

Improving Weight in Veterans with Serious Mental Illness: Computerized Weight Services with Peer Coaches

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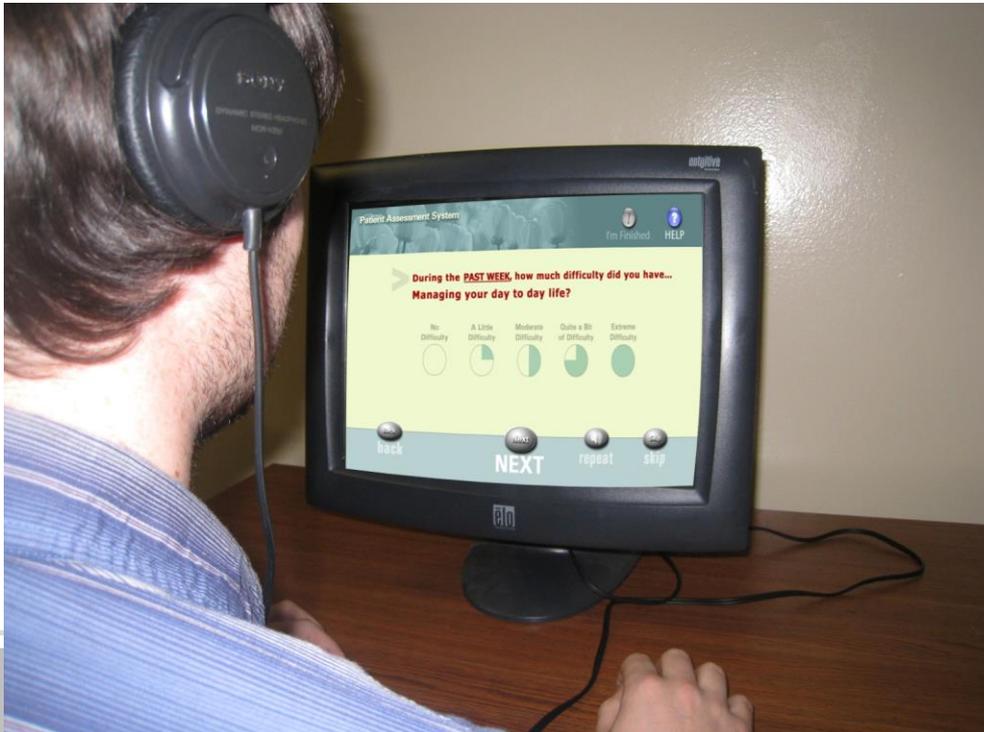
Support from VA HSR&D Research & NIMH

Poll Question #1: I am particularly interested in the following topic

- Clinical informatics systems to provide health services
- Peer coaches
- Comparative effectiveness research
- Improving health behaviors in people with serious mental illness
- All of the above

WebMOVE!

The **first** interactive web-based system with peer supports to help people with mental illness self-manage weight, and live a sustainable, healthy life



Access from Kiosks or at Home

Audio,
computer-assisted
self-interviewing
& education

Kiosk in waiting
room for patients'
use

Internet access
from home



← Back

Next →

Why *WebMOVE* ?

- People with Serious Mental Illness
 - high rates of obesity
 - die 10-30 years prematurely
 - mostly due to cardiovascular illness and cancer
- Specialized in-person weight management programs
 - are effective in efficacy research when patients volunteer and are paid to attend
 - are found in treatment guidelines
 - require major clinician time and patient travel
 - are rarely actually used

What Does *WebMOVE!* Do?

- Educates users on diet and exercise
- Sets personalized goals
- Tracks weight and exercise progress
- Helps users balance
 - what they eat
 - how much they eat
 - how physically active they are
- Enables management by administrators, clinicians, and peer coaches

Poll Question #2: The best way to get people to use computer applications is

- Provide important information (TMS)
- Have attractive graphics (Instagram)
- Provide social connection (Facebook)
- Be easy to use (iPhone)
- Interrupt them (text messaging)
- Track them (Fitbit)
- Be in the moment (SnapChat)

