



Empowering Patients to Take Charge of Their Health:

“Interventions to encourage effective weight management and increase participation in the Living Well self-management programs”

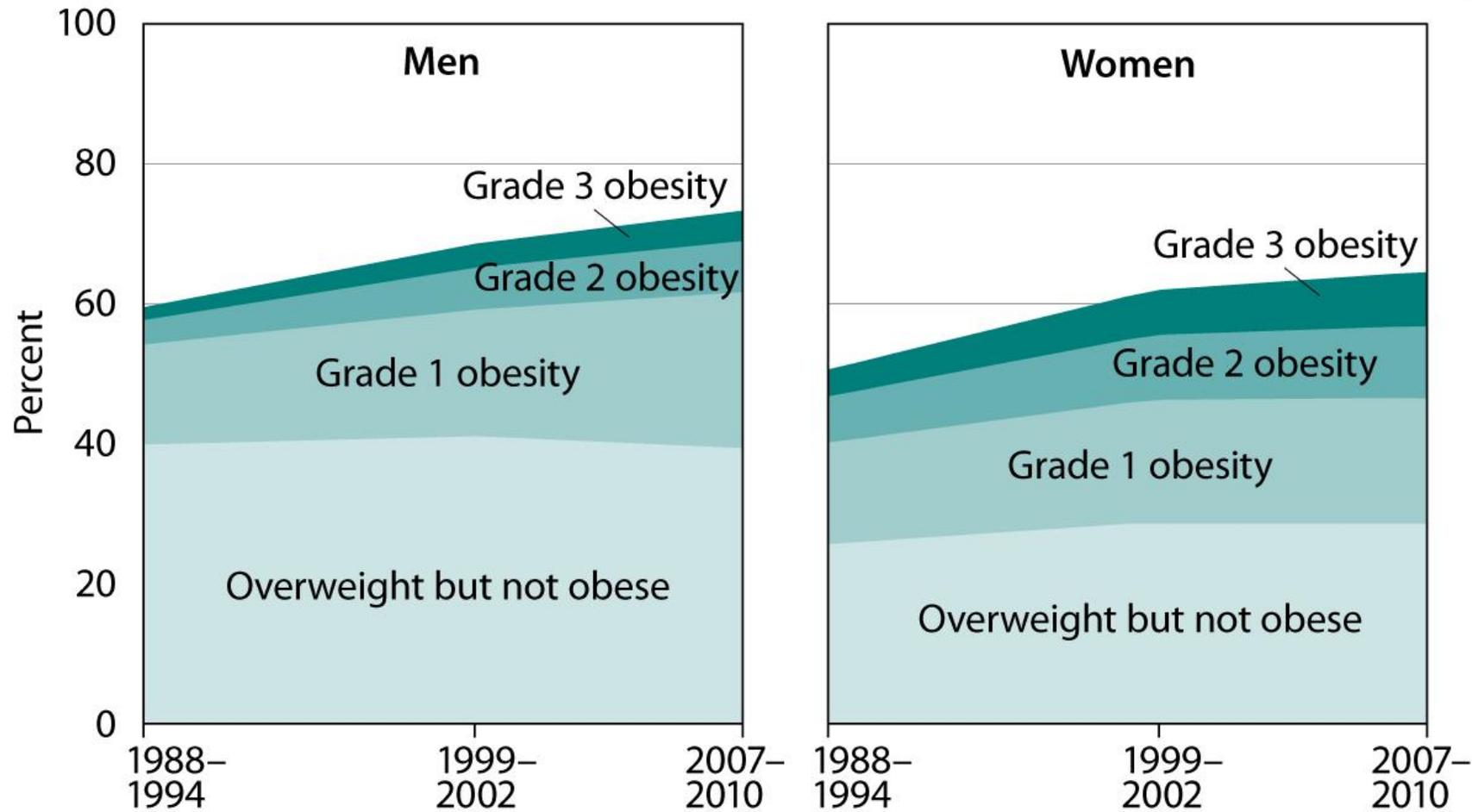
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Lifestyle Management Vision

- ▶ Improved patient engagement
- ▶ Earlier intervention in population at risk for key chronic conditions
- ▶ Self-management of existing chronic conditions
- ▶ Improved clinical health metrics, obesity is a key indicator that could move several metrics.

