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MOVE!® Weight Management Program for Veterans

Susan D. Raffa, PhD
National Center for Health Promotion &
Disease Prevention
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OBJECTIVES

- Describe largest impact of MOVE! Program
- Discuss facilitators of MOVE! Program success
- Describe MOVE! Program outcomes
- Identify future initiatives



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PROGRAM IMPACT

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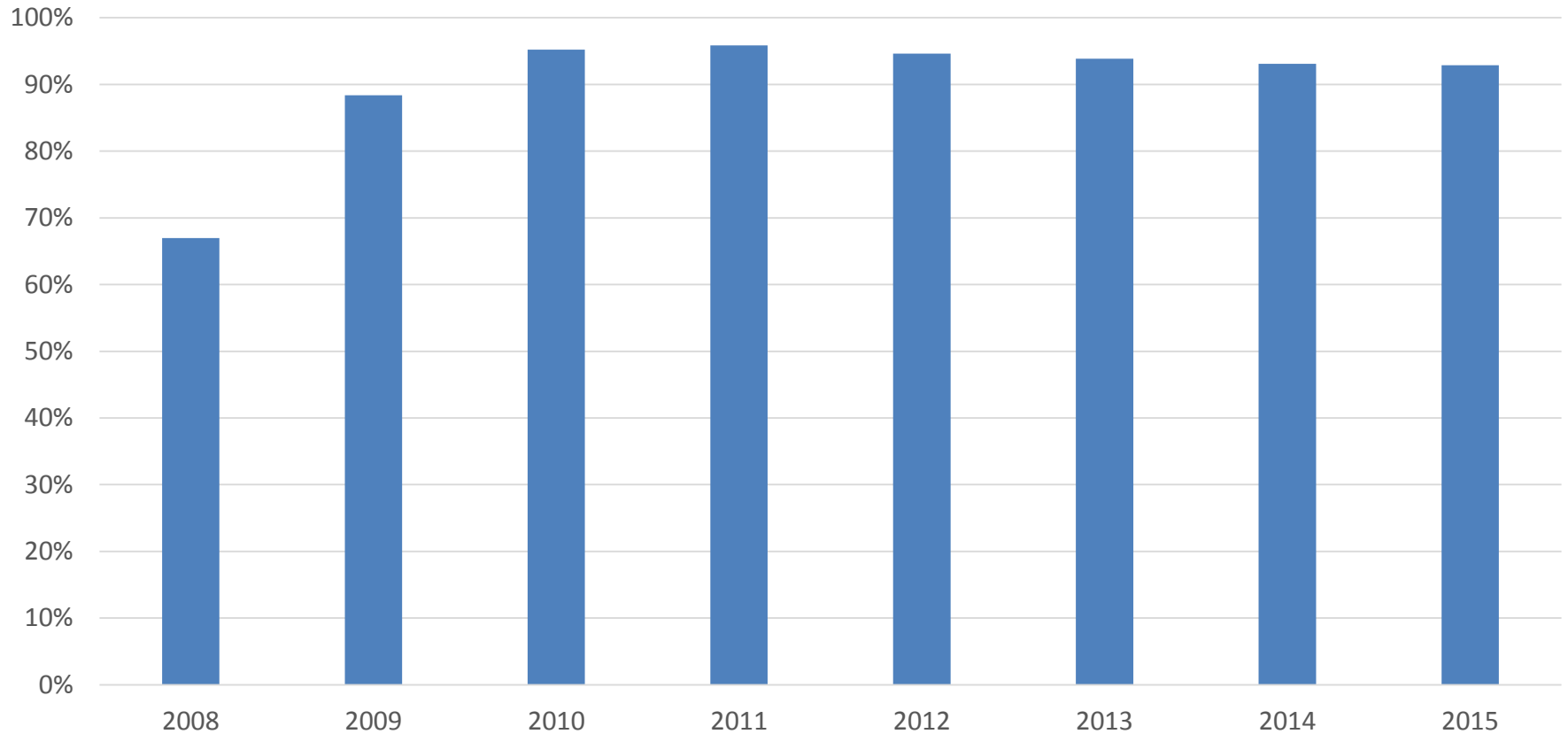
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NEAR-UNIVERSAL SCREENING

Percentage of Veterans Screened for Overweight/Obesity and Offered Weight Management Treatment

