

Obesity Prevention and Control: Provider Education

Summary Evidence Table

Study	Intervention and Comparison	Study Population	Effect measure	Reported Baseline and Follow-Up	Reported effect	Follow-up time
<p>Author (year): Albright et al. (1992)</p> <p>Study Period: 1986-1988</p> <p>Study Design: Time series</p> <p>Design Suitability: Moderate</p> <p>Quality of Execution: Fair</p>	<p>Location: Multiple cities across U.S.</p> <p>Components: Intervention: Faculty attended 1-month clinical preventive medicine training covering six topics (clinical preventive medicine, smoking cessation, clinical nutrition for prevention of heart disease and cancer, weight control and exercise, pharmacologic intervention for hyperlipidemia, screening in asymptomatic patients). After training facilitators taught fellow faculty members in six 2-hour clinical preventive medicine seminars</p>	<p>Faculty from internal medicine divisions across U.S.</p> <p>10 faculty from 10 universities trained; they then trained 91 faculty with clinical practices</p> <p><u>Group</u> <u>N₀</u> <u>N₁</u> Interv 91 77</p>	<p>Self-efficacy score (scale of 100 confidence to perform practices)</p> <p>Exercise initiation score Pre-test Post-test</p> <p>Nutrition score Pre-test Post-test</p> <p>Weight control score Pre-test Post-test</p> <p>Teaching Pre-test Post-test</p> <p>Knowledge (mean number of correct responses to set of questions computed for pre and post-test faculty questionnaires)</p>	<p><u>1986</u> <u>1987</u> <u>1988</u></p> <p>59 49 51 64 60 68</p> <p>56 54 60 67 71 73</p> <p>54 42 45 59 53 59</p> <p>65 55 62 73 72 75</p> <p>All of the above significant over time except for weight control and teaching in 1986</p> <p>No change for 1986, significant improvement in 1987 (p<0.02) and 1988 (p<0.001)</p>		Time series over 3 years
<p>Author (year): Brug et al. (2007)</p>	<p>Location: Netherlands</p> <p>Intervention: Dietitians trained in motivational</p>	<p>37 dietitians working in 1 of 9 Dutch home care organizations; dietitians</p>	<p>Patient BMI (m/kg²) Intervention Control</p>	<p><u>Baseline</u> <u>6 mo FU</u></p> <p>30.7 29.6 29.8 28.7</p>		

