



MOVE

CARMEL CBOC

the
MOVE
CREW

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**Why does the VA need a
weight management program
for veterans?**



**"I think it's called a scale,
but mom calls it a @#\$% liar!"**

Impact of Overweight/Obesity

■ Health Impact:

- Obesity is associated with significant health risks.
 - Diabetes
 - Asthma
 - High cholesterol
 - High blood pressure
 - Cardiovascular disease
 - Arthritis
 - Poor health status

■ Economic Impact:

- Annual US expenditures are over \$100 billion/year.
 - 7% of the US healthcare budget.

Impact of Overweight/Obesity

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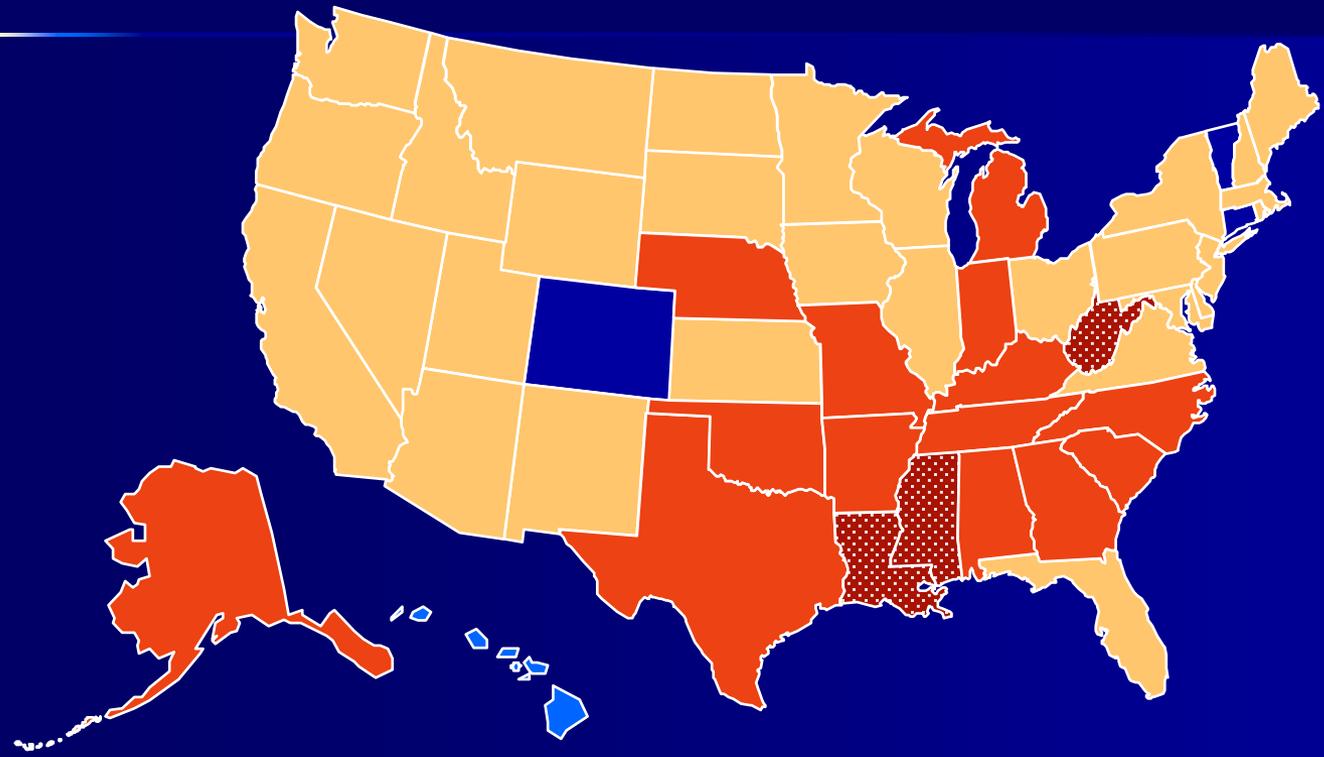
■ Obesity Epidemic:

- Obesity is increasing at an epidemic rate in the US.
- Obesity Trends Among US adults between 1985 and 2003
 - Collected through CDC Behavioral Risk Factor Surveillance System
 - **Definition:**
 - *Body Mass Index (BMI)*: a measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters.

Obesity Trends* Among U.S. Adults

BRFSS, 2005

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity/Overweight Trends Among Veterans

Tampa VAMC – Primary Care Clinics:

- 76% have BMI >25 (overweight or obese)
- 59% have BMI >27
- 35% have BMI >30 (obese)

BMI 25-26.9	= 17%	(overweight)
BMI 27-29.9	= 24%	(overweight)
BMI 30-34.9	= 23%	(obese)
BMI 35-39.9	= 8%	(obese)
BMI 40 or >	= 4%	(obese)



National VA program

Multi-level Program:

1. Basic weight loss program
 - ✓ Screening, education, support and follow-up.
2. Group weight loss program
3. Weight loss medication
 - ✓ Evaluation, prescribing, follow-up.
4. Inpatient weight loss program
5. Bariatric surgery
 - ✓ Patient selection, screening, pre-op education, surgery, post-op follow-up.

Where is *MOVE* at HVHCS?

- MOVE Basic Weight Loss Program
- MOVE Groups
 - Introductory/Basic Group (July 05):
 - four weekly 2-hour classes
 - 1st class Overview and Pharmacy
 - 2nd class Nutrition and Physical Activity
 - 3rd class Behavioral Health
 - 4th class Nutrition and Physical Activity
 - Support/Maintenance Group (August 05):
 - ongoing education and support