Managing Weight during the Pandemic: Special Challenges and Potential Solutions

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Disclosures: Co-Founder of CHIP

Not-For-Profit Started in 1995

1/3 of Canadians report gaining weight during coronavirus: poll

By **Maan Alhmidi** · **The Canadian Press**
Posted November 24, 2020 6:54 am · Updated November 24, 2020 8:35 am

- A new poll suggests many Canadians are gaining weight because they're eating more and exercising less during COVID-19 pandemic.

- Nearly one-third of respondents in the survey said they have put on weight since March, compared to 15 per cent who said they lost weight over that time.

- As well, about one-third of respondents said they're exercising less, while 16 per cent said they're working out more since the first wave of the pandemic landed in Canada.

25% of Canadians say their mental health is worse than in 1st coronavirus wave: poll

By **Christopher Reynolds** · **The Canadian Press**
Posted October 20, 2020 5:57 am · Updated October 20, 2020 6:00 am

Primary Care Referral to a Commercial Provider for Weight Loss Treatment versus Standard Care: A Randomised Controlled Trial

Randomized Trial: 772 overweight adults from primary care doctors in Australia, Germany, and the UK.

Received 12 months of standard care (monthly visits) with MD, or 12 months of free membership (twice monthly) to Weight Watchers.

	Doctors		WW
After 12 months: High Drop Out Rates:	46%	vs	39%
5% Weight Loss:	22%	vs	45%
Average Weight Loss	1.8 kg	vs	4.1 kg

Jebb S, Ahern A, Olson A, et al. Lancet 2011; 378: 1485–92.

The Drop 5 Mission

A Weight Management Program Developed for Adults Like Us

www.missionvav.com

My Stats

Weight Tracker

Week

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

170 lbs
165 lbs
160 lbs
155 lbs

21. Sep   5. Oct   19. Oct   2. Nov   16. Nov

···· Goal   — Weight

Personal Goal

Initial weight 168.0 lbs

Goal Lose 10.0 lbs

Edit Your goal

Target

Target Weight 158.0 lbs

Lost so far 4.0 lbs

Goal achieved 40.0%

Challenge Info

Start: 21 September 2020
End: 29 November 2020
Duration: 10 weeks

www.missionvav.com

Educate to Support Self Efficacy and Mastery

www.missionvav.com

Learn More About the GI Index of the Foods You Eat

Search results

Click on the food name to view more details or **start a new search**

Records 1 - 5 of 5

<< prev - page 1 of 1 - next >>

Food Name ↑↓	GI ↑↓	Serve (g) ↑↓	Carb per Serve (g) ↑↓	GL ↑↓
Orange & Grapefruit segments, canned in juice	53	120	19	10
Grapefruit, ruby red segments, canned in juice	47	120	21	10
Probiotic drink, pink grapefruit	60	250	33	20
Grapefruit, raw	25	120	11	3
Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	20	9

THE UNIVERSITY OF SYDNEY

https://www.glycemicindex.com

Map View

UPDATE MY:

Wellbeing ⚠️

Weekly Reading

Tracking

Weekly Weight ⚠️

History

REVIEW MY:

Activity Stats

Weight Stats

Performance

REVIEW TEAM:

Performance

Standings

Pets

Message Board 99

Health Coach 3

Mon 23 NOV	Tues 24 NOV	Wed 25 NOV	Thur 26 NOV	Fri 27 NOV	Sat 28 NOV	Sun 29 NOV
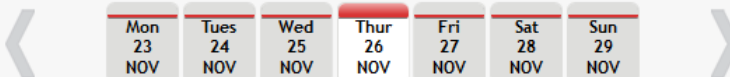
💓 My Activities ✓

Thursday, 26 November, 2020   Steps: **11000** | Behaviour: **11000**

When I had a craving, I tried to delay, distract, practice deep breathing, or drink water. ℹ️

77%

0%   100%

Question 3 of 6

🧑‍🤝‍🧑 My Connections ✓

✓ Viewed team performance
✓ Viewed team standings
– Viewed message board

☑ Encouraged teammate
☐ Congratulated someone
☐ Organized team activity
☑ Walked my dog
☐ Other (specify)

💡 Tip of the day

Aiming for a wide variety of foods, instead of the same old thing day in and day out, arms your body...

