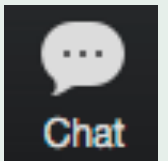
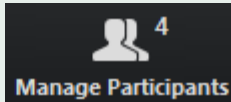
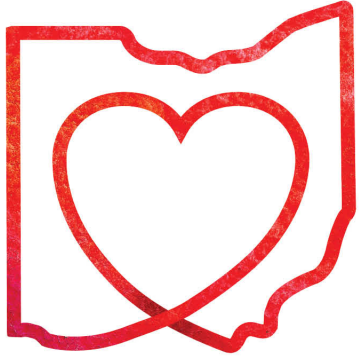


Reminders

- Please rename yourself with your name and practice location in the “Manage Participants” box.
- Please enter your name and practice location into the “Chat” to record your attendance.
- Use the “Chat” feature to ask questions and receive survey links.
- Please remember to “Mute” your microphone unless speaking.
- Call our Tech Team at 440-796-2221 if you have audio or visual problems.
- If you can’t connect to audio via computer, or you lose computer audio at anytime, you can call in to the clinic at: 646-558-8656; meeting ID: 498 862 408.





CARDI•OH

Ohio Cardiovascular Health Collaborative



In partnership with:



Cardi-OH ECHO

Weight Management

A Patient-Centered Approach

Thursday, October 24, 2019

Disclosure Statements



The following planners, speakers, moderators, and/or panelists of the CME activity have financial relationships with commercial interests to disclose:

- Adam T. Perzynski, PhD reports being co-founder of Global Health Metrics LLC, a Cleveland-based software company and royalty agreements for forthcoming books with Springer publishing and Taylor Francis publishing.
- Siran M. Koroukian, PhD received funds for her role as a site PI on a subcontract with the Cleveland Clinic.
- Christopher A. Taylor, PhD, RDN, LD, FAND reports grant funding and travel support for his role as a consultant, researcher, and presenter for Abbott Nutrition, and is also a member of the Scientific Advisory Council of Viocare, Inc.
- These financial relationships are outside the presented work.

All other planners, speakers, moderators, and/or panelists of the CME activity have no financial relationships with commercial interests to disclose.

Weight management: goal setting and incremental behavior change

Goutham Rao, MD

Chief Clinician Experience and Well-Being
Officer, University Hospitals Health System

Jack H. Medalie Endowed Professor and
Chairman

Department of Family Medicine and
Community Health

Division Chief, Family Medicine, Rainbow
Babies and Children's Hospital

Case Western Reserve University School of
Medicine & University Hospitals Cleveland
Medical Center



Objectives

After attending this brief didactic session, you should be able to accomplish the following:

1. List and describe a minimum of 3 principles when setting goals with patients.
2. Provide a minimum of 3 practical goals for achieving weight loss.
3. Using a fictional scenario, negotiate a set of goals with a patient.

Goal-Setting Theory

- Locke and Latham
- Goal – The object or aim of an action.

Goal-Setting Theory

- Highest level of effort occurs when the task was moderately difficult.
- Lowest levels occurs when the task is either very easy to very hard.
- Specific, difficult goals lead to higher performance than urging people to “do their best.”
 - “In short, when people are asked to their best, they do not do so.”

How does goal-setting work?

- Directive function
- Energizing function
- Persistence
- Indirectly lead to task-relevant knowledge and strategies

Goal moderators

- Commitment
 - Importance and self-efficacy
- Assigned goal versus participatory
 - Assigned + explanation = participatory
- Monetary incentives

Interesting observations



- People who set the most ambitious goals more likely to be dissatisfied with performance
- Personality

S.M.A.R.T. Framework

- Specific
- Measurable
- Attainable
- Relevant
- Time-based

S.M.A.R.T. Framework

- Specificity:
 - “I’m going to do more walking after work.”
- Measurable:
 - “I want to lose enough weight to feel more energetic by Christmas.”
- Attainable:
 - “I’m aiming to be 120lbs by next summer. That’s what I weighed in high school.”
 - Unrealistic expectations
 - Incremental behavior change
- Relevant:
 - “Going to start encouraging my husband to join me in the gym.”
- Time-Based:
 - “Going to start having breakfast everyday pretty soon.”

Our starting point goals



- Eat a rich breakfast
- Nothing but water to drink
- No food or drink (except water) after 7PM
- Thirty minutes of continuous physical activity per day

Thank you!

Questions/Discussion



Update Contact Information



- A REDCap Survey has been emailed to you this morning.
Please update your contact information by October 31, 2019.
- Your contact information will be shared:
 - with the Cardi-OH leadership team as a part of internal program evaluation. Data will be presented to external audiences in aggregate only (i.e., geographical spread of participants, clinical roles of participants, etc.).
 - with this Cardi-OH ECHO Weight Management cohort* (name, email address, and practice name and location only).
- *Email the Clinic Coordinator (shannon.swiatkowski@case.edu) by October 31, 2019 if you wish to OPT OUT of sharing your contact information with this ECHO cohort.



Registration is Open!



Spring 2020 teleECHO Clinic: **Reducing the Burden of Hypertension**

Thursdays, 8-9 AM, January 16 – April 2, 2020

<https://www.cardi-oh.org/echo/hypertension-spring-2020>



Reminders



- A Post-Clinic Survey will be emailed to you. Please complete this survey as soon as possible.
- *The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians.*
- *The MetroHealth System designates this educational activity for a maximum of 1 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.*