MOVE!® Weight Management Program for Veterans

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OBJECTIVES

• Describe largest impact of MOVE! Program
• Discuss facilitators of MOVE! Program success
• Describe MOVE! Program outcomes
• Identify future initiatives
Percentage of Veterans Screened for Overweight/Obesity and Offered Weight Management Treatment

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
• 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
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
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
• 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
PROGRAM OUTCOMES
WEIGHT OUTCOMES FOR NEW PARTICIPANTS

Percent of New MOVE! Participants

- Clinically Significant Weight Loss
- Modest Weight Loss
- Stable Weight
- Gained Weight

FY08 FY09 FY10 FY11 FY12 FY13 FY14 FY15 FY16 FY17
Clinically Significant Weight Loss FY08-FY17

Percent of New MOVE! Participants

- 6-Month Weight Loss
- 6-Month Intense & Sustained
- 12-Month Weight Loss
- 12-Month Intense & Sustained
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