Read More

Enter Steps

📶 Your steps tracking device Apple

5000   **Save steps**

Enter Activities

Favorite Activities | All Activities

Cycling (moderate intensity) 🔍

60   **Save activity**

Jogging
Kayaking
Snowshoeing
Walking
Skiing downhill

🏃 Activity	👣 Steps	🔥 Calories	⏱ Minutes
Walking medium 3 mph (4.8 km/h)	6000	252	60
Pedometer Steps	5000	210	
Total	**11000**	**462**	**60**

Engage and Provide Feedback with Tracking

UPDATE MY:

Wellbeing ⚠️

Weekly Reading

Tracking

Weekly Weight ⚠️

History

REVIEW MY:

Activity Stats
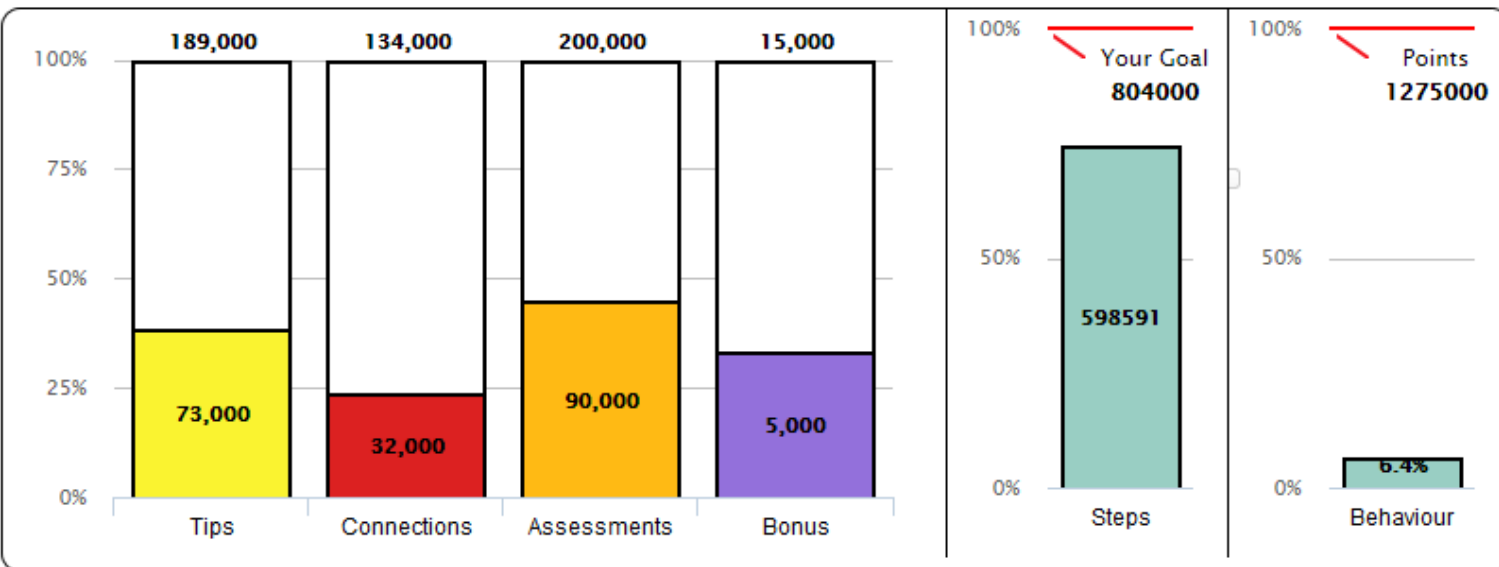
Weight Stats

Performance

REVIEW TEAM:

