Access to Diet and Exercise Resources

Andrea Blood

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Access to Diet and Exercise Resources

Andrea Blood
Waterbury, VT
Rotation 3: July-August 2016
Preceptor: Dr. Karlitz-Grodin
2. The Problem

- 22% of Vermont adults are obese.
- The 3-4-50 study by the Vermont Department of Health shows that 3 behaviors (no physical activity, poor diet, and tobacco use) lead to 4 diseases (cancer, heart disease & stroke, type 2 diabetes, and lung disease) that result in more than 50% of deaths in Vermont.
- According to a 2014 study, 40% of obese Vermonters report no physical activity and an additional 28% report some but not enough to meet the CDC’s recommended 150 minutes of moderate-intensity aerobic exercise per week.
- In Washington County, 21.5% of adults are obese. The death rate of heart disease, stroke, and diabetes are 147, 610, and 97 per 100,000 respectively.
3. The Cost

- In 2008, annual health care cost of obesity for all adults in the US was estimated to be as high as $147 billion.
- Overall, 11.1% of aggregate health care expenditures in the US adult population were associated with levels of physical activity inadequate to meet current guidelines.
- The estimated adult obesity-attributable medical expenditure for the small state of Vermont is $141 million.
4A. Community Perspective

- Jennifer Gelbstein, M.D., Family Physician at Waterbury Family Practice:
- “Obesity can play as important a role as medication [in managing chronic medical conditions like diabetes mellitus and hypertension].”
- “Time and money [are two specific barriers that I’ve noticed my patients face when it comes to changing diet or exercise habits].”
4B. Community Perspective

- Walter Ziske, Panel Coordinator at CVMC:
  - “The other barrier is we live in an instant gratification society. We want it all now; we want it fast, that magic pill or food. When patients work to change exercise or diet habits and the weight does not come off immediately, they become discouraged and fall back into the old, unhealthy ways.”
  - “[The Fitness for Wellness] program started because Physical Therapists were seeing patients who did not have the needed tools emotionally and/or behaviorally to continue what they were taught physically during their time at Physical Therapy. With the addition of a health coach, this team approach works to remove the physical as well as behavioral barriers which will help to promote long term change versus short term results.”
5. Intervention and Methodology

• Anonymous surveys (Appendix A) were distributed to 27 patients at Waterbury Family Practice with BMI $> 30$ kg/m$^2$.

• These surveys evaluated medical comorbidities, goals for changing diet/exercise, barriers encountered, and interest level in local community resources.

• If patients indicated that they were interested in the specific resources listed in questions 8 and 9, they were given a “Further Information” handout (Appendix B) that described these resources in more detail and gave instructions for how to access them.
6A. Results/Response

- 9 patients declined filling out the survey after seeing it
- 16 agreed to fill out the survey
  - 8 males, 8 females
  - Average BMI: 33.96 kg/m²
  - Comorbidities described in graphic to the right
6B. Results/Response

• 15/16 felt that they needed to lose weight
• On average, they were more willing to change exercise habits rather than diet habits
• Most common specific goal: more cardio
• Most common barriers: pain and motivation / will power
• Most common resources that they wanted further information on: online resources
• 1 patient signed up for Fitness for Wellness!
7. Evaluation of Effectiveness and Limitations

- The limitations of this project include: a short timeframe to distribute the surveys, small sample size, and lack of follow-up evaluation.
- If more time was available, one possible way to evaluate effectiveness could be a follow-up survey distributed 3 months after the original survey. It could ask if the patient remembers filling out the original survey, if they used any of the described resources, and if their diet/exercise habits have changed since then.
- One patient actually did sign up for the Fitness for Wellness program as a result of this project!
8. Recommendations for Future Projects

- Start distributing surveys earlier in order to increase sample size.
- For the goals and barriers questions, give specific options that patients can circle rather than free-text responses. This could allow for data analysis to be more quantitative than qualitative.
- Distribute surveys to patients in multiple practices across Vermont and see if comorbidities, goals, or barriers differ in these different sub-populations.
- If more time allows, a 3 month follow-up survey could be created to determine the effectiveness of this intervention.
9. References