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<p>Study Period: March 2003 – Sept 2003</p> <p>Study Design: RCT</p> <p>Design Suitability: Greatest</p> <p>Quality of Execution: Fair</p>	<p>interviewing with follow-up workshop conducted in May 2003. Dietitians were supervised until September 2003. Patients had 4 to 5 counseling sessions during the study. The first one lasted between 30 and 45 minutes and the mean duration of the follow-up sessions was 15 minutes</p> <p>Comparison: Usual care</p>	<p>recruited up to 10 clients</p> <table border="1" data-bbox="695 354 995 488"> <tr> <td>Provider</td> <td></td> <td></td> </tr> <tr> <td>Group</td> <td>N_0</td> <td>N_1</td> </tr> <tr> <td>Interv</td> <td>18</td> <td>18</td> </tr> <tr> <td>Cont</td> <td>19</td> <td>19</td> </tr> </table> <table border="1" data-bbox="695 532 995 667"> <tr> <td>Patient</td> <td></td> <td></td> </tr> <tr> <td>Group</td> <td>N_0</td> <td>N_1</td> </tr> <tr> <td>Interv</td> <td>83</td> <td>83</td> </tr> <tr> <td>Cont</td> <td>59</td> <td>59</td> </tr> </table>	Provider			Group	N_0	N_1	Interv	18	18	Cont	19	19	Patient			Group	N_0	N_1	Interv	83	83	Cont	59	59	<p>Waist Circumference (cm)</p> <table border="1" data-bbox="1008 354 1304 423"> <tr> <td>Intervention</td> <td>105</td> <td>102</td> </tr> <tr> <td>Control</td> <td>107</td> <td>103</td> </tr> </table> <p>Dietitian Empathy (scale 1-7)</p> <table border="1" data-bbox="1008 565 1304 634"> <tr> <td>Intervention</td> <td>4.6</td> <td>4.4</td> </tr> <tr> <td>Control</td> <td>4.0</td> <td>3.1</td> </tr> </table> <p>Letting patients talk more</p> <p>Used Motivational Interviewing</p>	Intervention	105	102	Control	107	103	Intervention	4.6	4.4	Control	4.0	3.1	<table border="1" data-bbox="1316 354 1591 423"> <tr> <td>Intervention</td> <td>105</td> <td>102</td> </tr> <tr> <td>Control</td> <td>107</td> <td>103</td> </tr> </table> <table border="1" data-bbox="1316 565 1591 634"> <tr> <td>Intervention</td> <td>4.6</td> <td>4.4</td> </tr> <tr> <td>Control</td> <td>4.0</td> <td>3.1</td> </tr> </table>	Intervention	105	102	Control	107	103	Intervention	4.6	4.4	Control	4.0	3.1	<p>0.42</p> <p>6.46%</p> <p>0.64</p>	
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<p>Author (year): Ogden et al. (1998)</p> <p>Study Period: not reported</p> <p>Study Design: RCT</p> <p>Design Suitability: Greatest</p> <p>Quality of Execution: Fair</p>	<p>Location: United Kingdom, Thames Region</p> <p>Components: Learner-centered intervention: nurses attended 2-hour seminar on more patient-centered approach for weight management Expert-centered intervention provided pamphlets on obesity and weight loss using a patient-centered approach</p> <p>Comparison: Usual care</p>	<p>Sample Size:</p> <table border="1" data-bbox="695 889 995 1024"> <tr> <td>Group</td> <td>N_0</td> <td>N_1</td> </tr> <tr> <td>Learner</td> <td>80</td> <td>22</td> </tr> <tr> <td>Expert</td> <td>80</td> <td>21</td> </tr> <tr> <td>Control</td> <td>80</td> <td>23</td> </tr> </table>	Group	N_0	N_1	Learner	80	22	Expert	80	21	Control	80	23	<p>Frequency of advice given/week:</p> <p>Learner</p> <p>Expert</p> <p>Control</p> <p>Duration of counseling session:</p> <p>Learner</p> <p>Expert</p> <p>Control</p>		<p>Expert group increased significantly (effect 0.14)</p> <p>No significant changes for learner (effect - 0.1)</p> <p>Learner group increased significantly (effect 0.22)</p> <p>No significant changes for expert (effect - 0.7)</p>	<p>6 months</p>																																				
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Study	Intervention and Comparison	Study Population	Effect measure	Reported Baseline and Follow-Up		Reported effect	Follow-up time
<p>Author (year): Schwartz et al. (2007)</p> <p>Study Period: not reported</p> <p>Study Design: NRCT</p> <p>Design Suitability: Greatest</p> <p>Quality of Execution: Fair</p>	<p>Location: Multiple states in U.S.</p> <p>Components: Pediatricians and registered dietitians (RD) in the minimal and intensive intervention groups received 2-day trainings on motivational interviewing (MI). Children and parents in the minimal intensive group received MI sessions from pediatricians only whereas the intensive group received MI from the pediatrician and RD. The intervention lasted 6 months.</p> <p>Control group: Received 2 safety handouts</p>	<p>15 pediatrician practices with patients aged 3-7 years</p> <p>Group N₀ N₁</p> <p>Control 19 19</p> <p>Minimal 27 27</p> <p>Intensive 15 15</p>	Dining out (times/week)	<u>Baseline</u>	<u>6mo</u>	<p>Intensive vs Minimal: p=0.04</p> <p>Minimal vs Control: p=0.01</p> <p>Minimal vs Control: -0.02</p> <p>Intensive vs Control: -0.03</p>	6 months
			Control				
			Minimal	2.26	2.49		
			Intensive	2.28	2.89		
			Sweetened drinks (glasses/day)	5.67	1.97		
			Control				
			Minimal	1.49	1.81		
			Intensive	1.94	1.40		
			Snacks/deserts (servings/day)	2.36	1.91		
			Control				
			Minimal	2.07	2.48		
			Intensive	2.63	1.76		
Fruits/ Vegetables (servings/day)	2.35	2.15					
Control							
Minimal	2.92	4.10					
Intensive	3.66	3.27					
BMI Direct Measurement	3.4	3.60					
Control							
Minimal	84.4	84.0					
Intensive	83.2	81.4					
Television viewing (hours/day)	81.8	78.7					
Control							
Minimal	1.63	1.69					
Intensive	1.83	1.60					
	2.33	1.89					

Absolute effect size is calculated unless otherwise noted.

Abbreviations

BMI, body mass index
 N₀, sample size at baseline

N₁, sample size at time 1
 N₂, sample size at time 2