

Background

- Obesity is an expanding epidemic; in 2018, the U.S. age-adjusted prevalence of adult obesity was 42.4%
- It is associated with increased risk for type II diabetes, cardiovascular disease, certain cancers, osteoarthritis
- It correlates with worsened quality of life, self-image, and sexual dysfunction
- The cost on healthcare is also significant; in 2014 the annual medical spending for the obese population was nearly \$150 billion
- Primary care weight management interventions have been suggested as cost-effective options for obesity
- Group medical visits can improve cost effectiveness and increased patient satisfaction when it comes to weight management

Design

- Anonymous, survey-based study administered to patients 30yrs and older at a Federally Qualified Health Center over a 2-week period

Methods

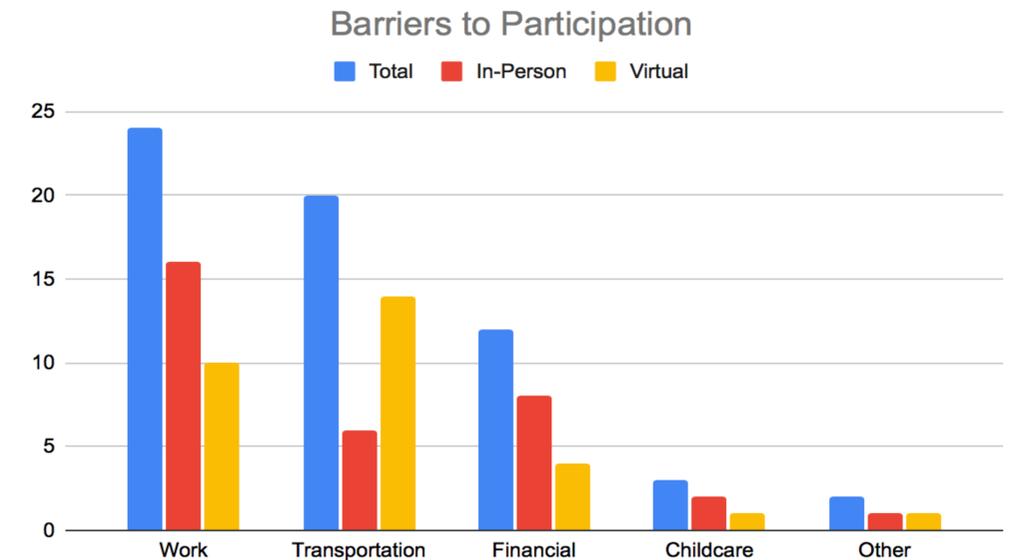
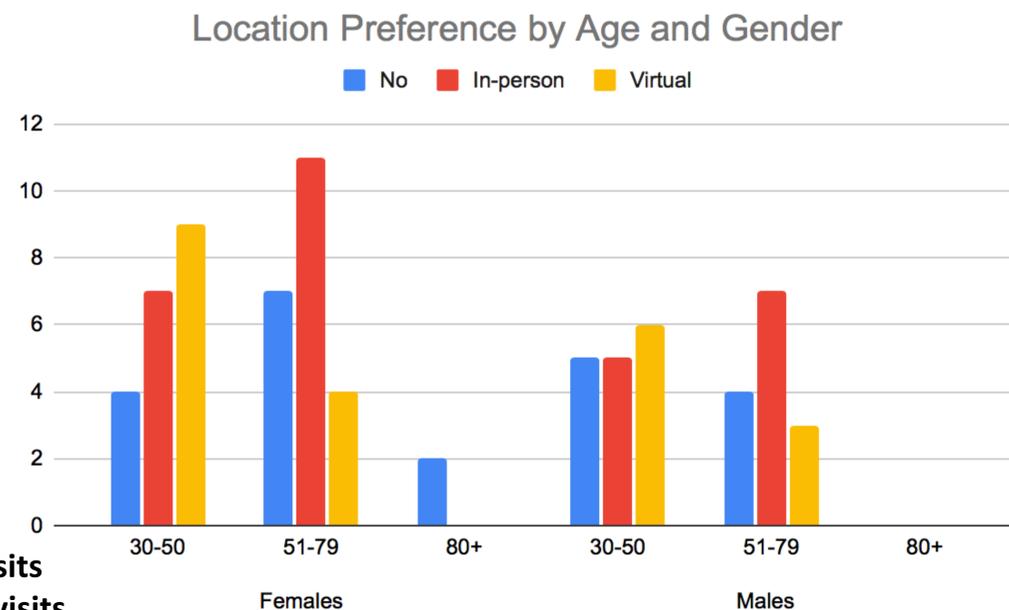
- 10 question survey administered to eligible patients at routine office visits
- Introductory explanation of a group visit was included with the survey
- Questions identified demographic information, willingness to attend a group visit, preferences for group visits, and potential barriers to attendance

Results:

74 respondents (100 potential respondents)

GENDER	N(%)
Female	44 (59.5)
Male	30 (40.5)
AGE	N(%)
30-50 yrs	37 (50)
51-79 yrs	36 (48.6)
80+ yrs	1 (1.4)

- **70.3% interested**
- **55.7% In-person Visits**
- **44.3% Virtual Visits**
- **75% preferred a series of 1 to 4 visits**
- **No clear preference for timing of visits**



DISCUSSION

- Overall strong support for implementing weight management group visits
- Majority of patients over 50yrs opted for in-person visits, suggesting virtual technology as a barrier for this population
- Work & transportation were the most common barriers; transportation more commonly listed as a barrier for patients that preferred virtual visits
- Common topics of interest included exercise routines, weight management advice, and making healthy recipes
- Lack of consensus for timing of group visit (Morning, Afternoon, Evening, or Weekend) would pose a large barrier for optimizing recruitment
- With this data, will implement a trial Weight Management Group Visit program within a FQHC to improve BMI outcomes & promote healthy living