

Vibrant Lives: A Weight Loss Program for Employees of the Pasadena Independent School District

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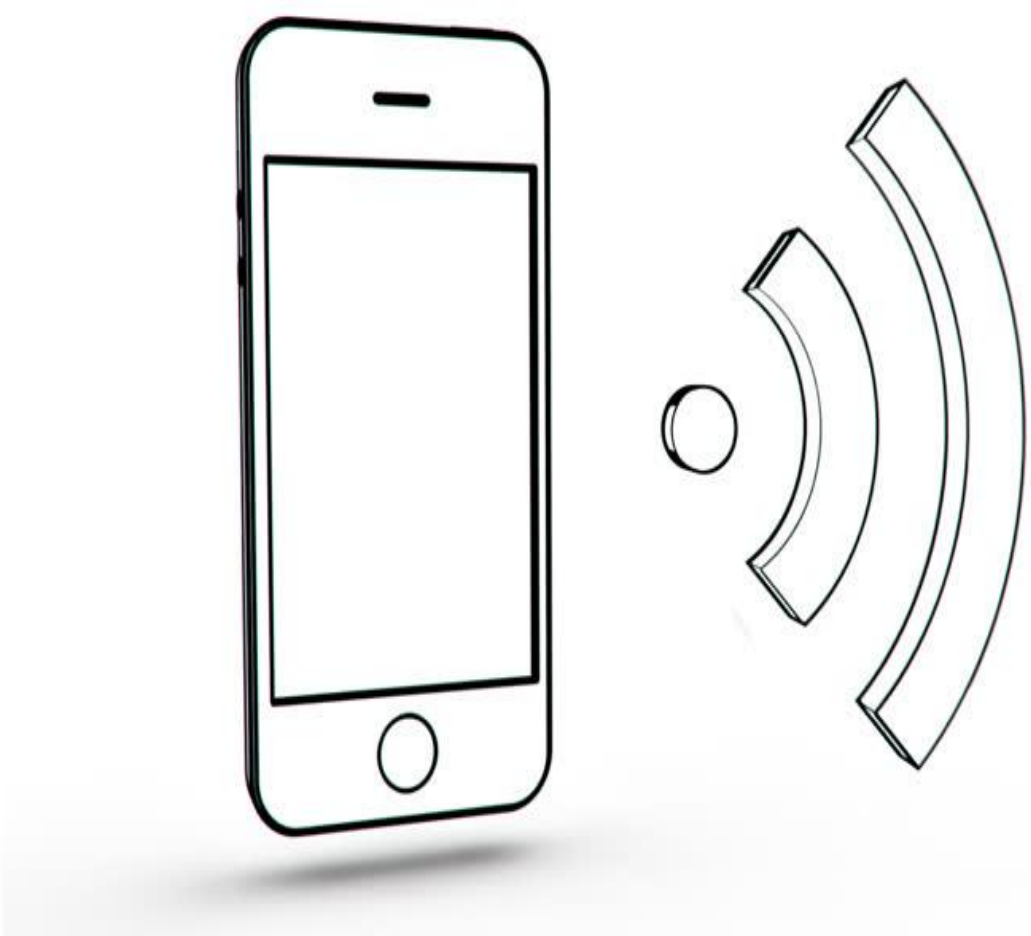
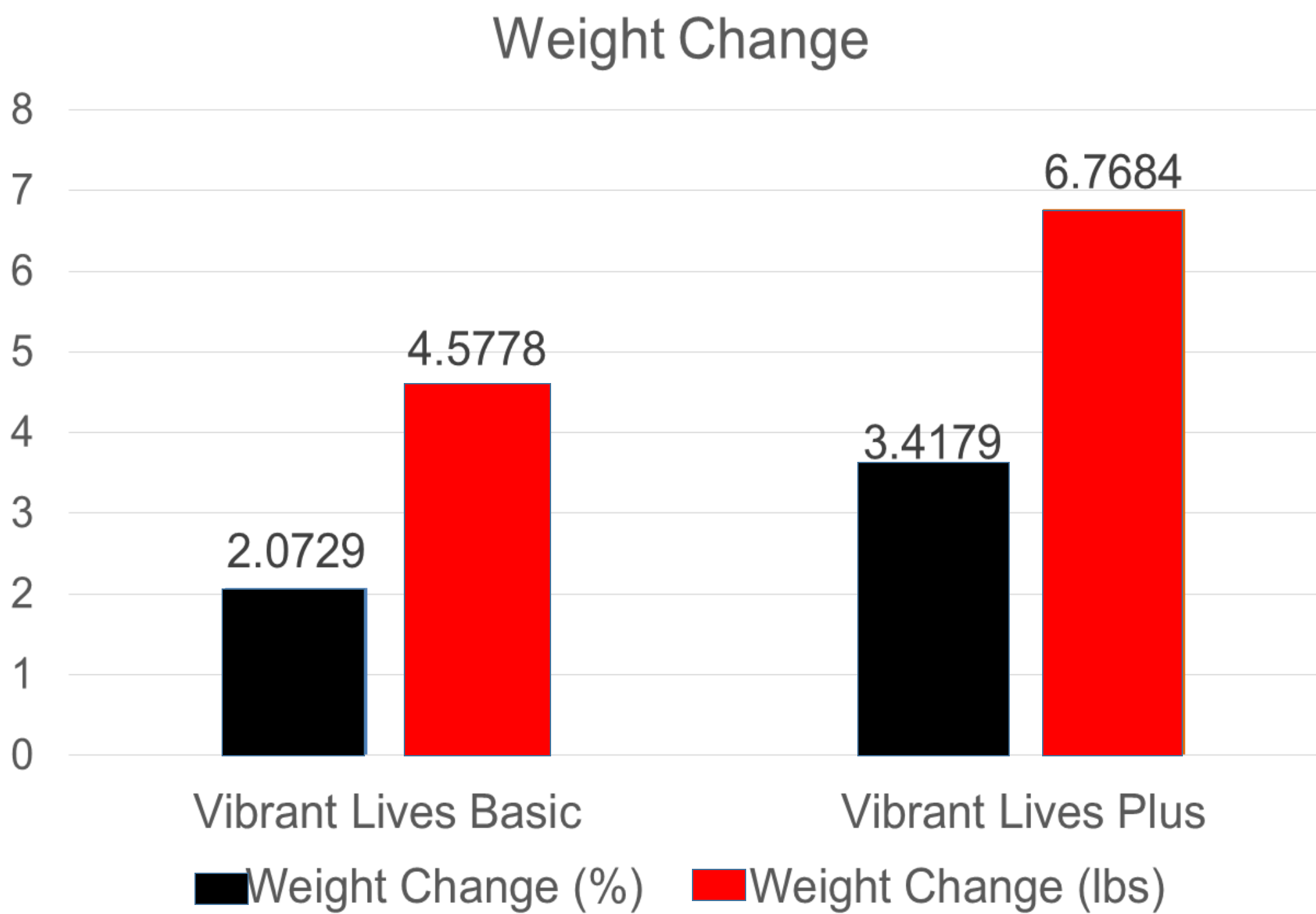
Background

