

shapeupRI



DOCTORS
shapeupRI

Primary Care
Wellness Program



About Shape Up RI “Doctors” Program

- \$250,000, 3-year RI Foundation grant
 - Aim: To partner with primary care providers throughout RI to foster patient self-management support, a Patient-Centered Medical Home Target
- Shape Up RI will support Primary Care Offices by providing materials and resources to help you refer patients to wellness programs in your area



A Unique Opportunity to Enhance Wellness

- Patients are more receptive to behavior change when their physician recommends it (Kreuter, et al, 2000).
- One of ten patients who receive an “exercise prescription” from a general practitioner will achieve and sustain 150 minutes of activity/week over one year (Elley, et al, 2003)

References

Kreuter, MW, Chheda, SG, and Bull, FC. How does physician advice influence patient behavior? Evidence for a priming effect. *Archives of Family Medicine*. 2000;9:426-433.

Elley, CR, Kerse, N, Arroll, B, and Robinson, E. Effectiveness of counseling patients on physical activity in general practice: cluster randomized controlled trial. *British Medical Journal*, 2003;326:793-798.



A Unique Opportunity to Enhance Wellness

- As a provider, you have a **unique opportunity** to **encourage** and “**prescribe**” effective ways for your patients to improve their health.



An Evidence-Based Wellness Program

- Results from past Shape Up RI competitions (Wing, 2009):
 - Mean weight loss = 7 lb (3.2 kg)
 - 30% achieve weight loss of $\geq 5\%$ (clinically significant)
 - Participants categorized as **obese** drops 39 to 31%
 - Participants categorized as **normal weight** increases from 25 to 34%

Wing, RR, Pinto, AM, Crane, MM, Kumar, R, Weinberg, BM and Gorin, AA. A statewide intervention reduces BMI in adults: Shape up rhode island results. *Obesity*. 2009;17:991-995.



Benefits to Providers at No Cost

- As a participating provider your office will receive:
 - A wellness kit for your patients that includes:
 - Tips and information on physical activity, healthy eating, and wellness
 - Information on free and reduced cost wellness programs in your local area
- Health promotion materials for your office
- **End of competition reports on patient results**



As a Shape Up RI Doctor, What Do I Do?

- 1. Sign an agreement***
 - to partner with Shape Up RI Primary Care Wellness Program
- 2. Distribute Shape Up RI Wellness Packet**
 - Agree to have your receptionist (or other staff) hand out materials starting in December 2009
 - Collect referral cards from patients
- 3. “Prescribe” wellness to your patients**
 - Verbally encourage patients to take part in a wellness program

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Primary Care Provider Agreement Form can be downloaded from:

<http://www.shapeupri.org/index.php?/doctors/>