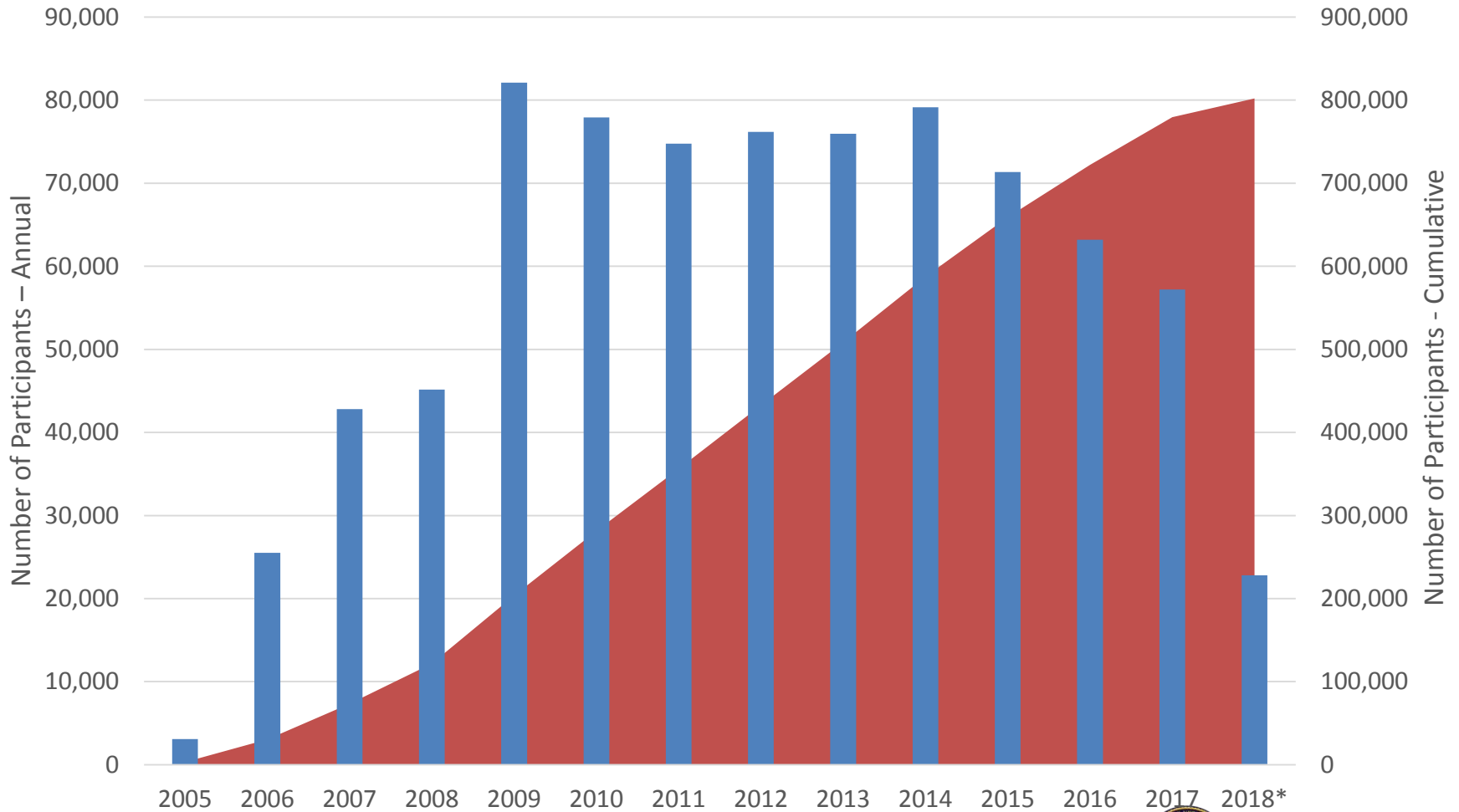


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PROGRAM REACH

Number of Veterans Participating in MOVE!



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STANDARDIZED CARE

- Comprehensive Lifestyle Intervention (CLI) – at least 12 sessions in 12 months; includes caloric restriction, promotion of physical activity, behavioral strategies targeting eating and physical activities
 - Standardized, required offering
 - Available to Veterans receiving care at every VA medical center
 - Co-pay exempt

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FACILITATORS OF MOVE! PROGRAM SUCCESS

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EVIDENCE-BASED PROGRAMMING

- Based on VA/DoD *Clinical Practice Guideline for Screening and Management of Overweight and Obesity*
- Recommendations include:
 - Yearly screening and documentation of overweight/obesity
 - Pharmacotherapy and bariatric surgery as adjuncts to CLI
 - Shared decision-making among providers and patients
 - Repeated assessment of response to treatment, adjustments as needed to target clinically meaningful weight change

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NATIONAL PROGRAM SUPPORT

- National policy - core program requirements
 - Infrastructure, programming
- Dissemination of standardized program content
- Collaboration with Nutrition and Food Services to provide facility-based infrastructure
- Performance measurement
 - Reach, engagement, participation

