LESSONS LEARNED IN THE IMPLEMENTATION AND OF A WORKSITE WEIGHT GAIN PREVENTION INTERVENTION

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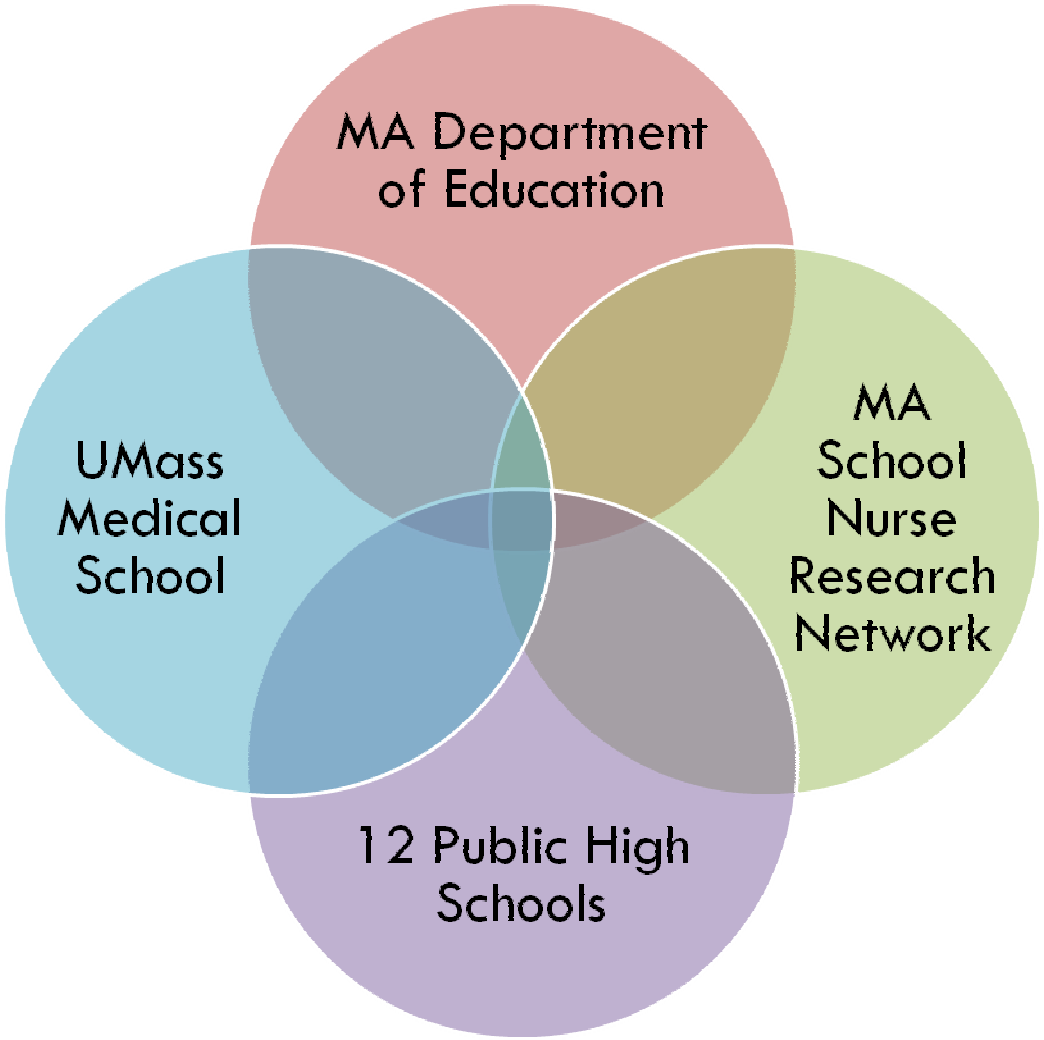
Community-Academic Team



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The importance of weight gain prevention

- On average, American adults gain 1-2 pounds per year
- Population-based approaches that target and support behavioral changes that shift the energy balance equation could be beneficial

