

THE PRACTICAL TREATMENT OF OBESITY THROUGH EDUCATION AT UNIVERSITY FAMILY MEDICINE

Janet Gould, DO; Blake Leslie, MD; Shanna Moore, MD; and Scott Ramshur, MD

Background: Physician-led obesity education should encourage weight loss and increase patient knowledge on healthy lifestyle choices. This study will determine if physician intervention significantly alters patients' body mass indices (BMI), and understanding of weight management.

Methods: Twenty non-pregnant patients ages 18-60 with a BMI >30 identified during routine office visits will be included. Participants will be randomly selected by four family medicine residents and followed for 12 weeks. Participants must present for 3 office encounters during this period to be included. Participants will complete a 20 question constructed pre-test at the first visit on healthy living. Participants will be educated on obesity management through material from the Department of Agriculture and MD Consult. After 12 weeks, participants will complete the test again. Height and weight will be measured initially and at subsequent visits. Mean percent correct on tests will be compared using chi square tests. Mean weight in pounds and mean BMI for the participants will be compared using paired t-tests.

Results: Data on change in tests scores and weight will be presented.

Discussion: This study may show that physician interventions lead to a better understanding and treatment of obesity, reflected by an increase in test scores and weight reduction.