gain: anyone who attends at least 2 classes - 34
Mean weight loss of -4.55#
Median weight loss of -4#
Range of weight loss and gain: -30.6# to +13.6#
Group Class Outcomes – Feb 2012
Completers weight loss: attends 5 classes and loses weight - 24
Mean weight loss of -7.57#
Median weight loss of -6.1#
Range of weight loss: -2 - 30.6#
Number who attended 5 or more classes 29
How many of those lost weight? 24 83%
How many of those gained weight? 5 17%
Maintained 0 0%
Range of weight gain .75 - 13.6# (41.55#)
Attendance (overall) 5.69 classes
Attendance (completers) 7 classes
5% weight loss: 6
10% weight loss: 1
15% weight loss: 0

Weight Loss Winners – Started in Feb 2012 – Graduated June 2012

MOVE!® Support Group
- 4th Tuesday of every month
- Completed MOVE!® Group classes successfully
  – 5 out of 9 classes (MOVE!® Intro and 8 follow-up classes)
  – Experience some amount of weight loss.
- Ongoing support with varying topics
  – Examples: new research on sweeteners, how to handle the holidays, whole grains, etc.
  – Rotate presenters (SW, Nutrition/Dietetic Interns)
- Re-evaluated every 6 months (January and June)
- Veterans can participate in the MOVE!® Support program as long as they like
**MOVE!® Support Outcomes from January 2012**

- 84 pts scheduled for support group on 1/24/12
- 65 showed up to class (77% of those enrolled)
- 54 continue to maintain/lose in support
- Weight loss during support ranges from 0 - 31.6# (n=54); 
- Weight loss since starting MOVE ranges from 0.8-61.6# (n = 74)
- 2 Pts have lost 20% or more of initial weight (Start of MOVE®)
- 15 have lost 10% or more of initial weight
- 19 have lost 5-10% of initial weight
- 41 have lost more than 10 lbs
- 10 have gained weight to above their weight when starting move (range of 4-19.8#)
- 30 have gained weight while in support

**MOVE!® support February 2012 weight loss winners**

5% total body weight lost!

**MOVE!® support February 2012 weight loss winners**

10% total body weight lost!
MOVE!® support February 2012 weight loss winners
20% total body weight lost!

Additional Options Available through MOVE!®

- Video TeleHealth Conferencing
- Individual follow-up w/ MOVE!® Team provider
- MOVE!® Gym
- HT/TeleMOVE!®
- Behavioral Health Support Group – Social Work
- Bariatric Surgery Information Class
- C.H.E.F Class
- Grocery Store Tour
- Farmers’ Market
- Weight Loss Challenges
- 5k/2k and Outdoor Fitness equipment
- Social Media and Marketing

Video TeleHealth Conferencing

- Initiated October 2011 in one Community Based Outpatient Clinic (CBOC)–
  - Currently in 4 CBOCs
  - Slowly expanding to six – either from one site or two

- Use of Clinical Video Telehealth Conferencing
  Equipment to present MOVE!® classes to Veterans at outlying clinics simultaneously with classes at Hines VA.
Individual Follow-up With MOVE!® Team provider

- Follow-up can be requested with any of the previously listed providers to assist patients with overcoming many barriers related to lifestyle modifications.
- Most common requests are for registered dietitians and medical doctor
  - Nutrition Education with one of our Outpatient Registered Dietitians
  - Medications/Health Concerns

MOVE!® Gym

- Pre MOVE!® physical activity (15 minutes) prior to MOVE!® group classes on the 1st and 4th Tuesday of the month.

- The MOVE!® gym is advertised regularly before each class.

- Data collection is done on a monthly basis.

MOVE!® Gym

- Initiated in the Fall of 2009

- Hines Veterans use the fitness center for aerobic, strength, and flexibility training.

- Additional classes using therapy bands for upper and lower body strength training.

