

Managing Weight during the Pandemic: Special Challenges and Potential Solutions

Steven Grover, MD, MPA.

Faculty of Medicine, McGill University

The McGill Comprehensive Health
Improvement Program (CHIP)

Ilka Lowensteyn, PhD, Mohammed Kouache PhD, Deborah
DaCosta PhD, Samuel Grover, BSc, Sylvain Dancausse, MSc,
Emil Sousan, Hibba Jekki BSc, Marie Pierre Fournier, MSc,
Lisa Rutledge, BSc, P.D.T.



Disclosures: Co-Founder of CHIP



The McGill Comprehensive Health Improvement Program
Le Programme Complet d'amélioration de la santé de McGill



Welcome
English

Bienvenue
Français

Workplace wellness programs yield positive effects for Canadian employees.

Would you like to learn about our new online weight loss program?

[Click here!](#)

Voulez-vous en apprendre davantage sur notre nouveau programme de perte de poids en ligne?

[Cliquez ici!](#)

5400 ave Westbury, Montréal, QC., H3W 2W8 - TEL: (514) 489-6630 - FAX: (514) 489-2604

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.

	<u>Doctors</u>		<u>WW</u>
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

The Drop 5 Mission

A Weight Management Program Developed for Adults Like Us



www.missionvav.com



UPDATE MY:

Wellbeing

Weekly Reading

Tracking

Weekly Weight

History

REVIEW MY:

Activity Stats

Weight Stats

Performance

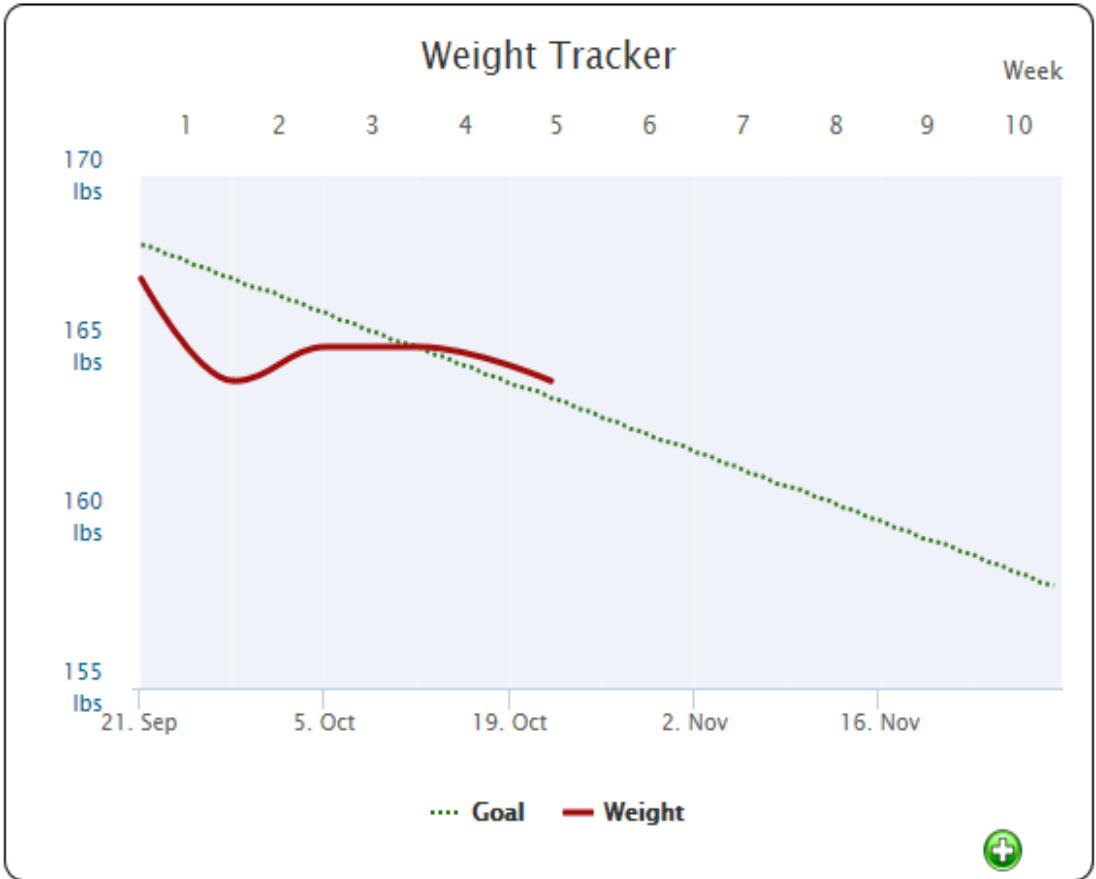
REVIEW TEAM:

Performance

Standings

Pets

Message Board 99



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

Educate to Support Self Efficacy and Mastery

Map View

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REVIEW TEAM:

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- Standings

 **Weekly**

		Week 0	Introduction
		Week 1	Weight evaluation and exercise
		Week 2	Making Healthy Food Choices
		Week 3	Mindful Eating 1
		Week 4	Mindful Eating 2
		Week 5	Managing your Emotions and Food Cravings
		Week 6	Taking control of your environment
		Week 7	Sleep
		Week 8	Managing stress
		Week 9	How to manage setbacks
		Week 10	Bringing it all together

Learn More About the GI Index of the Foods You Eat

HOME ABOUT GI GI TESTING & RESEARCH **GI FOODS ADVANCED SEARCH** GI SYMBOL GI NEWSLETTER GI BOOKS GI FAQs CONTACT US

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



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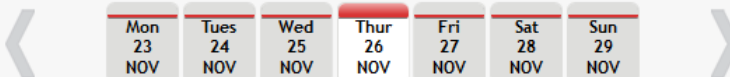
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Message Board 99Health Coach 3

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.



0%

100%

Question 3 of 6



Enter Steps

Your steps tracking device Apple

5000

Save steps

Enter Activities

Cycling (moderate intensity)

60

Save activity

Favorite Activities

All Activities

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



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](#)

Engage and Provide Feedback with Tracking

-  Wellness
-  Heart
-  Diabetes
-  Smoking
-  Drinking
-  Sleep
-  Mood
-  Stress
-  Fitness
-  Nutrition
-  Weight

My Challenges



**On the 96th day we sailed again,
HOW I WISH I WAS IN SHERBROOKE NOW!
When a bloody great Yankee hove in sight
With our cracked four pounders we made to fight.**

The five days on shore meant a quick top-up of supplies and hopefully some repair work to the Antelope's undersides!

A large merchant ship (Yankee hove) was always the sought-after prize. Many privateers were under 100 tons but captured 400 or 500 ton enemy vessels.

The four pounder is a small gun, about the thickness of a telephone pole, that fired a ball weighing 4 pounds. These guns were lightweight, making a vessel fast and seaworthy. The drawback was their very limited range. Some privateers armed mainly with four pounders enjoyed very successful careers, but it took a very skilled commander and gunner to deploy them effectively.

My Team Challenge: MyHealthCheckup Privateers Challenge







Challenge Objective

Be the first team to reach **14,113,198** steps

My Team : Betsey
Shearwater SKSG

My Team has **25** participants

Exercise challenge

-  My Daily Log
10000
-  People in my Team
-  My Team Challenge
-  Select your Personal Challenge