Performance

Standings

Pets

Coco

GingerWilly

Daisy

Ziggy
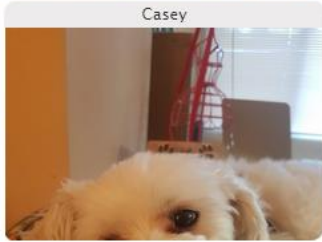
Casey

Bob

Chloe

Mozart Kobe

🗺️ **View Map**

☐ Show All

onus ▊ **Behaviour**

3,562,431

3,422,502

3,296,187

3,294,449

2,857,964

▊ **Steps**

Rank	Steps
1st Sophie (KayB)	1,337,100
2nd B-ZOO (GilmoreGirl)	1,297,211
3rd Maggie (Sue)	1,047,856
4th Winston2 (Mindy)	965,066
5th Molly (Molly3)	961,255
6th HunnyCinnie (Rosie)	871,370
7th Lil Biggie (Ruby)	809,427
8th Simon (Christine)	642,133
9th Pixie	467,395
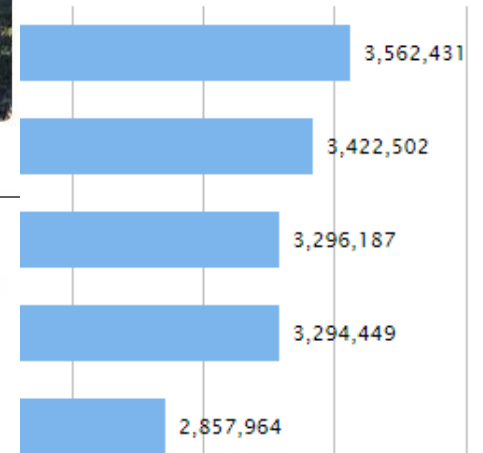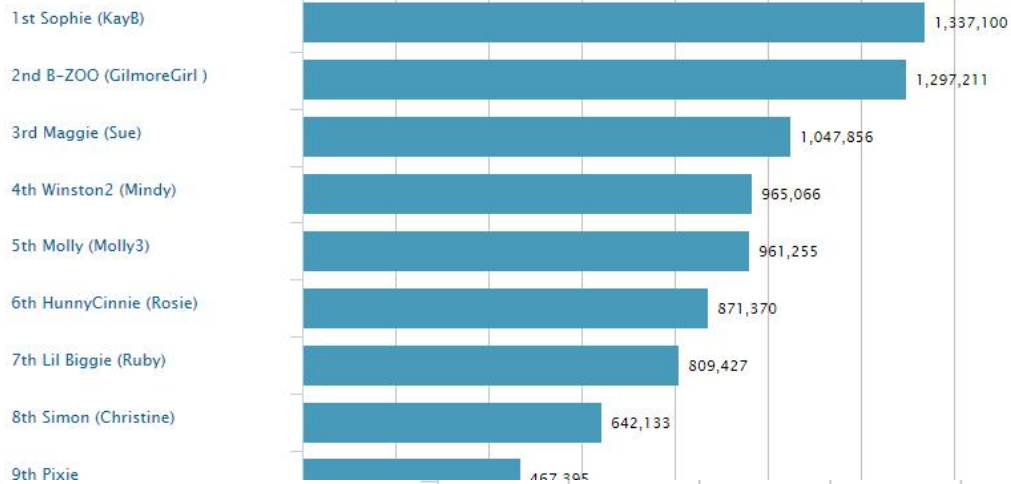
Build Community:
Social Connectivity and Accountability

Engaging Patients in Physicians' Offices: A Pilot Study

Family Medicine Project

- ➤ A pilot project to evaluate the impact of an e-health wellness program in a community setting

- ➤ Focus on high patient participation and engagement rates to assess impact on behaviour change

- ➤ 158 patients were recruited from a family medicine clinic over a 6-month period.

8-week activity challenge

| **Baseline Assessment** | ⟶ | **Follow-up Assessment** |

Patient and Staff Participation

➢ Of the 158 patients who registered, 139 (88%) tracked at least 1 day and 111 (70%) completed at least 4 weeks.

➢ A total of 93 participants (59%) walked an average of 7,500+ steps daily, 59 (37%) walking 10,000+ steps/day.

➢ In the subset of diabetes patients the average daily steps was 10,098 (vs 12,258 in the non-diabetes group).

➢ Health Care Staff acted as Team Captains

Challenge Results after 3 Months
All Patients (n=87)

	Pre	Post	Change
TC/HDL ratio	**4.32**	**4.02**	**-0.3 (7%)**
Blood Pressure (mmHg)	**124 / 82**	**124 / 83**	**No change**
HbA1c	**6.65**	**6.45**	**-0.2 (3%)**
BMI	**32.9**	**32.5**	**-0.4 (1%) ***
Sleep (ISI)	**8.1**	**6.7**	**-1.4 (17%) ***
Stress (PSS)	**14.7**	**12.0**	**-2.7 (18%) ***
Fatigue	**12.0**	**10.6**	**-1.4 (12%) ***

* changes were statistically significant

Challenge Results after 3 Months Patients with Diabetes (n=26)

	Pre	Post	Change
Blood Pressure (mmHg)	**125 / 80**	**122 / 81**	**-2.7/0.7**
HbA1c	**6.97**	**6.67**	**-0.3 (4%)**
HbA1c > 6.5	**67%**	**44%**	
BMI	**33.7**	**33.1**	**-0.6 (2%) ***
Sleep (ISI)	**8.0**	**6.1**	**-1.9 (24%) ***
Stress (PSS)	**11.8**	**10.2**	**-1.6 (13%)**
Fatigue	**11.7**	**9.4**	**-2.3 (20%) ***

* changes were statistically significant

Baseline Health Metrics for Staff

Metrics Among Clinic Staff	(n=36)
Age in Years (range)	46.5 (26-63)
Female	31 (89%)
Blood Pressure > 140/90	4 (11%)
Blood Pressure medication	5 (14%)
BMI > 30 kg/m²	9 (26%)
Sedentary (Weekly METS <720)	20 (61%)
High Stress (PSS ≥ 18)	9 (32%)
Poor Sleep (ISI ≥ 8)	13 (46%)
High depressive symptoms (CES-D ≥ 16)	5 (19%)
Fatigue (≥ 16)	6 (21%)

CHIP Insights for
Successful e-Health Promotion

1. Make it Fun
2. Build a Community
3. Personalize the experience for each individual
4. Measure What Matters (sleep quality during weight loss)
5. Track Progress (for the individual, team, and community)
6. Leverage Teachable Moments
7. Ensure Privacy and Security