- Veterans must be actively participating in the MOVE!® program to use the MOVE!® gym.
MOVE!® Gym

• All individuals interested in participating in the MOVE!® gym are required to attend an Orientation to Exercise class (2nd Wednesday of every month) covering the following topics:
  – Physical activity recommendations
  – Types of exercise (aerobic, strength, flexibility)
  – Monitoring Target Heart Rate and The Borg Scale (Rate of Perceived Exertion)
  – F.I.T.T.E. Principle - (Frequency, Intensity, Time, Type, Enjoyment)

MOVE!® Gym

• Veterans must have approval from their PCP for moderate physical activity to be oriented to the MOVE!® gym.
• Individual orientation to gym equipment is provided by a certified Health and Fitness Specialist and Certified Personal Trainers through the American College of Sports Medicine (ACSM).
  – 1 HFS and 5 CPT
• Veterans are provided with individualized plan and a gym log to track progress.

MOVE!® Gym

• MOVE!® gym is available
  – Monday, Tuesday, Thursday, Friday from 1-3pm.
  – It is staffed by 2 certified individuals who monitor blood pressure before and after exercise. Heart rate is also monitored.

• MOVE!® bands class is available on Monday, Tuesday, Thursday, Friday at 3 or 3:15pm (depending on provider clinic schedule).
  – Monday and Thursday – Upper body
  – Tuesday and Friday – Lower body
  – Calendar of events are provided monthly.
**MOVE!® Gym Outcomes**

- Over the three years the gym has expanded:
  - Grown from 1 provider to 6
    - 1 Health and Fitness Specialist
    - 5 Certified Personal Trainers
- Gone from old equipment to brand new!!
- Increased support for activity programming
  - Walking Competition – April-July 2012
  - Increased gym access and improved patient care
- Veterans are enjoying exercise and have committed to lifestyle changes

---

**MOVE!® Gym Outcomes for Jan 2011-Dec 2012**

- 188 attended Orientation to Exercise class
- 164 were interested in the gym
- 132 were oriented to the gym
- 33-45 Veterans use the gym each month
  - Average use of 4.3 days per month
    - Range (1-16 days per month)
- Average 8.26# weight loss since starting MOVE!® gym → Range (-44.3# to +18#)
- Average BMI change -0.97 → Range (-6.94 to +2.67)
HT/TeleMOVE!® (aka Health Buddy)

- Program Managed by RD
- HT-Weight Management (HT-WM)
- Nation-wide availability by March 2010
- Available at Hines August 2010
- Allows MOVE! follow up in patients’ home via phone and CCHT equipment
- The purpose of the program is to increase access to health care services by assisting patients with weight management in the comfort and convenience of the patients’ homes.

HT/TeleMOVE!® (aka Health Buddy)

- Veterans participate in the daily Telehealth sessions on the Health Buddy in-home messaging device.
- Patients set goals with the dietitian and can contact her as needed
- Patients interact with the Health Buddy daily, answering programmed questions/requests for information, for 3 months and their responses are sent to the dietitian’s computer at Hines.
- Patients also receive a scale that connects to the Health Buddy to allow the dietitian to review their weights weekly.
- Future innovations include integration of Veterans with cell phone service into the program by using interactive voice response (IVR) technology.
HT/TeleMOVE!® (aka Health Buddy)

- Enrollment
  - Weight Management Education
    • Importance of healthy nutrition and physical activity
  - Barriers to Weight Management
    • Focus on Stages of Change – education handout
  - Goal Setting
- Access to RD as needed
  - Via phone
  - Via secure messaging
- Monthly weights are added to patient’s chart

HT/TeleMOVE!® Outcomes

- Current patient census: 173 patients
- Of those with weights collected in May, 78% lost or maintained weight from baseline
- 67% of those “graduated” from the program that completed at least 1 round of HT/TeleMOVE!® lost or maintained weight versus baseline weight
  - Average weight loss of above: 10.2# pounds, or 4.1% body weight

