

Insight into participant-perceived support during and after a weight loss maintenance intervention: a secondary analysis from the MAINTAIN-pc trial

Skylar M. Larsen

SGIM Regional Mountain West Meeting 2018



Maintaining Activity and Nutrition through Technology-Assisted Innovation in Primary Care



Randomized clinical trial conducted from 2012-2017

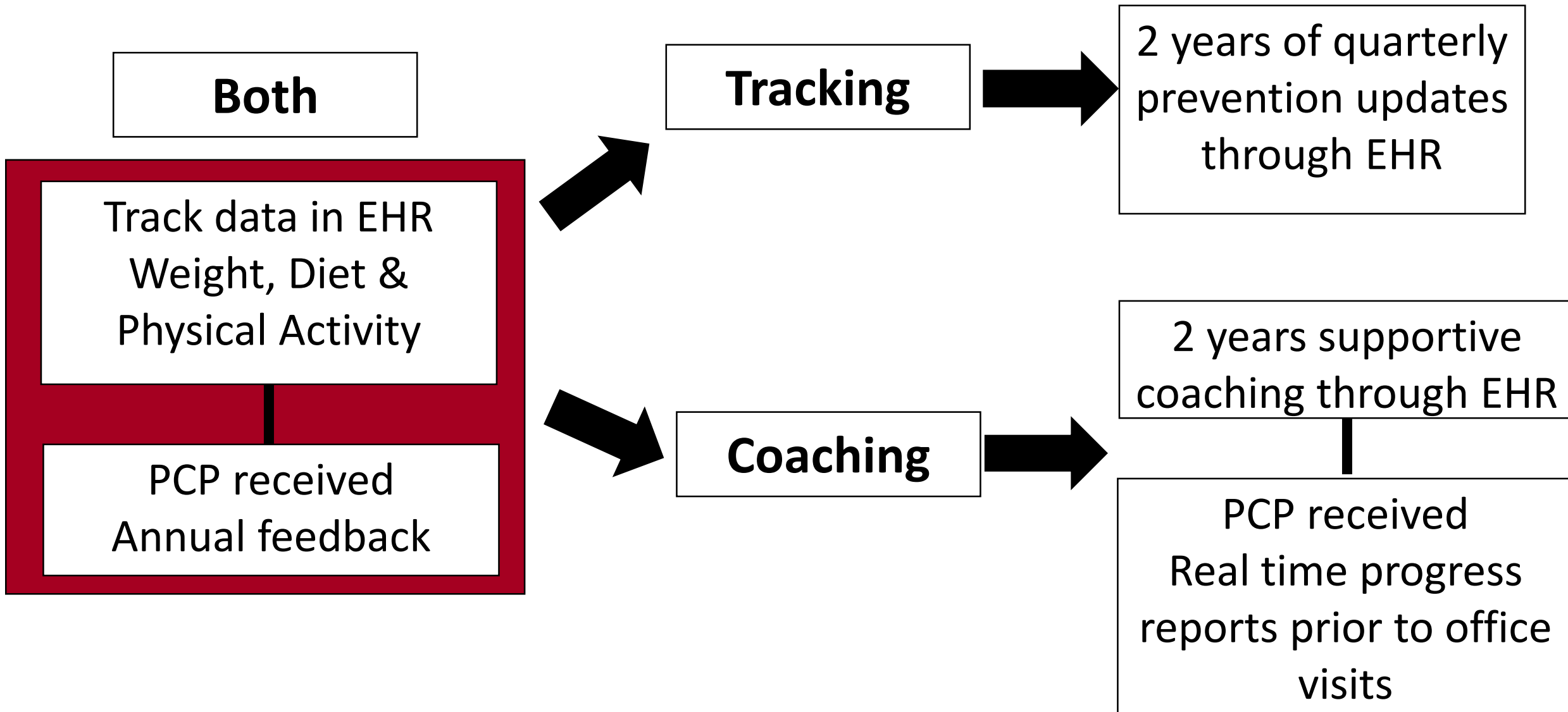
Introduction

- Weight loss is often achieved but not maintained
- Participant preferences in weight maintenance programs are poorly understood
- Understanding these preferences may lead to program improvement & participant success

MAINTAIN-pc Methods: Participants

- Age 18-75 years
- Prior BMI ≥ 25 kg/m²
- Intentional 5% weight loss in the past 2 years
- No bariatric procedures in the past 5 years