- Vibrant Lives is an eHealth weight loss intervention that stresses healthy eating, physical activity, and portion control for overweight and obese employees of Pasadena ISD. The purpose of this research is to prove how effective weight management, healthy diet, and physical activity are critical for school district employees, both for their own health and because they serve as role models for students.
- To join in the program, participants must:
 - be an employee at Pasadena Independent School District,
 - have a BMI ≥ 25 , and
 - have a phone with text messaging capabilities.
- Goals:
 - Evaluate changes in weight, eating behavior, physical activity, quality of life, and behavioral determinants (e.g., motivation, self-efficacy, readiness) in participants in the Vibrant Lives Plus and Vibrant Lives program.
 - In the Vibrant Lives Plus program, evaluate whether additional support coaching effectively improved weight loss and behavior change outcomes.
 - Explore demographic, environmental, and psychosocial variables related to program completion and changes in weight, eating behavior, physical activity, and quality of life.

Results

Year One (2017-2018 School Year):

Screened 458
434/459 Eligible (BMI ≥ 25)
152/434 Needed Medical Release (PARQ < 14) (35%)
Vibrant Lives Plus = 117 (97% Retention)
Vibrant Lives Basic = 128 (90% Retention)



Methodology

- Vibrant Lives is a 6 month program that is available in Spanish and English.
- It is comprised of 16 lessons adapted from the Diabetes Prevention Program, weekly text messages, and use of a Fitbit and Wi-Fi connected Aria scale.
- Half of the participants are randomized to receive telephone coaching.
- Participants who successfully lose at least 3% percent of baseline weight are invited to a private Facebook weight maintenance group.
- The 9 month weight maintenance group has weekly and monthly challenges to motivate participants to earn badges.
- The Lifestyle coaches for the program includes a Registered Dietitian and a ACSM Certified Clinical Exercise Physiologist.

Table 1: Example of text messages Vibrant Lives participants receive

Day	Time Central	Type	Message/Survey
2	17:45:00	Self-regulation	Set weekly short-term goals during the holiday season. For example, aim to walk 15 min/day and increase the duration each week. Try to get up to 30 min/day.
3	16:15:00	Self-efficacy/social persuasion/feed back	Staying active during the holidays is challenging. On busy days find 10-15 min. periods throughout the day for a spurt of exercise.
3	17:00:00	Reminder	Keeping track of your progress is critical to weight loss. Wear your Fitbit daily, and track your food, activity, and weight 4-7 days of the week. Remember to sync your Fitbit!
4	16:15:00	Interactive	How many minutes of moderate intensity aerobic exercise should you get each week? A) at least 30 B) at least 100 C) at least 150 Reply with the correct letter choice.

Conclusions

Evaluation of the program goals will be accomplished through a tracking database used to document program activities and enrollment of participants. This is an on going program that began in October 2017 and will continue until August 2020.

- Calculation of the percent of weight loss for each individuals in the program, using their first three weights as the baseline and last three weights as the final measure.
- After Year 1 – an evaluation of whether adding the Fitbit, dietary self-monitoring, or telephone coaching contribute a statistically significant improvement in percent weight loss. If any of these components are effective they will be included in the Year 2 program.
- In Year 2 – we will evaluate the effectiveness and accessibility to the Facebook group and whether its weekly and monthly challenges significantly increases weight loss percentage. If it does it will be included in the program moving forward.

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