Small Group – Behavioral Health Support Group

- Initiated in July of 2011
  - 5 total closed group classes – on 1st & 3rd Tuesdays at 10am
- Small group support is offered by the Social Work program to assist in behavior changes.
- Veterans must have completed the MOVE!® Group classes so they understand the basic weight management recommendations
- May be experiencing limited weight loss success and would like some more intensive focus on goal setting.
Small Group – Behavioral Health Support Group

• Purpose
  – To encourage behavioral change for Veterans who are struggling to lose or maintain a healthy weight.
  – This group will offer goal directed therapy through the use of motivational interviewing techniques. Through peer and clinical support Veteran will be assisted in setting achievable goals utilizing the principles of SMART goal setting, with the ultimate goal of making permanent healthy behavioral changes.

Small Group – Behavioral Health Support Group

• Week 1
  – Introductions/ why now?
  – Goal setting
    • Stages of change handout
    • Obstacles/challenges/barriers
    • Weekly Action Plan
    • Lessons learned

Small Group – Behavioral Health Support Group

• Week 2:
  – Action Plan check in
  – Importance of change
  – Set a new action plan
  – Lessons learned

• Week 3:
  – Action Plan check in
  – Confidence for change
  – Set new action plan
  – Lessons learned
Small Group – Behavioral Health Support Group

- Week 4:
  - Action plan check in
  - Readiness for change
  - Set new action plan
  - Lessons learned

- Week 5:
  - Continued success/follow up plan – where do you go from here?

Behavioral Health Support Group Outcomes

- 22 Veterans have participated
- 19 have completed (attendance in 3 or more of 5 classes is considered completing).

- Avg wt loss: 5.5lbs
- Avg %wt loss 2.3%

- 3 Veterans have taken class 2x/ total 5mos---1 lost 31 lbs, 1 lost 18lbs, 1 lost 10lbs

Behavioral Health Support Group Graduates
Bariatric Surgery Information Class

- Initiated in June, 2011
- Provides information regarding expectation and outcomes of bariatric surgery from the perspective of the Medical Doctor, Psychologist, and Dietitian.
  - MD discusses surgical expectations
  - Psychology discusses requirement for psychological screening to ensure Veteran’s are likely to maintain lifestyle changes required for a successful bariatric surgery.
  - Dietitian discusses outcomes related to changes in dietary intake and necessary supplementation to avoid malnutrition
  - Exercise recommendations are available

Who may benefit from weight loss surgery?

- Patients with a BMI ≥ 40
- Patients with BMI 35-40 with an obesity related condition (such as diabetes type 2) that is affecting health.
- Patients who have not responded to traditional non-surgical forms of therapy.
- Patients who are motivated and accept the risks.
- Patients who are able to participate in and comply with treatment and follow up.

When should bariatric surgery be considered?

1. After documented unsuccessful attempts at weight loss through conventional methods:
   - Calorie controlled diets, exercise or medical weight loss.

2. When the patient is committed to making permanent life-style changes:
   - Following a special diet for life, exercising regularly, and routinely seeing your healthcare provider.
When should bariatric surgery be considered?

3. When the patient is motivated and willing to accept the risks of bariatric surgery.

4. When the patient’s PCP provider is in agreement and will participate in post-operative follow-up care.

Established National VA criteria

- BMI > 40 or > 35 with significant obesity-related comorbid condition(s).
- Participation in a behaviorally based multidisciplinary weight loss program (such as MOVE!®), for at least 3-6 months with some evidence of an adequate pre-operative weight loss. Must demonstrate effort in Hines MOVE!® weight loss program by attending at least 5/9 classes, keeping a food journal, and doing physical activity.
- Must have trialed weight loss medication if applicable.
- Formal social-psychological evaluation that:
  - Assesses stability of existing mental illness
  - Evaluates for current substance abuse or undiagnosed mental illness
  - Determines psychosocial factors that may complicate treatment

Who are not candidates for bariatric surgery?