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FOR GREATER FUTURE SUCCESS

- Integration and coordination of other elements of care (e.g., pharmacotherapy, bariatric surgery)
- Continuous focus on Veteran-driven, Veteran-centered care
 - Interactive program materials
 - Health Behavior Coordinators
 - Veteran engagement in program improvement
- Local infrastructure for program evaluation, quality improvement

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PROGRAM ELEMENTS FOR VETERAN POPULATION

- Weight management care integrated into health care system
- Training and support for clinicians to engage Veterans in productive conversations about weight
- Build on peer support, camaraderie for MOVE! group participants
- Multiple options of care for all Veterans
 - Individual, group, telephone
 - Technology-based: home telehealth, video conferencing, secure messaging, MOVE! Coach mobile app

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PROGRAM OUTCOMES

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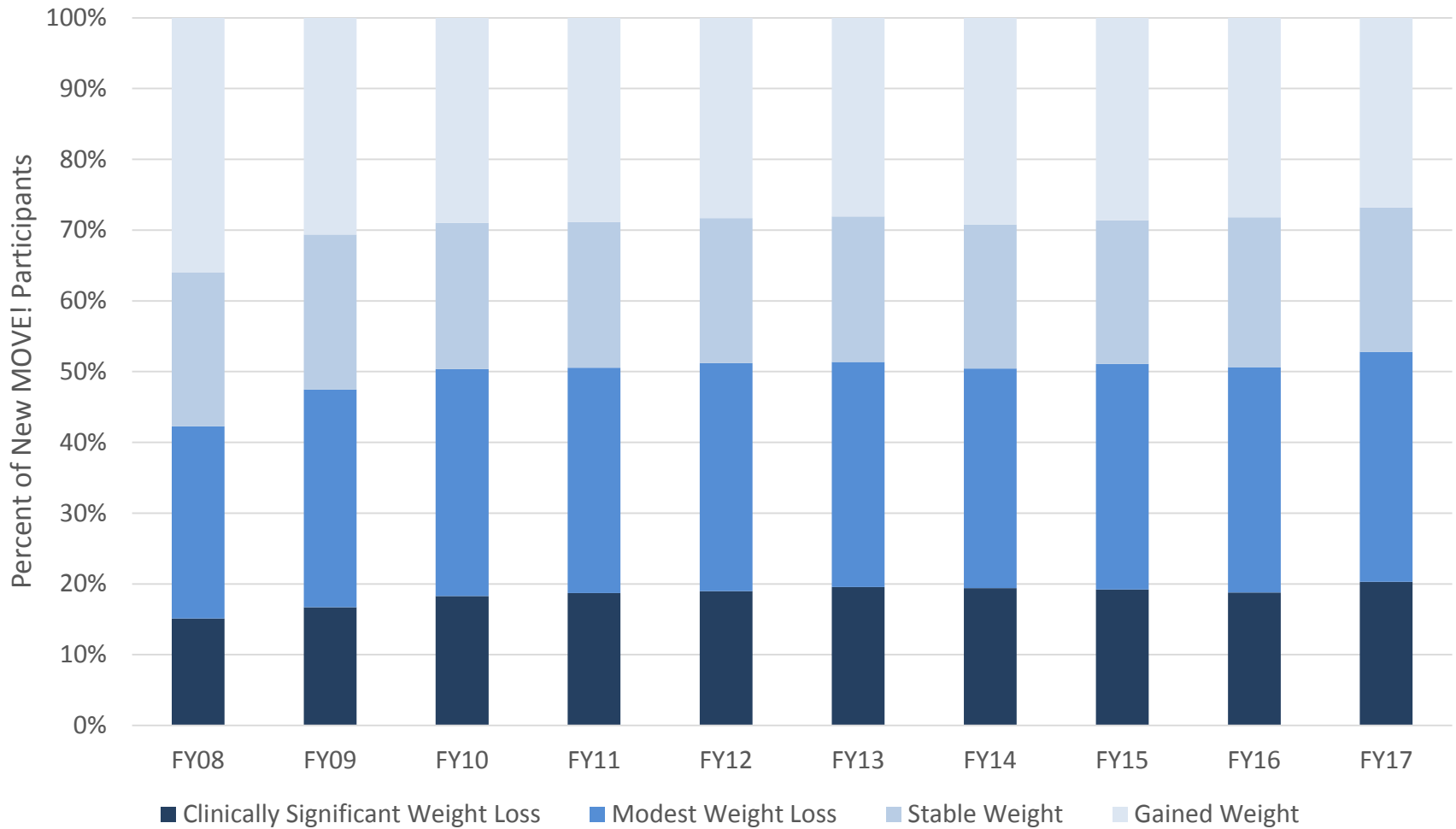