Overweight and obesity among adults



NOTE: Overweight but not obese is body mass index (BMI) greater than or equal to 25 but less than 30; grade 1 obesity is BMI greater than or equal to 30 but less than 35; grade 2 obesity is BMI greater than or equal to 35 but less than 40; grade 3 obesity is BMI greater than or equal to 40.

SOURCE: CDC/NCHS, *Health, United States, 2012*, Figure 11. Data from the National Health and Nutrition Examination Survey.

Top “Shame” Categories, Daring Greatly by B. Brown, PhD

- ▶ Appearance, body image
 - ▶ Money and work
- ▶ Motherhood/fatherhood
 - ▶ Family
 - ▶ Parenting
- ▶ Mental & physical health
 - ▶ Addiction
 - ▶ Sex
 - ▶ Aging
 - ▶ Religion
- ▶ Surviving trauma
- ▶ Being stereotyped or labeled

What message do you communicate?



Lessons Learned 2011



5210 in 30 Challenge

www.5210challenge.org

Obesity

- Four habits to lower our risk for diabetes and chronic disease.
- Becomes a move right, eat healthier plan for families, students & employees.

Jump Start Living Healthy

A 90 minute information session developed by a Registered Dietitian.

Benefits:

Jump Start Living Healthy will help you:

- ▶ Understand how you can self-manage.
- ▶ Solve common barriers that get in the way of “healthy eating.”
- ▶ Understand components of safe weight loss.

Overview of Session

5 minutes	Fostering Health Overview <ul style="list-style-type: none">• Power of food choice, activity, stress management and group support	Power Point
15 minutes	Components of Safe Weight Loss and Impact of Medications on BMI	White Board & med sheet *weight loss goal , rate of weight loss, minimum calorie level.
30 minutes	Calculate grocery ads- healthy food costs less *(Protein, produce, snack item) Plan 3 meals (partner activity)	Ads, calculator, example 3 P's Handout My Plate Portion Guide Jump Start Grocery List
30 minutes	Portioning Meals & Snacks *For storage in Pantry/Fridge *For the Plate *When eating out	Trail Mix Demo Measuring Cups Portions from class menus
10 minutes	Wrap Up & Resources	WVCH Guide to Services and online support Self Management sign up



Engagement 2014 Stanford Self Management

- ▶ 73% of referrals assigned to session
- ▶ 57% of WVCH member who signed up attended at least one session;
- ▶ 61% of these completed series

WVCH Jump Start 2015

- ▶ 30% increase in WVCH graduates of Stanford Living Well Workshops
- ▶ 25% of WVCH members attending Jump Start go on to register for a Self Management Series
- ▶ 14% of WVCH members attending Jump Start also participated in Walk With Ease.

Recommendations to Engage Members of the Oregon Health Plan Oregon Health Authority, Nov. 2013

- ▶ Strategy 1: *OHP Members provide information to providers and the OHA about how to effectively address barriers to individuals and family engagement & improve the health system: WVCH Action- SMP Peer Leaders participate in WVCH Obesity CAP Workgroup*
- ▶ Strategy 3: *Leverage resources that support evidence based best practices for family centered engagement and activation in health and healthcare. WVCH Action- WVCH members who have completed workshops are invited to become trained leaders if they demonstrate self- management. We currently have 5 member leaders.*
- ▶ Strategy 4: *Create opportunities across all levels of the health care system to support OHP members as integral partners in Oregon's Health System Transformation. WVCH Action- WVCH members participate in the CAC, CAP, and assist in direct program delivery of Living Well programs in clinic and community settings.*

For more information:

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