- Current tobacco smokers
- COPD with oxygen dependence
- Active hepatitis B or cirrhosis
- Congestive heart failure or pulmonary hypertension unresponsive to treatment
- History of multiple abdominal operations, complicated incisal hernias or active or history of severe intra-abdominal infection
- Major psychoses and/or any non-compliance with prescribed psychiatric treatment
  - Depression w/o adequate support
  - Active substance abuse within one year prior to consideration
Bariatric Surgery Information Class Outcomes

- First Class June of 2011.
  - We originally planned to offer quarterly, but beginning of 2012 we decided to offer it every other month.
- 36 Veterans have attended this class

- Follow-up
  - 21 asked for an MD appointment after the class
  - Only 6 met criteria and continued on with being evaluated by nutrition and psychology.
  - 1 from that group decided against surgery in the midst of evaluations, the other 5 are still in the process.
- One has been referred to Jesse Brown
- Zero have completed surgery

C.H.E.F. class – Cooking Healthy Everyday Foods

- C.H.E.F. gives Veterans a hands-on experience to help develop cooking skills that are vital for a healthy lifestyle
  - Provides nutrition education on healthy cooking methods, meal planning, and food safety.
- Teaching the patients the skills to perform healthy cooking methods assists them in initiating behavioral change.
  - Hands on methods
  - Poach, roast, sauté, various dressings to flavor vegetables (methods beyond boiling & steaming)

C.H.E.F. class – Cooking Healthy Everyday Foods

- Funded by the 2009 National Center for Health Promotion and Disease Prevention (NCP) Mini-Grant Program, awarded in April 2009

- Facilitated by
  - Dana Strohmaier, RD;
  - Amy Taetzsch RD, CPT;
  - Riesa Rarick, MS, RD, CPT;
  - Ashley Bergmann RD, CPT;
  - Jessica Walls RD, CPT

- 3 providers are present at each class
Purpose

• Improve Veterans’ cooking skills
• Introduce them to unfamiliar cooking methods and vegetables
• Show them healthy food can be easy to prepare AND taste good
• Bridge the gap between classroom learning and application of knowledge
• Heart healthy and diabetic friendly
• Follows “Healthy Plate” and MOVE!* class recommendations
• Focuses on fruits and vegetables

Menus

• The C.H.E.F. class is a series of three classes offered to Veterans.
  – Meatless Meals
    • Focuses on Fruits and Vegetables
  – Lean Turkey Kielbasa and Pasta
    • Recipe substitution
      – Uses 2oz of meat and black beans and protein
      – Uses whole grain pasta
  – Chicken and Rice
    • Focuses on low sodium and alternative ways to flavor foods
• 1 class per month – for 3 months

Enrollment

• Veterans from MOVE!* or any Veteran who has seen a Registered Dietitian can participate
• Class size limited to 4-6 Veterans; each can bring a guest
• Currently limiting patients to 1 time in the class
What Next?

• More food demos at Health Fairs
• Have incorporated desserts into all meals
• May focus on developing a class focusing solely on snacks
• In July, will begin using new salad dressing

Results

• Comments from patients on evaluations and in discussion indicate they:
  – Are learning new skills
  – Are able to fully understand the “Healthy Plate” as a method to weight loss
  – Are surprised they can eat “so much food” and still have an appropriate number of calories
  – THEY ARE HAVING FUN!

Results

“I thought the class was great. I am still amazed that we served all those people with less than one pound of pasta. I always try to incorporate vegetables into my breakfasts or dinners but I never thought of using them as the predominant ingredient. Since the class I have made roasted vegetable omelets [sic.], all vegetable sandwiches, and even an almost cheese less zuchinni [sic.], squash, and wheat noodle pasta lasagna. I got these ideas from this class. Thanks again.” – Jim Lowery
Are you Feeling a Little Lost in the Grocery Store?

