

[T6:S36:57] Weight Management Program Participant Feedback And Suggestions For Improvement

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The worksite is a promising location for weight management interventions. Despite this, a recent large randomized trial of the effectiveness of two pre-existing weight management programs for obese employees, one focused on health-behavior coaching and one primarily educational, found no clinically or statistically meaningful differences in change in BMI between the two programs. This study aims to better understand factors influencing the findings and identify ways to improve workplace weight-management programs. Employees in the study were asked to provide feedback via a survey and/or a focus group. Participants indicated that accessibility to the program coaches and to gym facilities were major factors in their ability to engage in the program and implement the suggestions made by coaches. To improve the program, participants suggested tailoring the reading material sent to them; to hold in-person meetings in locations more convenient for them; and more frequent contact with coaches. The coaches did not receive formal training which led to differences in how the program was delivered to participants and may have impacted their participation and weight loss. Overall, participants rated the program positively; however, that did not translate into weight loss. By using the participants' feedback and improving training and oversight of program implementation, it may be possible to improve the effectiveness of workplace weight management programs and improve the health of employees.