Team Wall

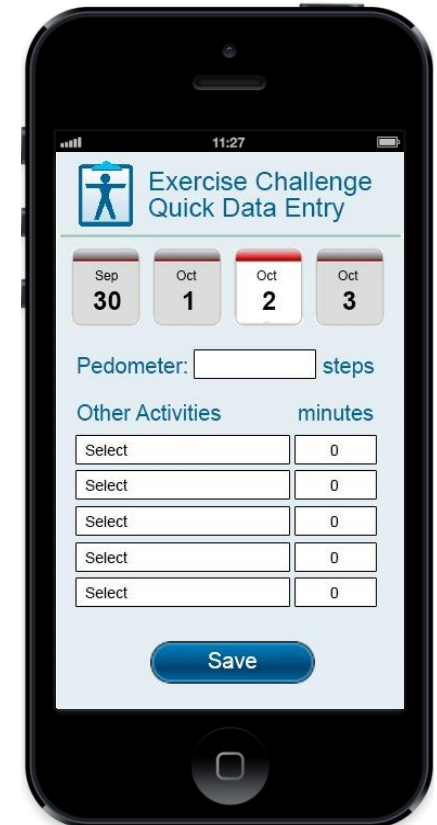
Remaining: 256 send

2013-11-18 10:14:33

Josh wrote:
We are neck and neck with Europa lets keep it up guys big push!


2013-11-15 09:20:46

Mark wrote:
We fell to 2nd but not by much. Get thoes steps logged.




Map View

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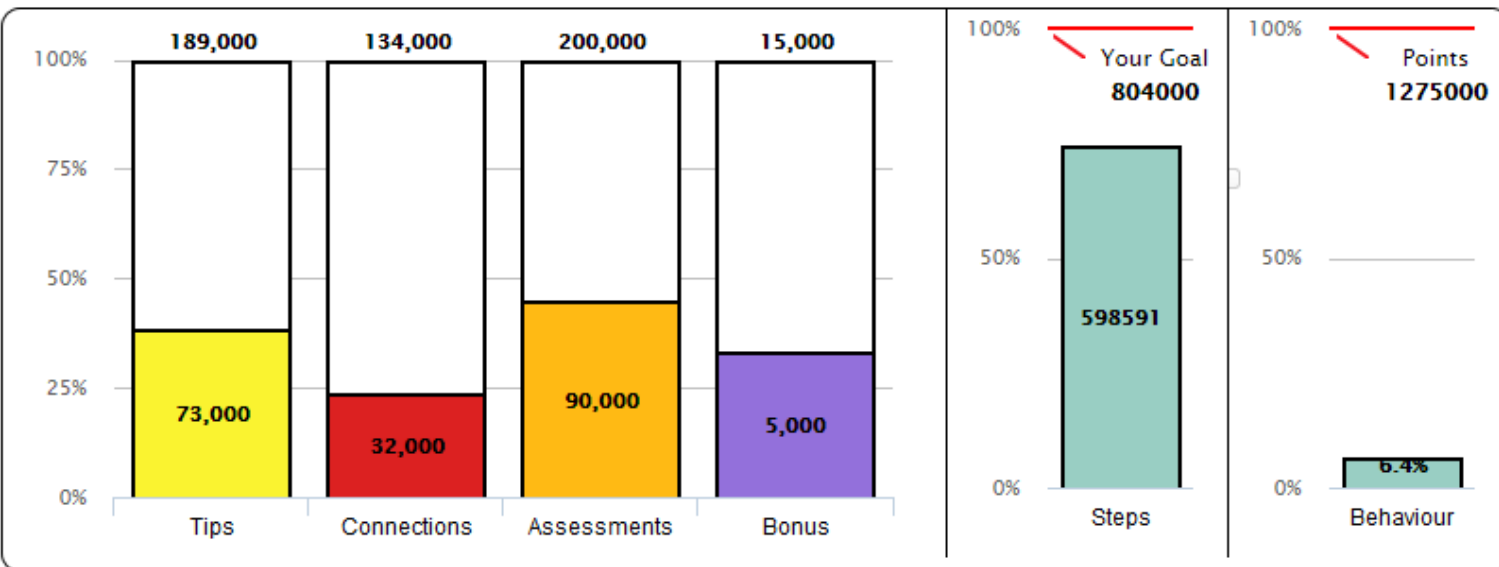
Standings



