

MOTIVATIONAL INTERVIEWING TO IMPROVE READINESS TO CHANGE IN OBESE ADULTS

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Background

- ❖ Obesity has become a national, as well as international health crisis
- ❖ Worldwide obesity has more than doubled since 1980
- ❖ Obesity is considered a serious health threat increasing the risk for many health problems

Needs Assessment

- ❖ Georgia ranks 19th for adult obesity
- ❖ Adult obesity rate for the state of GA is 30.7%
- ❖ Obesity rate for Coweta County, GA is 28%

Purpose

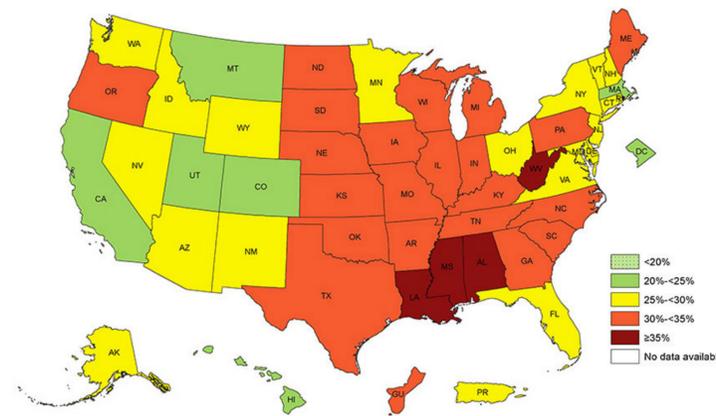
To determine if adult obese patients will report improved scores on the readiness to change questionnaires after receiving two educational sessions utilizing Motivational Interviewing techniques

Methods

A pre-test/post test design will be used to compare the readiness to change questionnaires.

- ❖ Biometric measures to include height, weight, BMI and BP
- ❖ S-Weight and P-Weight questionnaires developed by Dr. Andres
- ❖ Nutritional education sessions utilizing Motivational Interviewing
- ❖ Two group sessions scheduled 4 weeks apart

US Obesity Map



Objectives

1. Determine if there is a statistically significant improvement in the readiness to change score following MI education
2. Evaluate the readiness to change scores and BMI at baseline and following the project
3. Review the correlation between the stage of change and the processes of change

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