• Vermont AHEC: Vermont County Profiles for Medical and Health Sciences Students/Residents. https://www.uvm.edu/medicine/ahec/documents/VermontCountyProfiles.pdf

• Vermont Department of Health: 3-4-50 Vermont. http://healthvermont.gov/prevent/3-4-50/index.aspx

10. Interview Consent Form

Thank you for agreeing to be interviewed. This project is a requirement for the Family Medicine rotation. It will be shared in the Course Learning Outcomes statement. Your name will be attached to your interview and you may use it for direct or indirect to subsequent publication in published work.

This interview allows that here it explains the nature and purpose of the project.

The interview refers that before has consented to this interview.

Yor ___

Name: _______ Wagner P. Zulu

Name: _______ Valdez Galindez

If not consenting an attorary please add the interviewee names here for the Department of Family Medicine information only.

M. _______ Valdez Galindez

Name: _______

Name: _______

If you received informed consent, please upload this page as a separate document artifact: Name of Project/Interview Consent Form.

If an informed consent you can proceed, please do not upload this page to Submissions. However, you should include this consent page when submitting your Statement to the Family Medicine Department.
Appendix A. Survey

Exercise and Diet Survey

1. Gender: ___________ Height: ___________ Weight: ___________

2. Please circle one of the following that apply to you:
   a. Current tobacco user
   b. Ex-smoker
   c. High Blood Pressure
   d. Diabetes
   e. Overweight or Obese

3. Are you willing to try to lose weight?
   a. Yes
   b. No

4. If you said yes to 3, how willing are you to change your diet to lose weight?
   a. Not at all
   b. Somewhat
   c. Very willing
   d. Extremely willing

5. If you said yes to 3, how willing are you to change your exercise pattern to lose weight?
   a. Not at all
   b. Somewhat
   c. Very willing
   d. Extremely willing

6. Do you currently have any specific goals to help you change your diet or exercise routine?

7. Please add any specific barriers that you have encountered or changing diet or exercise.

8. Would you be interested in a lifestyle program called Focus on Wellness that is specifically designed to promote healthy habits while preventing and treating physical disfunctions and medically-related health risks? (We can provide you with more information today.) If yes, please describe why.

9. Are you interested in any of the following resources:
   a. Free gym access per week
   b. Fitness
   c. Personal Training
   d. Nutrition counseling
   e. Support network (friends, family, etc.)
   f. Other resources (e.g., support groups, etc.)

Thank you!
Appendix B. Further Information handout

Further Information on Exercise and Diet Resources

1. Fitness for Health:
   - 30 Days Challenge (11th - 30th August)
   - 10 Day Zumba Challenge
   - 30 Day Walking Challenge
   - 7 Day Yoga Challenge
   - 30 Day Exercise Challenge

2. Nutrition:
   - 10 Day Smoothie Challenge
   - 7 Day Healthy Eating Challenge
   - 10 Day Plant-Based Challenge

3. Support:
   - Nutrition and Exercise Coach (11th - 30th August)
   - Weekly Support Group Meetings

4. Resources:
   - American Academy of Family Physicians (www.aafp.org)
   - American Heart Association (www.heart.org)
   - CDC (www.cdc.gov)
   - Mayo Clinic (www.mayoclinic.org)

5. Additional Resources:
   - Mindful Eating (www.mindfuleating.net)
   - Calorie Counter (www.caloriecounter.com)
   - MyFitnessPal (www.myfitnesspal.com)

6. Contact Information:
   - Fitness for Health: info@fitnessforhealth.com
   - Nutrition: nutrition@health.com
   - Support: support@health.com

7. Other Information:
   - Weekly Updates: www.fitnessforhealth.com/weekly-updates
   - Diet and Exercise Tips: www.dietandexercise.com

Note: This information is for educational purposes only. Please consult a healthcare professional before making any significant changes to your diet or exercise routine.