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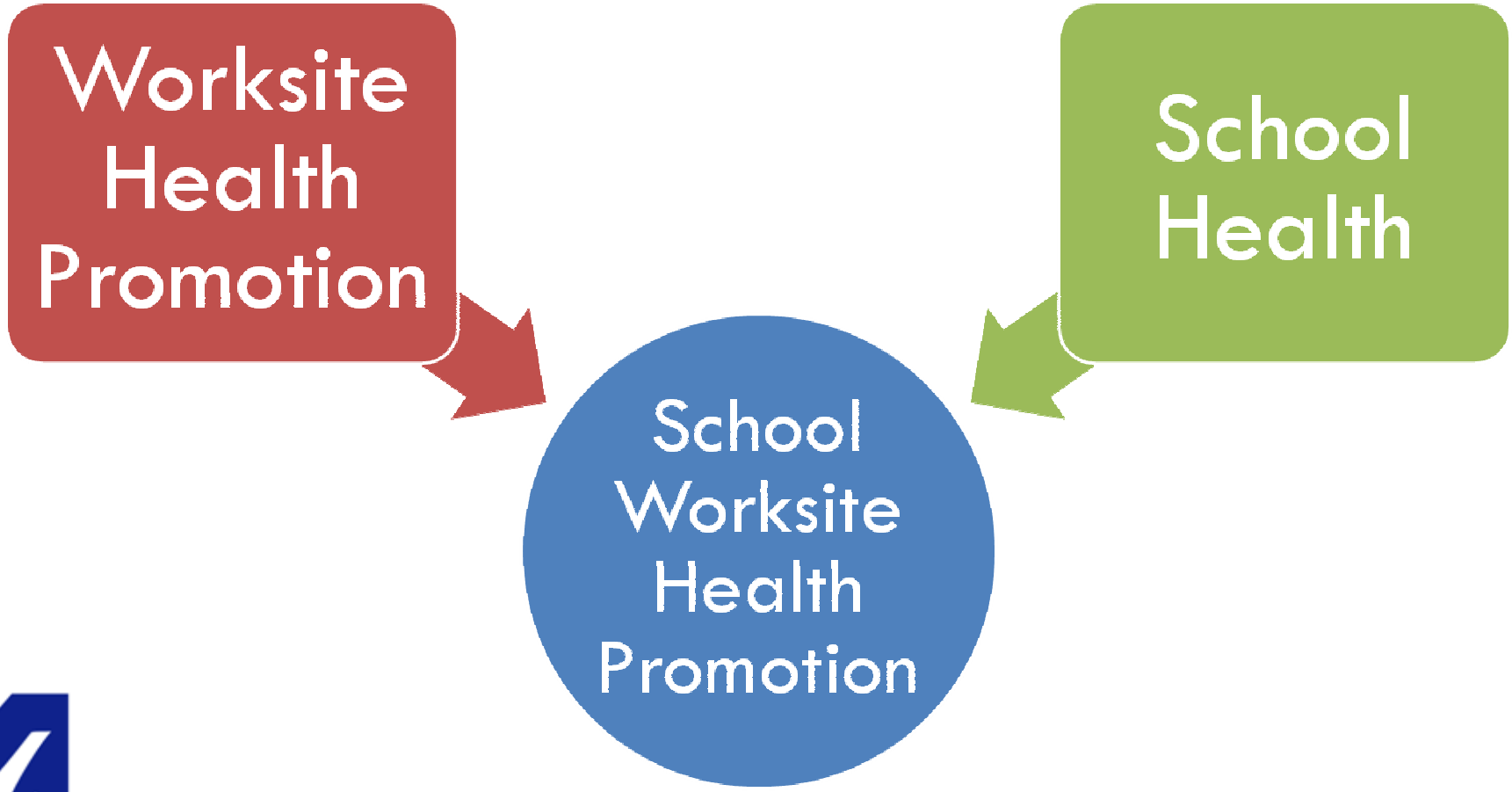
Worksites holds promise as a venue for promoting weight control behaviors

- Recommended by Community Guide to Preventive Services
- However, previous studies have told an inconsistent story

- Challenges with implementation may be key!