Grocery Store Tour

- The purpose of implementing the tour was to provide Veterans with a better understanding of how to shop for a healthier way of life.
- Specifically, the objectives of the tour are for the Veterans to identify nutritious methods for food preparation, what to look for on the food label, and ways to incorporate healthy foods on a budget.
- By offering the tour, Veterans will gain the personal experience that can be applied when making their own grocery lists.
Come join us for a Grocery Store Tour

The grocery store tour gives a realistic setting where you can apply the ideas you learned in MOVE!®.

- On the grocery store tour you will learn:
  - To identify nutritious methods for food preparation
  - What to look for on the food label
  - Ways to incorporate healthy foods on a budget

Grocery Store Tour

Who: MOVE!® Veterans (3-4 per class)
Where: Jewel-Osco
When: 4th Thursday of each month, 9-11am
Why: Learn how to shop for a healthier life!

Grocery Store Tour Outcomes

- 23 Veterans have participated in the last 9 months
- Veterans are learning
  - To “Eat the Rainbow” by including more fruits and vegetables
  - Label reading skills (cereal, canned goods, processed meats, milk, etc.)
  - How to choose healthier fats
  - Shopping on a budget
  - Recognizing MOVE!® recommendations when shopping
  - To have fun with grocery shopping
Hines Farmers’ Market
- Initiated in 2007 by Nutrition and Food Service
- Provides local, fresh fruits and vegetables to Veterans, employees, and the community in order to encourage their consumption and promote health and wellbeing.
- Supports local farmers and producers, keeping resources local and allowing direct communication between source and consumer.
- Community supported agriculture (CSA) boxes will be offered by one vendor this year with hopes of increasing the amounts of vegetables consumed.

Hines Farmers’ Market
- At least five vendors are expected to participate this year and sell produce, as well as seasonings, vinegars, salsa, jam, honey, bread and baked goods.
- One of the vendors is a Veteran, a unique point of this market, further supporting the community of those who have served our country.
- Future goals are to increase the selection of wholesome foods and to eventually purchase some food for use in inpatient tray meals.
Weight Loss Challenges

• Chicago Cubs vs. Chicago White Sox weight loss challenge was
  – Held from March – October 2010. Participants in MOVE! support voluntarily chose a team.
• “Smartest Loser” – Hines Employees and Veterans
  – Contest was held March 7 - April 20, 2011, with 347 participants signing up and 136 weighing out on the final day.
  – Weight loss (not including those who gained weight): 591.2 total pounds.
    • Maximum pounds lost: 9.5; Average loss of 3.9 pounds.
    • Total inches lost (not including those who gained inches): 221.7 inches (18.5 feet).
    • Maximum waist circumference lost: 6.5 inches; average loss of 1.5 inches.
• Pedometer walking challenge – April-July 2012. In progress!!
• Educational games and incentives
  – Calorie King, exercise bands, portion tools, measuring cups, scales

5k, 2k, Outdoor exercise equipment

• Hines Healthy 5k:
  – 230 employees and Veterans participated in the 5k run/walk on Saturday, May 7, 2011.
  – The event was held on the hospital campus.
• Loyola/Hines 5k event
  – 1200 participants on June 10, 2012
  – Participants could sponsor a Veteran for the event
  – Over 40 participants sponsored a Veteran
• An annual 2k walk during the workday is planned each spring.
  – June, 2011
  – May, 2012
• Outdoor exercise equipment: Plans for a walking trail and outdoor exercise stations are in progress to expand physical activity options.

Social Media and Outreach used to Market Program

• Facebook: As of June 2012, the Edward Hines Jr. VA Facebook page has 1925 fans.
  – Our traffic on the Facebook page varies from the low 300s to thousands on any given day.
  – Several health-related items are posted each week, including information featuring patient success with health behavior change.
• Twitter: As of May 2011 tweets are being posted onto twitter for followers to see.
**Digital Outreach**

- **Hospital Website:**
  - In April 2011, our hospital website averaged 911 hits per day.
  - We use this medium to communicate patient success as well as general information about our programs and recommend further resources for our patients and staff.