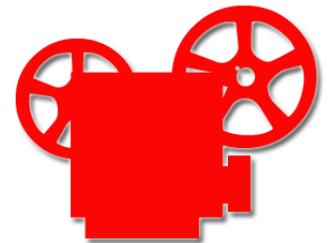
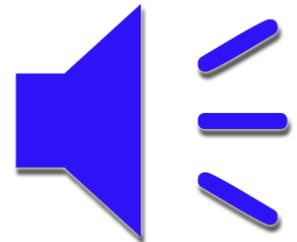
Research Design

- Participants: serious mental illness, antipsychotic medication, BMI > 28
- Randomized controlled trial – 3 arms for 6 months
 - 1) *WebMOVE!* using clinic kiosks or internet plus peer coaching
 - 2) in-person groups with same curriculum
 - 3) usual care
- Assessments at 0, 3, 6, 9, 12 months
 - study feasibility and acceptability
 - compare changes in outcomes over time

WebMOVE! Web System

- Developed for people with mental illness
 - cognition, literacy, computer skills
- High quality audio and video
 - self-paced education
 - 30 modules
- Pedometer & weight tracking
- Personalized goal setting
- Quizzes
- Nutrition and physical activity tips
- Tailored reports and diet plans

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← Back

Next →

Peer Wellness Coaches

- Have lived experience with serious mental illness
- Provide weekly phone support and encouragement
 - strengths-based motivational interviewing
- We developed program to hire, train, supervise peers
- Training in *WebMOVE!* manual
 - scripted coaching sessions
 - room for personal, meaningful conversation
- Experiential training in coaching

Main Program Components

Administrative Management

User Login & Registration

Content Framework

Reports

 Back

Next 

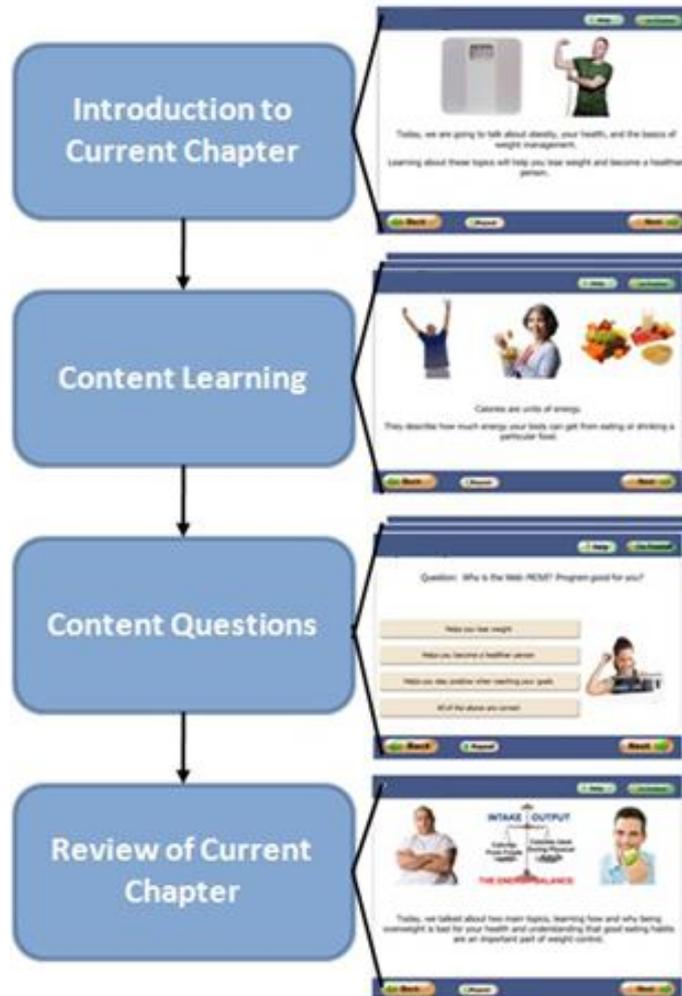
Pedometer & Weight Tracking



← Back

Next →

Chapter Flow



← Back

Next →



You will:

Learn about portion control.
Learn about serving sizes.

If you're ready, let's begin!



Today, portions being served at restaurants are bigger than they should be.
This is called portion distortion.

Question: What is portion control?