Our focus



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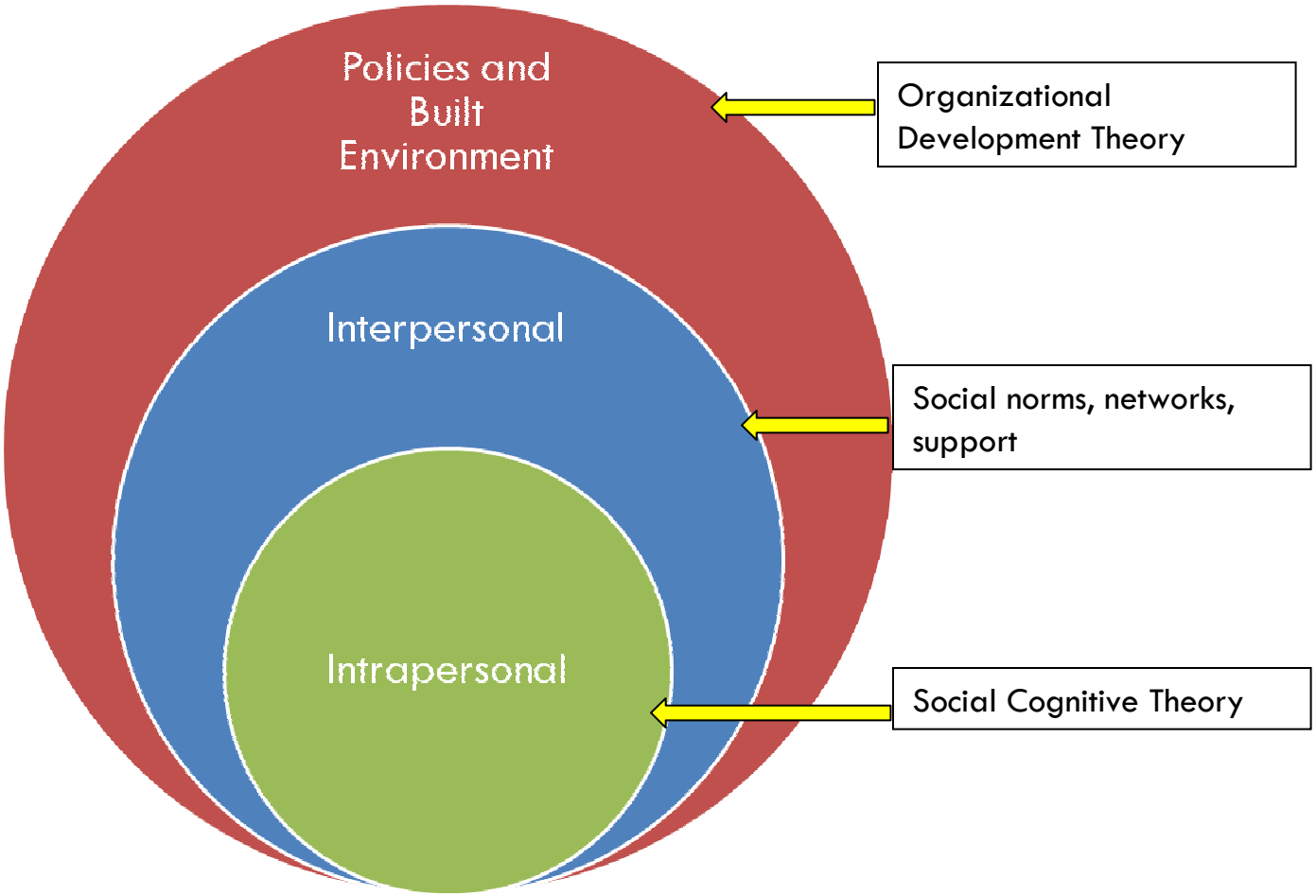
Intervention framework



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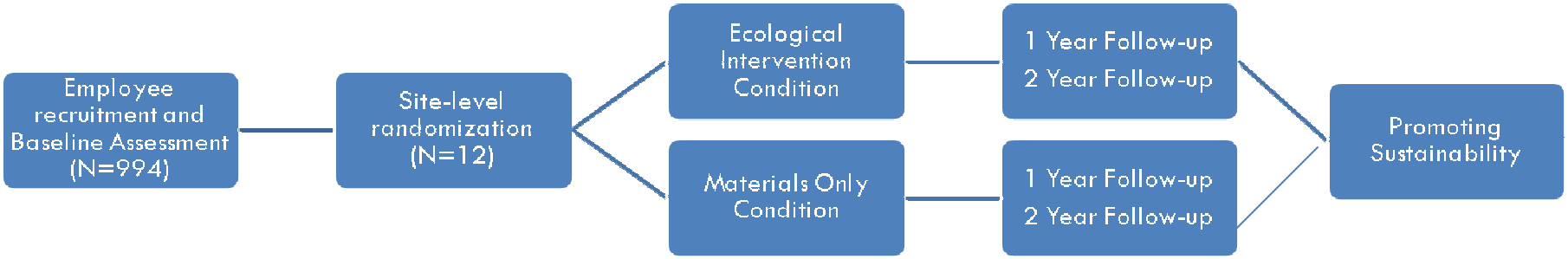
Methods