- **Digital Signage Systems:**
  - We currently have 12 digital signage systems (42” screens) throughout the hospital that display healthy living graphic messages, including advertisements for MOVE!® and CCHT/teleMOVE!®.
  - Eleven more digital signage systems are being purchased to expand coverage in the main hospital and each community outpatient clinic. Messages have varied from PowerPoint slideshows to video Public Service Announcements.
  - Messages are currently being developed for major national health observances, advertising for all health programs available for patients and staff, and content related to behaviors that improve health.

---

**Edward Hines, Jr. VA Hospital**

Weight Loss Success Stories

**Health Promotion and Disease Prevention Program**

**Keeping Hines Well and Well Informed**

---

"One of the most memorable things was a quote Lisa K. used. 'Never allow a slip to become an avalanche,' meaning don't let one mistake ruin your long term goals. Personally the most important component of succeeding in any endeavor is one's ATTITUDE, keeping in mind that we are only human, and humans do make mistakes."

- John Bell, MOVE!® participant
Winner of the Smartest Loser Contest

- Mr. D. lost 8 lbs. and ¾ of an inch off his waist during the Hines Smartest Loser Contest
- Active in MOVE!® for over 1 year (group classes, individual counseling, MOVE!® Gym, Grocery Store Tour)
- Has developed supportive relationships with fellow Vets
- At home, he has begun:
  - Gradually increasing physical activity
  - Reading nutrition labels
  - Focusing on portion control
  - Eating more fruits and vegetables
  - Drinking water before meals.
- Mr. D’s progress has also led to successful weight loss for his significant other
- He comments on his care at Hines as being professional and his caregivers at Hines are very prepared.

Mr. D.

Before After

Mr. D lost 8 lbs. and ¾ of an inch off his waist

Weight Loss Success

- Ms. C. lost 137 lbs.
- Active in MOVE!® for over 2 years
  - She did the exercises recommended by the MOVE!® clinicians with the machines and resistance bands.
  - Walked around her neighborhood
  - Walked up and down the 20 steps at her apartment building
  - Attended monthly MOVE!® Support meetings.
- “I went from using a scooter to using a walker for 18 months, to being free standing. I’m no longer borderline diabetic and my life has gotten much easier.”
Ms. C. has lost over 137 pounds

Weight Loss Success

- Mr. P. started the MOVE!® Program in January 2010. He lost ~60-70 pounds over 9-10 months
  - Walks 45-90 minutes per day
  - Does the elliptical 20 minutes 3-4x’s per week during the winter months
  - Focuses on portion control
  - Limits “fatty foods”
- “I really appreciate all the help I received from everyone within the program and I hope they continue it. A lot of Veterans have asked me how I was successful and I always tell them it was the MOVE!® Program.”

Mr. P. has lost ~60-70 pounds over 9-10 months
Mr. E

• Mr. E has been involved in the MOVE!® program since February of 2011. Through his dedication to HT/TeleMOVE!® Health Buddy, the MOVE!® Social Work Support group, and the MOVE!® gym, Mr. E has successfully lost 61 pounds and is feeling great!

• How he did it: Mr. E uses the Health Buddy to check in every day with a Registered Dietitian, in addition he tracks the food he eats, maintaining a calorie intake of 1700-1800 calories per day. Mr. E is also involved in the MOVE!® gym three times per week and participates in the MOVE!® bands class.

Mr. E

Before After

*Keep to the program. Go to the gym. Do the bands class. Read your handouts because they are very helpful. Anyone who wants to lose weight should get into this program. It’s been a life changer — it really has!” Mr. E

Wrap up

• Understand the benefits of an interdisciplinary team approach to weight management.

• Identify various approaches to assist in an individualized weight management program.

• Recognize the various marketing tools used to promote the Hines MOVE!® Program.
Program References


Program References


Program References

- 10.1249/00002008/20000300.1049.8.