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WEIGHT OUTCOMES FOR NEW PARTICIPANTS

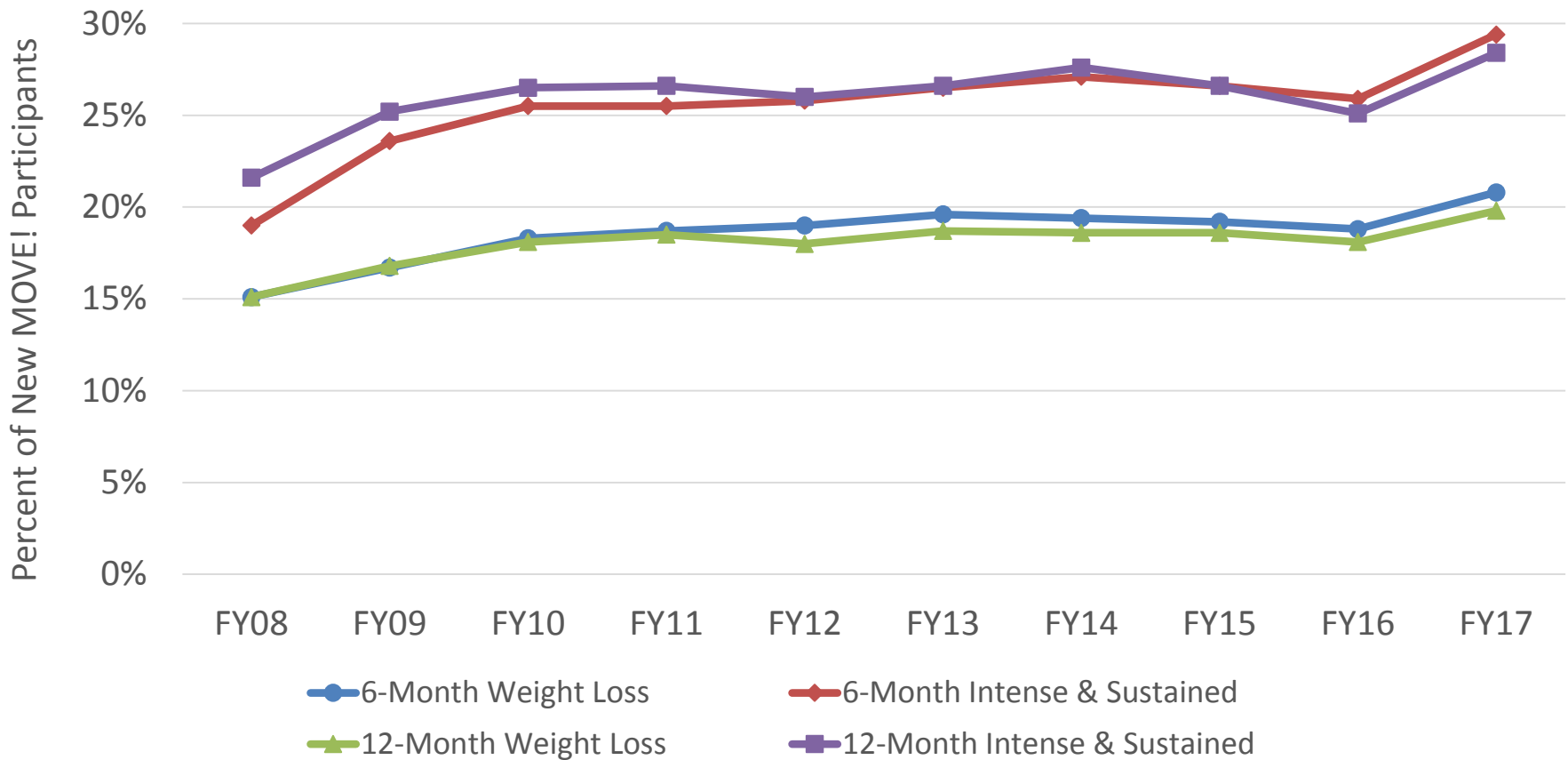


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WEIGHT OUTCOMES FOR NEW PARTICIPANTS

Clinically Significant Weight Loss FY08-FY17



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FUTURE INITIATIVES

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FUTURE INITIATIVES

- New and improved MOVE! data tools
 - Program dashboard + patient registry
- Academic detailing
 - Prescribers of weight management medications
- Dynamic program guidance using VA's Virtual Work Hub (VA Pulse)
 - Real-time guidance and updates
 - Employee engagement and collaborative learning

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