



PATIENT PREFERENCES FOR WEIGHT LOSS PROGRAMS

Results for 131 patients at Site XX

PRACTICE CHAMPION: CHAMPION NAME

PRINCIPAL INVESTIGATOR: ALLISON COLE, MD, MPH

STUDY QUESTIONS:

1. What proportion of overweight and obese patients would participate in a comprehensive weight loss program?
2. What are the most important factors in helping overweight and obese primary care patients decide whether or not to participate?

METHODS:

Brief anonymous questionnaire administered by front desk staff to all adult (18+), non-pregnant patients attending one of 12 primary care clinics in the WPRN over a 2-week period.

PATIENT CHARACTERISTICS

Age

18-34	29.0%
35-64	51.9%
65+	19.1%

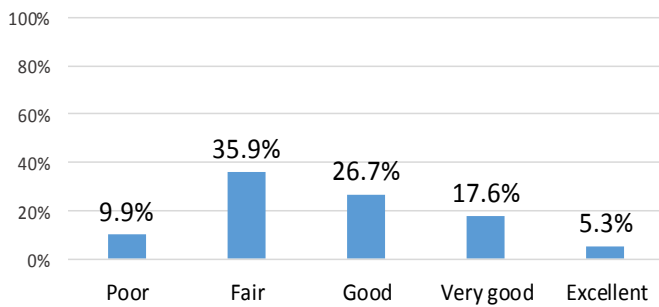
n = 131

Sex

Male	21.4%
Female	78.6%

n = 131

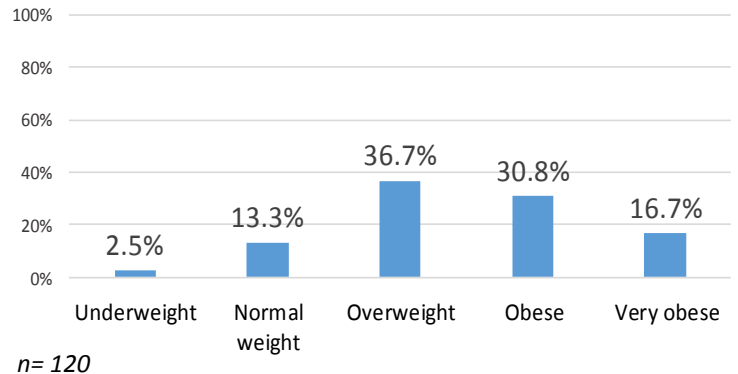
Overall Health



n = 125

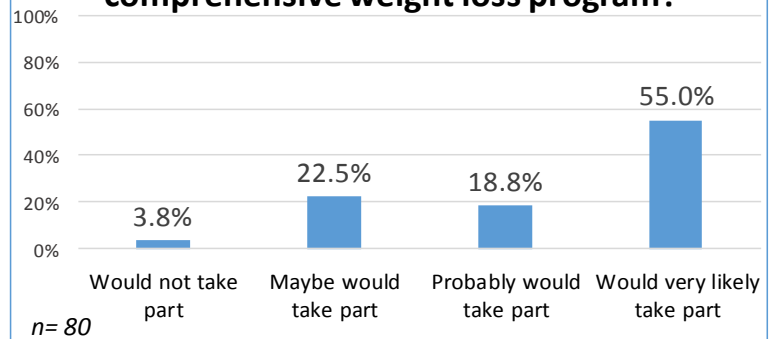
PRIMARY RESULTS

Body Mass Index (BMI)



n = 120

Would you take part in a comprehensive weight loss program?



n = 80

What factors help patients decide about participation?

Percent of patients reporting factor in the top three

Will help me lose weight	73%
Will help me feel better	62%
Doesn't cost much	48%
Is at a good time of day	30%
Is easy to get to	19%
A friend would go with me	10%
Was recommended by my doctor	9%
Was recommended by friends or family	2%

The **WWAMI region Practice and Research Network (WPRN)** is a collaborative group of 40 primary care practices in the WWAMI region (WA, WY, AK, MT, ID) committed to research and practice improvement. This study was supported by the WPRN Coordinating Center based at the University of Washington in Seattle, WA, and supported by the Institute of Translational Health Sciences through a grant from the National Center for Advancing Translational Sciences at the National Institutes of Health.

