

LOSING WEIGHT THE HEALTHY WEIGH

Using Technology to Increase Accessibility to a Healthy Lifestyle Program

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OUTLINE

Overview of Project

Project Innovation

Research and Community

Improving Population Health



LWTHW
LOSING WEIGHT THE HEALTHY WEIGH

Healthy lifestyle program in Windsor-Essex

Ten week course

- 2 hours sessions each week

Goal:

Improve participant attitudes and beliefs related to healthy eating and exercise, to aid them in losing weight and keeping it off.



TARGET GROUP

*All adults in the
Windsor-Essex
County Community*

Formal inclusion and exclusion criteria were removed in 2014 to increase program accessibility.

Current program is \$75 to attend

Cost includes:

- Resource binder
- Pedometer
- Instruction by a Registered Dietitian

Program has been in existence for over 10 years

- Many technological advancements – only small changes to program delivery.



Challenges with program

- Offered in evenings
- Offered at one location
- No childcare on site
- Cost

PROGRAM INNOVATION

Unaware of other online healthy lifestyle programs available.

Increases accessibility

- Participants can log-on when it's convenient for them
- No need to travel
- Increase ease of referral by local HCP's for patients

Program Cost = FREE



RESEARCH AND THE COMMUNITY

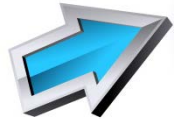
RESEARCH QUESTION:

Can an online class be as effective as an in-class program in promoting and maintaining healthy lifestyle changes?

Objectives to measure:

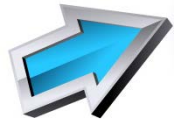
1. Determine if individuals who lack access to in-class sessions utilize the online format.
2. Assess user experience with the online program in order to adapt and improve uptake and effectiveness.
3. Determine if there is a difference in reported self-efficacy and behaviour change associated with healthy lifestyle changes between the online and in class program.

RESEARCH AND THE COMMUNITY



This project may address opportunities for professional education.

- A different approach to patient care.



May allow those who are motivated, but have accessibility issues (e.g., time, money, physical limitations, etc.) to still get the guidance and support they need in a non-traditional classroom manner.



Research will need to be conducted in order to support this hypothesis.

IMPROVING POPULATION HEALTH

IMPROVING POPULATION HEALTH

Current study will help determine if the online program is effective in reaching hard to reach populations (i.e. single parents, shift workers, rural residents, etc.)

Will it help participating community members improve their physical activity and eating behaviours?

IMPROVING POPULATION HEALTH

If effective, online LWTHW program would be easily shared amongst community partners and other interested Public Health Units.

Efficient and sustainable way to increase accessibility of the program.

Thank You

QUESTIONS?