Scoring

My Performance

	Points	Days Into Challenge	Optimal Points (in 67 days)	Performance
Steps	598,591	67	804,000	74.5%
Behaviour	82,000	67	1,275,000	6.4%
Engagement	195,000	67	463,000	42.1%

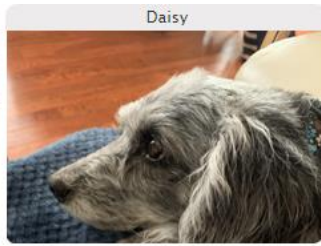




Coco



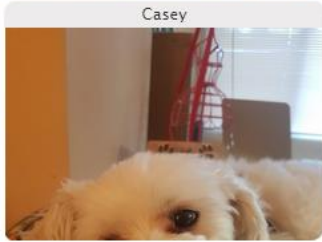
GingerWilly



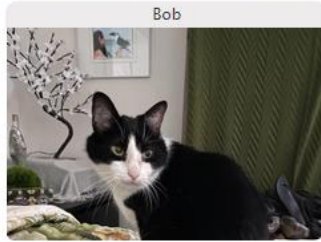
Daisy



Ziggy



Casey



Bob



Chloe



Mozart Kobe



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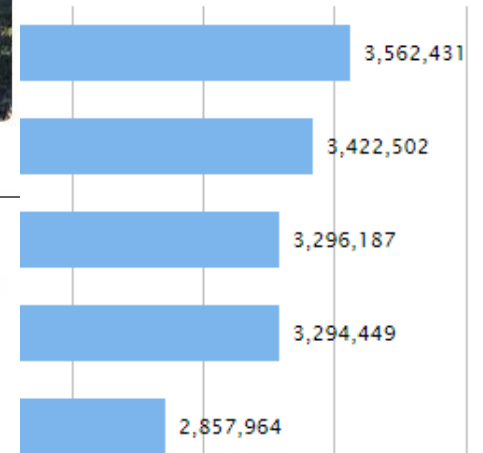
Standings

Pets

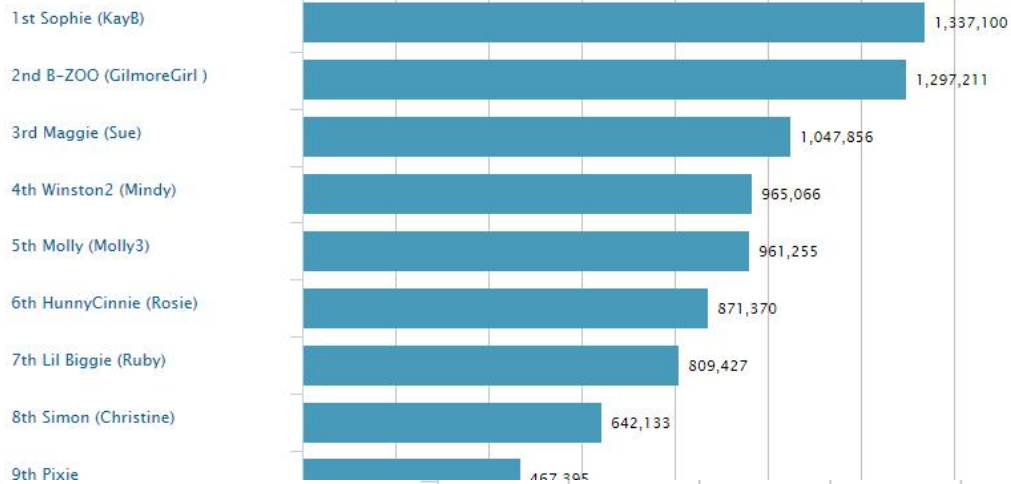
View Map

Show All

onus Behaviour




Steps



Build Community: Social Connectivity and Accountability


Map View

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Message Board


Health Coach 2



Health Coach

 Compose

Subject	Correspondents	Date
test	Steven (Daveys grand), Peter (Peter2) (1)	24/11/2020 01:34 pm (EST)
Nearing the end	Kayleigh, Steven (Daveys grand) (1)	21/08/2020 07:30 pm (EDT)
Halfway there!	Kayleigh, Steven (Daveys grand) (1)	12/08/2020 10:44 am (EDT)