Understanding what a serving size is

A good way to decrease the amount of food you eat

A good way to lose weight

All of the above are correct



My goal for this week is to:

Eat meat portions no larger than a deck of cards

Eat serving sizes of fruit no larger than a tennis ball

Pack half of restaurant food in a to-go box before starting my meal

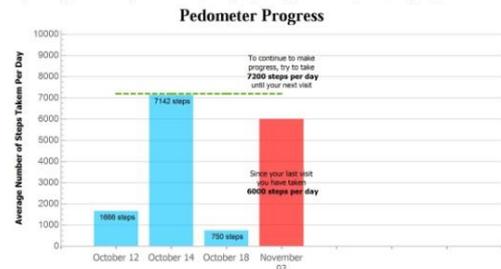


Printouts: Progress, Summary, Goals, Tips

User Initials: TN
Date of Visit: Thursday, November 03, 2011
Report for: Chapter 1: Introduction to Good Nutrition



Take a minute to look at your progress. Think about your weight loss goals and what you can do this week to keep making positive changes. Remember, as long as you stay positive and try hard, change is possible!



Take a minute to look at the graph showing the average number of steps you have taken per day over your visits. Think for a minute about ways you can add more steps into your daily routine. You should try to take **7200 steps per day** until your next visit. Every step you take helps with your weight loss. You can do it!

Page: 2 of 5

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Report for: Chapter 1: Introduction to Good Nutrition

Chapter Summary and Goals

Summary of Chapter 1: Introduction to Good Nutrition

- In this chapter, you learned about three topics:
 - You learned that being overweight is bad for your health.
 - You learned that good eating habits and exercise are important to control your weight.
 - You learned about goal setting.
- First, we talked about being overweight and how it is bad for your health. There are many diseases related to being overweight. Losing weight will lower your risk of getting those diseases.
- Then we talked about losing 10% of your weight and how it can help you become healthier. Losing 10% of your current weight will relieve your body of stress so moving around is easier. It will also help lower your risk of the diseases we mentioned earlier.
- Then, we talked about understanding good eating habits and how they are an important part to control your weight. We also talked about exercise and how it is also a big part of losing weight. It's all about balance between what you eat or drink and how physically active you are.
- To lose weight, you need to lower your intake of calories by eating and drinking less. You need to increase the calories you burn by becoming more active.
- Finally, you learned about goal setting and how it is a way to make small, planned changes in your diet.
- You also learned the three important tips to making a good goal.

Today you learned about **Introduction to Good Nutrition**. Now it is time to put what you learned into practice. Each week you will pick new goals to help you achieve your weight loss.

- Your goal for this week is to think about what might get in the way of exercising and losing weight. It is important to think of obstacles to your weight loss goals. That way you can begin to think about how to overcome them.

Page: 1 of 5

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10 Health Gains from a 10% Weight Loss

10. **Lowers the risk of developing gallstones and having gallbladder disease.**



9. **Lowers the risk of sleep apnea, a serious breathing difficulty during sleep.**

8. **Lowers the risk of congestive heart failure. Excess weight puts stress on the heart and lungs.**

7. **Reduces the risks of some types of cancer. A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.**

6. **Puts less stress on your bones and joints, especially the knees.**

5. **Lowers the risks of heart disease, heart attacks, and stroke.**

4. **Reduces the risk of developing diabetes and helps control blood sugar levels if you are already diabetic.**

3. **Reduces blood pressure. Even a small weight loss can help to lower high blood pressure.**

2. **Improves your ability to move and do activities. Losing weight makes every step and breath easier.**

1. **The # 1 reason to lose weight is: You will feel better!**

Set a goal to lose 10% and Go For It!