Intervention: Coaching vs Tracking



Intervention: Coaching

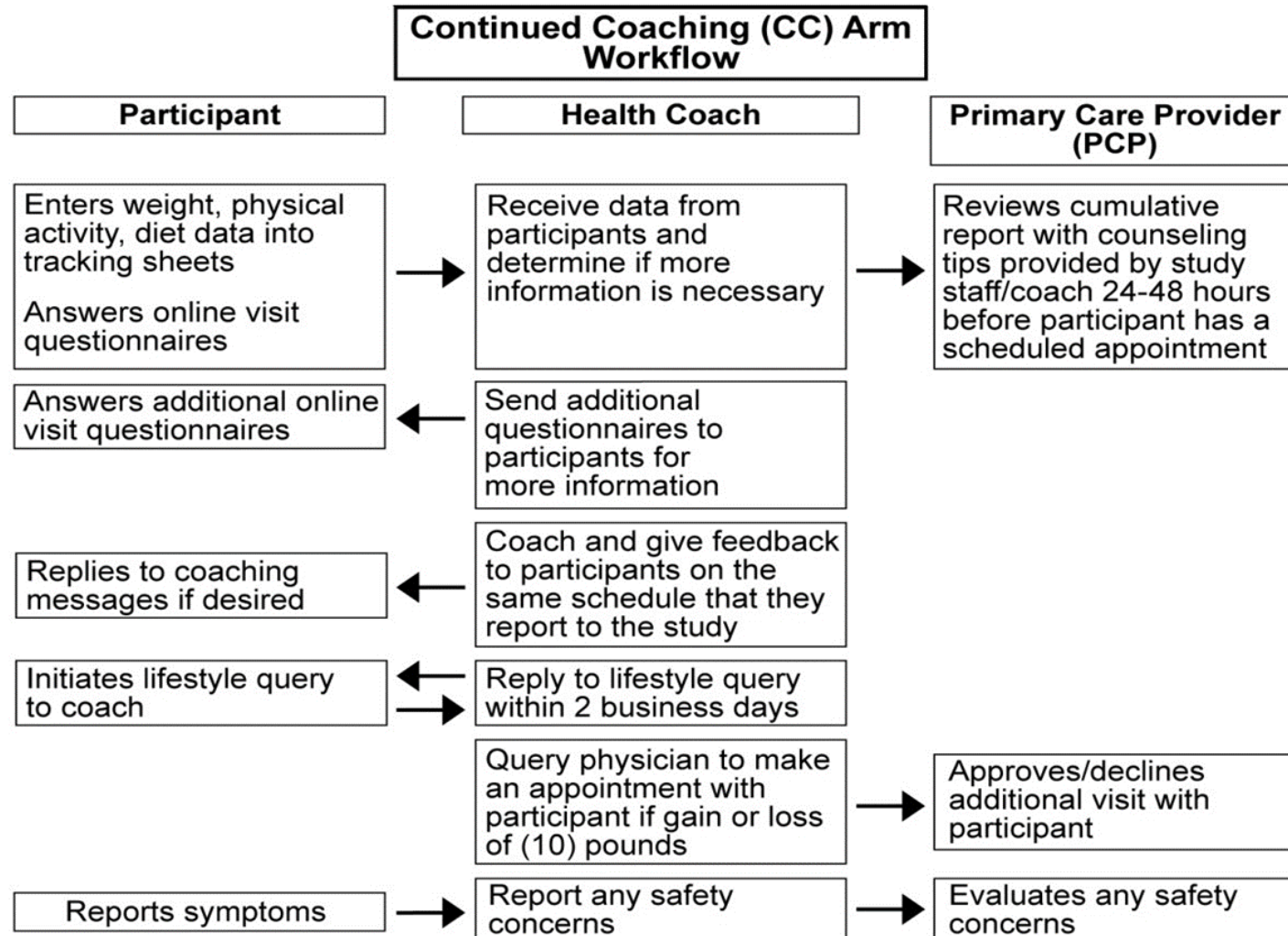
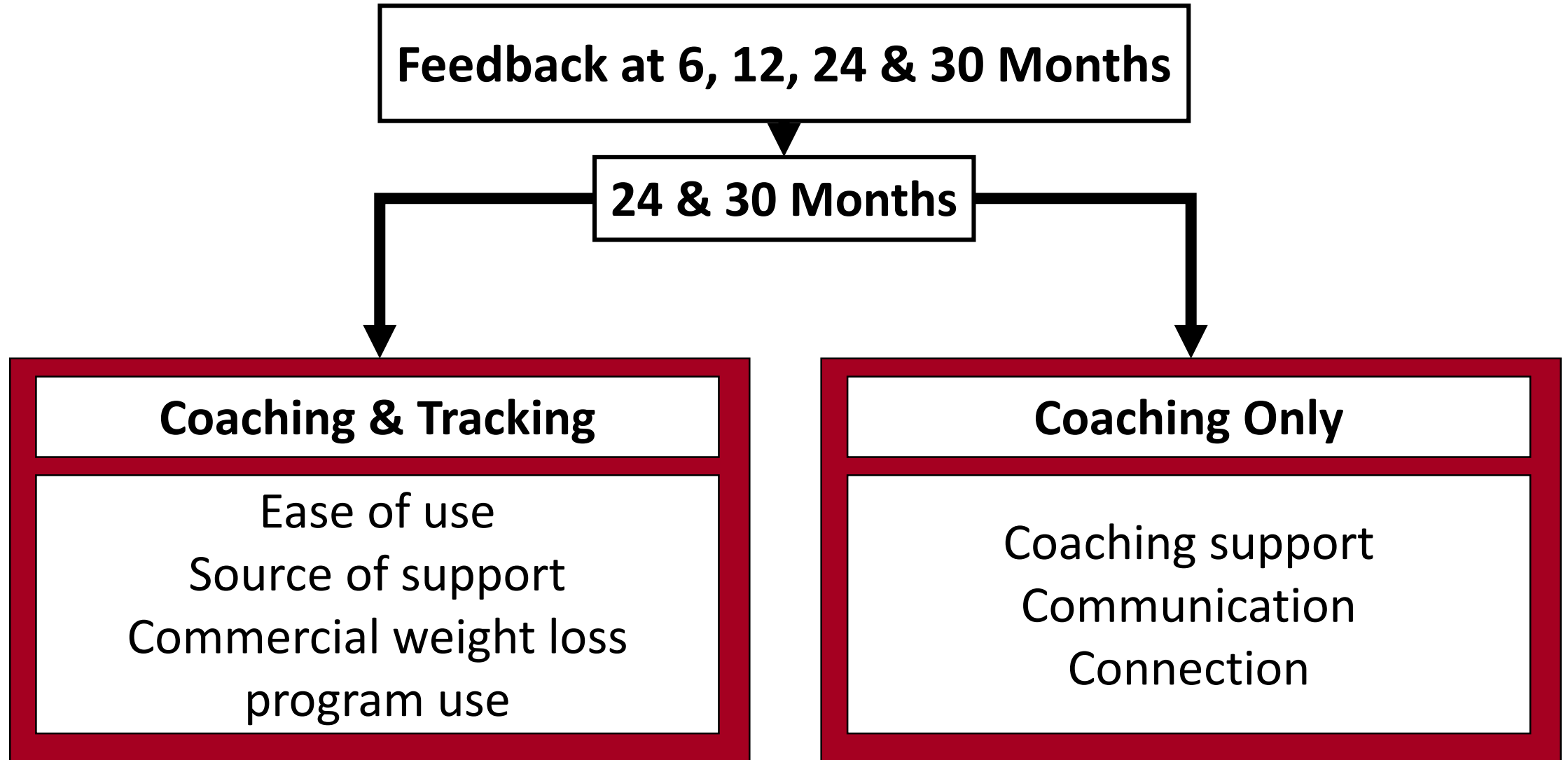