 Reply

From Kayleigh

Subject **Nearing the end**

To Steven (Daveys grand)

Date 21/08/2020 07:30 pm (EDT)

Hi Steven,

I hope you are well and enjoying the cooler weather we have had lately. I can see from your profile that you have been regularly logging your steps but have had some trouble meeting your step goal over the past week. Life can get busy and physical activity can be forced into the backseat but it is important to make the time exercise when you can. There are still 2 weeks left in this Mission so plenty of time for you to increase your step goal and try to fulfill the mini-mission running this week.

Please let me know if I can be of any assistance.

All the best,
Kayleigh



Engaging Patients in Physicians' Offices: A Pilot Study



+ Polyclinique médicale
Pierre-Le Gardeur

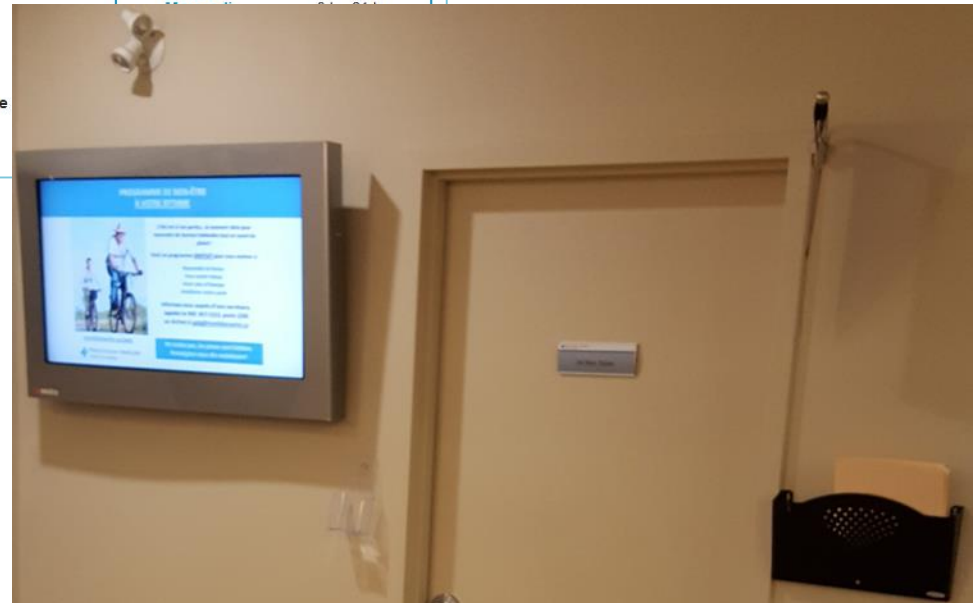
LA POLYCLINIQUE SERVICES ▾ ÉQUIPE ▾ PARTENAIRES ▾ COORDONNÉES

La Polyclinique

La Polyclinique médicale Pierre-Le Gardeur
Située à la jonction de la 40 et de la 640 à **Terrebonne**, la Polyclinique Pierre-Le Gardeur est une clinique GMF-R (groupe de médecine de famille) qui dispense des services médicaux et paramédicaux à la population du **sud de Lanaudière**.

Une clinique à l'avant-garde
Grâce à son aménagement intérieur contemporain et fonctionnel, ses équipements aux technologies les plus récentes et son personnel qualifié, la Polyclinique Pierre-Le Gardeur est en mesure de **prendre soin de votre état de santé**.

HORAIRE DE LA POLYCLINIQUE	
Lundi	8 h - 21 h
Mardi	8 h - 21 h



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.

**Baseline
Assessment**

8-week activity challenge

**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/m ²	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