Page: 4 of 5

← Back

Next →

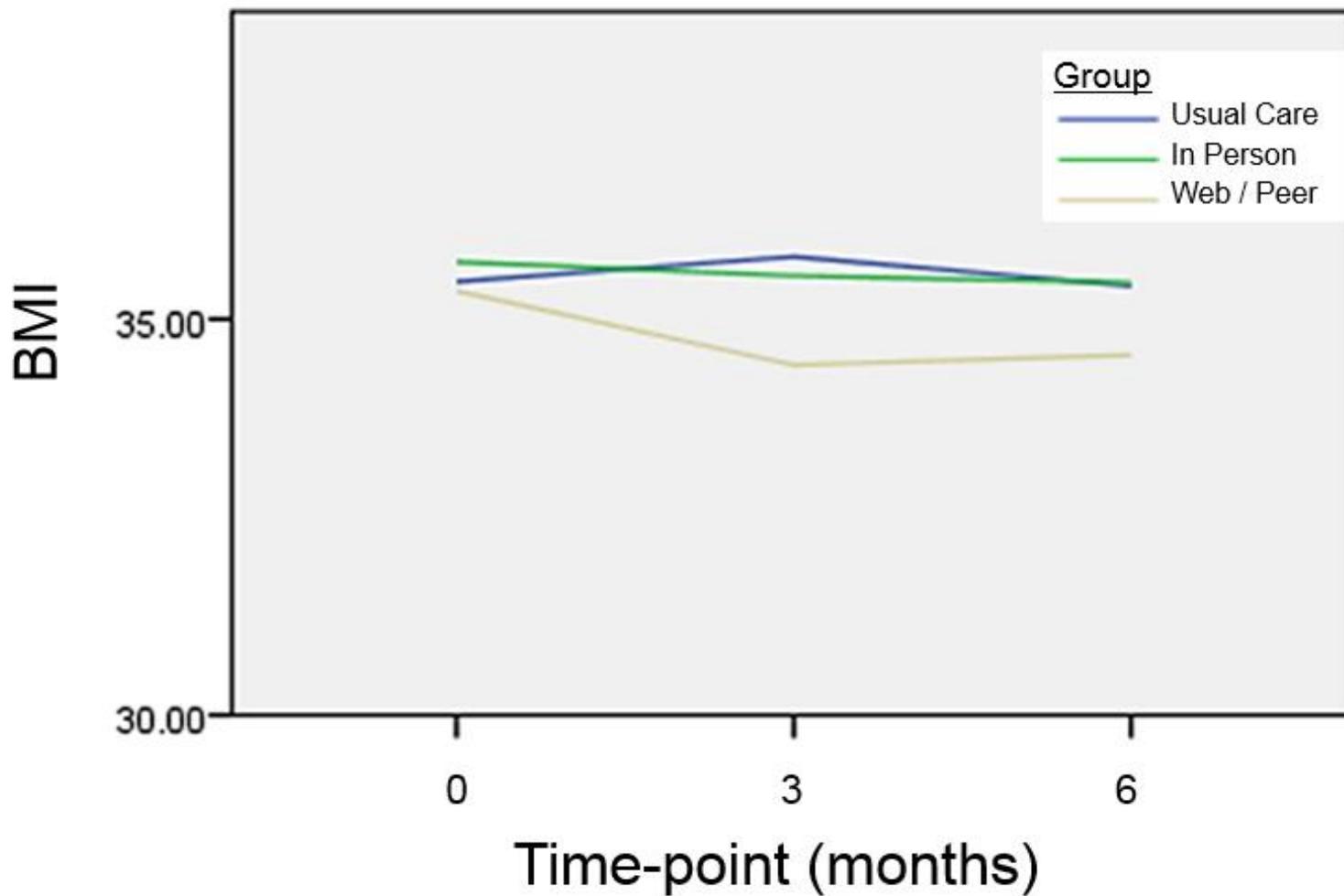
Results: Peers

- Benefits
 - peers extended the treatment team
 - peers provided motivation and social connection
 - patients reacted very positively to the peers
- Challenges
 - working with challenging patients
 - following the coaching manual
 - reshaping peers' personal experiences to be effective in the coaching-patient relationship

Results

- 276 patients enrolled
- Patients liked *WebMOVE!* and peer services
 - tracking BMI, pedometer, goals
- At 6 months
 - *WebMOVE!* completed by 22%, none completed all in-person sessions
 - in obese patients: group by time interaction ($p=.01$)
 - mean weight loss 6 pounds ($p<.01$)
 - no change in controls, or in-person services
- Non-attenders did not feel losing weight was a priority

Effects of Interventions on Weight



Conclusions

- OnLine weight management with peer supports
 - patient centered
 - well received
 - leads to lower weight
 - little clinician burden
 - much less costly than in-person services
 - inexpensive to broadly disseminate
- Capitalizing on peers' experience worth the effort
- Challenges: patient motivation, enrollment, retention

Thank you!

Questions