Figure 1. Coaching arm workflow

Objectives for this study

- To evaluate participant feedback from the MAINTAIN-pc program
- To focus on ease of use, support received, communication & connection to coaching staff

Methods



Results

- Demographics: Female 74%, White 88%
- Response rate:

Survey response rates	Total (n=185)	Coaching (n=93)	Tracking (n=92)
24 month, No. (%)	136 (73.5%)	70 (75.3%)	66 (71.7%)
30 month, No. (%)	115 (62.2%)	62 (66.7%)	53 (57.6%)

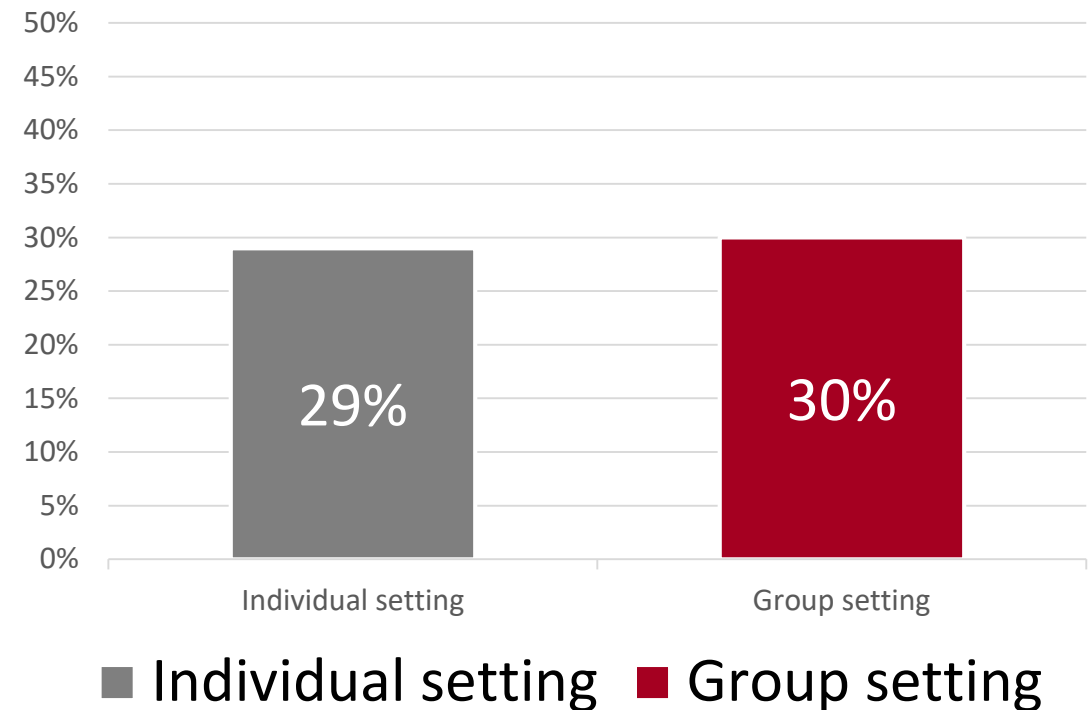
Responses by intervention condition

Survey question	Coaching	Tracking	P value
EHR portal was “easy to use”	80%	77.3%	0.83
PCP as a source of support	38.7%	22.6%	0.06
Supported by a health professional including PCP	48.4%	26.4%	0.02
No support was required	24.2%	24.5%	0.97
Use of commercial online programs	4.8%	5.7%	0.84

Results: Communication preference

Survey question content	Coaching (n=70)
Health coach as a source of support	71%
Moderate or strong connection to health coach	55%
Preference for some in person communication	59%

Figure 2. In person preference



Discussion: Limitations

- Unable to link responses to participants that were able to maintain 5% weight loss prior
- Few patients indicated the specific type of additional health care professional they found to be supportive
- 30-month survey done 6 months after trial was completed; may still include preferences from the study

Discussion: Interpretation

- The EHR-based format for a weight maintenance intervention was found to be easy to use by participants
- The Coaching group felt supported by their coaches through the EHR
- Future weight maintenance interventions may consider incorporating additional in person support

Co-Authors

- Maribel Cedillo, RD, MS
- Rachel Hess, MD, MS
- Gary S. Fischer, MD
- Molly B. Conroy, MD, MPH

Acknowledgments

- MAINTAIN-pc was funded by a grant from the Agency for Health Research and Quality (R18HS021162-02) and was supported by the National Institutes of Health through Grant Number UL1TR000005 (University of Pittsburgh CTSI, providing research registry support)
- MAINTAIN-pc research staff: Tracey Murray, BS, Maribel Cedillo, MS, and Janet Thieret
- Kathleen M. McTigue, MD, MS, MPH, Cindy L. Bryce, PhD, Dana L. Tudorascu, PhD, Bethany Gibbs, PhD, Jonathan Arnold, MD, MS, Kimberly Huber, MPH

Thank you!
Questions?

