



CARDI•OH

Ohio Cardiovascular Health Collaborative



In partnership with:



Cardi-OH ECHO Weight Management A Patient-Centered Approach

Thursday, October 17, 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 strategies: Self-monitoring



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Objectives



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

- 1) Define self-monitoring.
- 2) Describe potential mechanisms through which self-monitoring promotes weight loss.
- 3) List and describe a minimum of 3 practical tools for self-monitoring.

An Internet-Based Pediatric Weight Management Program with and without Financial Incentives: A Randomized Trial

Goutham Rao, MD,¹ Jodi Krall, PhD,² and George Loewenstein, PhD³

Abstract

Background: Obesity among children is a serious problem and effective programs are scarce. The Internet is a promising weight management tool. Financial incentives to promote weight loss among adults have shown positive results. We compared a standard in-person program for children to an online program with and without financial incentives in terms of 6-month weight change.

Methods: Children age 8–15 were randomized to a monthly clinic group (control), an online program, and to the same online program with a financial incentive designed to encourage daily participation.

Results: 180 children were recruited (60 per group). Only 37% of children completed the study (55%, 27%, and 28% in the control, online, and online-incentive groups respectively.) 62% of children either maintained or had a decrease in BMI% with no differences by group. Mean BMI% of children decreased by 0.40% with no differences by group. Usage of both online programs declined rapidly after the first month, and only 4 children earned financial incentives.

Conclusions: Online programs are associated with high attrition rates, even with financial incentives. However, there is evidence that online programs can achieve results comparable to in-person programs. The structure of successful online incentive programs for children needs further study.

Self-Monitoring



- Self-monitoring refers to the observing and recording of eating and exercise patterns, followed by feedback on the behaviors.

How does it work?

Hunter gatherer clue to obesity

By Helen Briggs
BBC News

🕒 26 July 2012

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The idea that exercise is more important than diet in the fight against obesity has been contradicted by new research.

A study of the Hadza tribe, who still exist as hunter gatherers, suggests the amount of calories we need is a fixed human characteristic.

This suggests Westerners are growing obese through over-eating rather than having inactive lifestyles, say scientists.



The Hadza live a hunter gatherer existence that has changed little in 10,000 years

Some Core Principles



- Self-monitoring works to achieve better outcomes!
- Dose-dependent.
- The means through which self-monitoring is achieved is less important than motivation and adherence.

Methods for Dietary and Physical Activity Self-Monitoring

- Paper logs
- Electronic diaries
- Activity monitors
- Behavioral diaries

Self-Weighing

- Systematic review – VanWormer et al (2008)
- Regular self-weighing predictive of moderate weight loss, less weight gain, and avoidance of initial weight gain in adults.
- Other research has shown no negative psychological consequences.
- Self-weighing generally studied as part of other interventions.
- Only one-study with self-weighing as sole intervention (unpublished) with equivocal results.

The Challenge



Published in final edited form as:

Nutr Res. 2012 April ; 32(4): 260–265. doi:10.1016/j.nutres.2012.03.001.

Adoption of diet-related self-monitoring behaviors varies by race/ethnicity, education, and baseline binge eating score among overweight-to-obese postmenopausal women in a 12-month dietary weight loss intervention

Angela Kong^a, Shirley A.A. Beresford^{b,c}, Ikuyo Imayama^b, Catherine Duggan^b, Catherine M. Alfano^d, Karen E. Foster-Schubert^{b,e}, Marian L. Neuhouser^{b,c}, Donna B. Johnson^c, Ching-Yun Wang^b, Liren Xiao^b, Carolyn E. Bain^b, and Anne McTiernan^{b,c,e}

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Racial Differences in Weight Loss Mediated by Engagement and Behavior Change

Loneke T. Blackman Carr, Carmen Samuel-Hodge, Dianne Stanton Ward, Kelly R. Evenson, Shrikant I. Bangdiwala, Deborah F. Tate

Abstract

Objective: We set out to determine if a primarily Internet-delivered behavioral weight loss intervention produced differential weight loss in African American and non-Hispanic White women, and to identify possible mediators.

Design: Data for this analysis were from a randomized controlled trial, collected at baseline and 4-months.

Setting: The intervention included monthly face-to-face group sessions and an Internet component that participants were recommended to use at least once weekly.

Participants: We included overweight or obese African American and non-Hispanic White women (n=170), with at least weekly Internet access, who were able to attend group sessions.

Intervention: Monthly face-to-face group sessions were delivered in large or small groups. The Internet component included automated tailored feedback, self-monitoring tools, written lessons, video resources, problem solving, exercise action planning tools, and social support through message boards.

Main outcome measure: Multiple linear regression was used to evaluate race group differences in weight change.

Results: Non-Hispanic White women lost more weight than African American women (-5.03% vs.-2.39%, P=.0002). **Greater website log-ins and higher change in Eating Behavior Inventory score in non-Hispanic White women partially mediated the race-weight loss relationship.**

Conclusions: The weight loss disparity may be addressed through improved website engagement and adoption of weight control behaviors.

Ethn Dis. 2018;28(1):43-48; doi:10.18865/ed.28.1.43.

Higher Motivation for Weight Loss in African American than Caucasian Rural Patients with Hypertension and/or Diabetes

[Jacob Warren](#),¹ [Bryant Smalley](#),² and [Nikki Barefoot](#)²

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[J Health Commun](#). 2011;16 Suppl 3:268-78. doi: [10.1080/10810730.2011.604388](https://doi.org/10.1080/10810730.2011.604388).

Health literacy explains racial disparities in diabetes medication adherence.

[Osborn CY](#)¹, [Cavanaugh K](#), [Wallston KA](#), [Kripalani S](#), [Elasy TA](#), [Rothman RL](#), [White RO](#).

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Diabetes numeracy

An overlooked factor in understanding racial disparities in glycemic control

Chandra Y. Osborn, Kerri Cavanaugh, Kenneth A. Wallston, Richard O White, Russell L. Rothman

Research output: Contribution to journal > Article

Thank you!

Questions/Discussion