Systematic process evaluation

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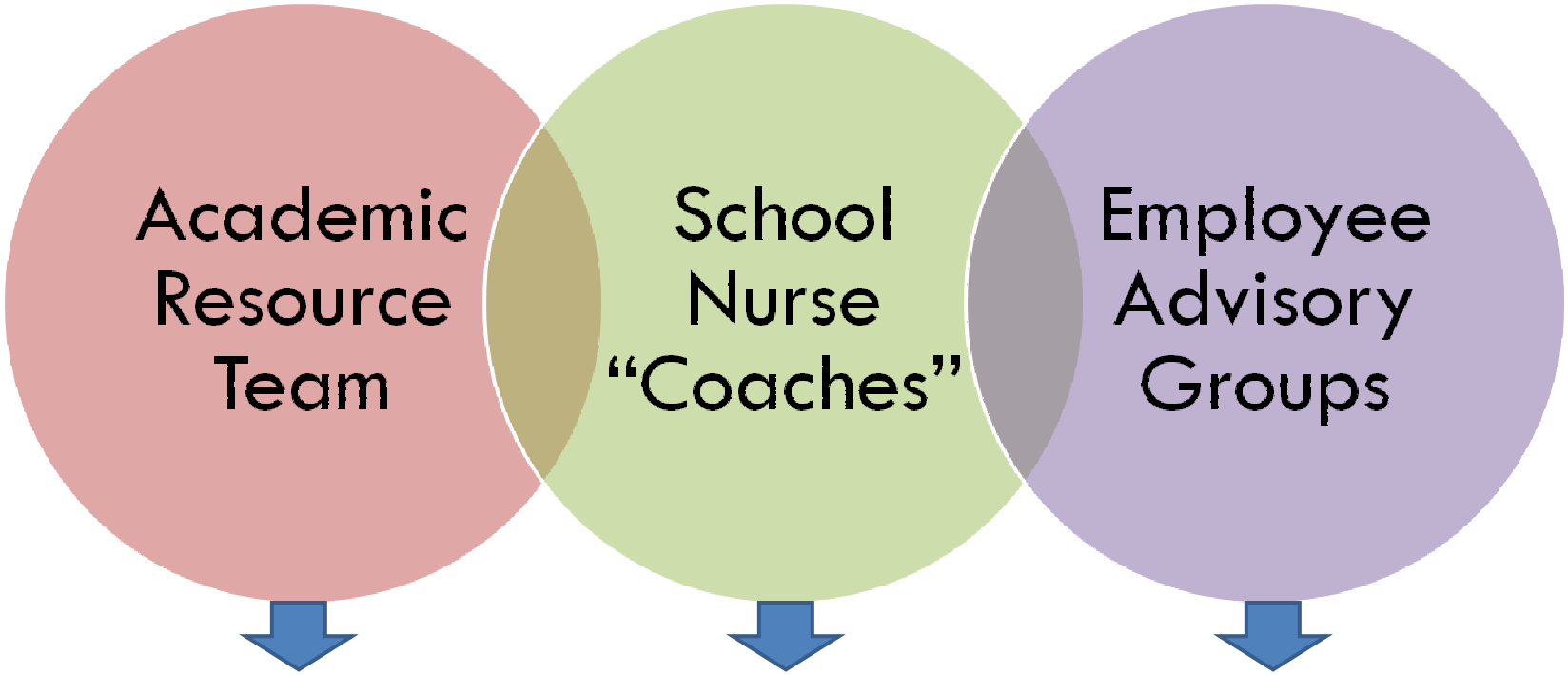
Intervention delivery model



- Intervention framework
- Strategies and materials

- Day to day coordination / implementation
- Champions

- Quarterly programmatic priorities
- Champions

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Coordination by staff with consistent mission/philosophy

- School nurses
- Physical education teachers
- Coaches

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Build a model that is integrated within existing structures and systems

- Utilize and leverage:
  - Existing facilities
  - Schedules
  - Departmental connections

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Build investment of employees leaders

- Cultivate champions
- Leverage respect for coaches
- Identify other opinion leaders

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Build sustainability into the research plan

- Initiate difficult conversations early and keep them going
- Collaborate to develop specific plans
- Get buy-in from top leadership
- Allocate sufficient research staff time

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Capitalize on common culture

- In the school setting:
  - "School spirit" and pride
  - Sense of being a role model

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Competing priorities are the major barrier to implementation

- Academics and students first

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Sustainability will require integration with core mission

- Teacher wellness as essential for performance and ultimately student achievement

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