
WEB-BASED GUIDE TO HEALTH PROJECT ENRICHMENT AND PREVENTION RESEARCH

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SPECIFIC AIMS

- **PREVENTION OF WEIGHT GAIN (WEIGHT)**
- **NUTRITION HQ**
 - **F&V servings/day**
 - **Whole Grain servings/day**
 - **Fat Percent kcal**
- **PHYSICAL ACTIVITY (PEDOMETER & LOG)**
 - **Steps/day**
 - **Minutes in planned walking/day**

WEB-BASED GUIDE TO HEALTH (GTH)

- **2-MONTH INTERVENTION**
- **WEB-BY-PROGRAM CONTENT**
 - **PHYSICAL ACTIVITY**
 - **NUTRITION**
 - **WEIGHT GAIN PREVENTION**
- **WEB-BY-SELF-MONITORING AND REPORTING**
 - **DAILY STEPS AND MINUTES WALKED**
 - **DAILY FAT, LOW-FAT DAIRY & WHOLE GRAIN CONSUMPTION**
 - **WEEKLY CALORIC FOOD INTAKE**

WEB-BASED GUIDE TO HEALTH (GTH)

➤ *GTH-alone vs. GTH plus (ENHANCED EFFICACY)*

➤ **STANDARD RANDOM ASSIGNMENT AFTER BASELINE**

➤ **gender**

➤ **age (Under 50, 50+)**

➤ **race**

➤ **ONE ASSESSMENTS**

➤ **baseline**

➤ **perometerent scales provided**

➤ **post 1 at 10 months**

➤ **\$2000**

➤ **post 2 at 16 months**

➤ **\$3000**

STEP PROGRAM

➤ **GRADUAL SETTING**

- **through program interactions**
- **adoption of strategies to meet goals**
- **daily step goal (baseline + 500 steps/week)**
- **planned walking goal (30 minutes 5 days/week)**
- **daily tracking of steps, minutes, enjoyment, exertion**

➤ **TAILORED FEEDBACK AND HELP**

- **individualized planning of weekly planned walking routine**
- **tailored feedback as to steps, minutes in planned walking, exertion, enjoyment, use of selected behavioral strategies**
- **goal modification and revised planning as appropriate**

NUTRITION PROGRAM

➤ INCREASE GOOD HEALTH FOODS

- fruits and vegetables whole grains low-fat dairy
- selection of strategies
- goals and daily tracking (baseline + 1 serving/day per week)

➤ DECREASE CAUTION FOODS

- high fat foods high sugar foods
- strategies
- goals and daily tracking (no more than 28 per week)

➤ TARGET SELF REGULATION GOALS

- tailored feedback as to goal attainment
- goal modification revised planning/strategy selection
- goal modification with weight gain

WEIGHT GAIN PREVENTION

➤ **WEIGHT MONITORING THROUGHOUT THE DAY**

➤ **TAILORED FEEDBACK IN THE MOMENT**

➤ **evaluates**

➤ amount of weight gained since baseline

➤ achievement of step and minutes walked goals

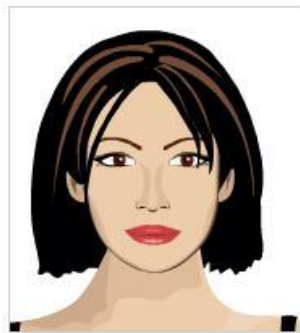
➤ achievement of portion control goals

➤ **more frequent weighing and goal modification for portion control**

Meeting your step goals every day and getting back to 21 portion goals this week would help you maintain your weight



High-Fat Dairy and Meats



- Main Menu**
- Change Password
 - Update Email Address
 - Update User Information

You may wish to split larger beef entrees with your companion.



Sample nutrition content



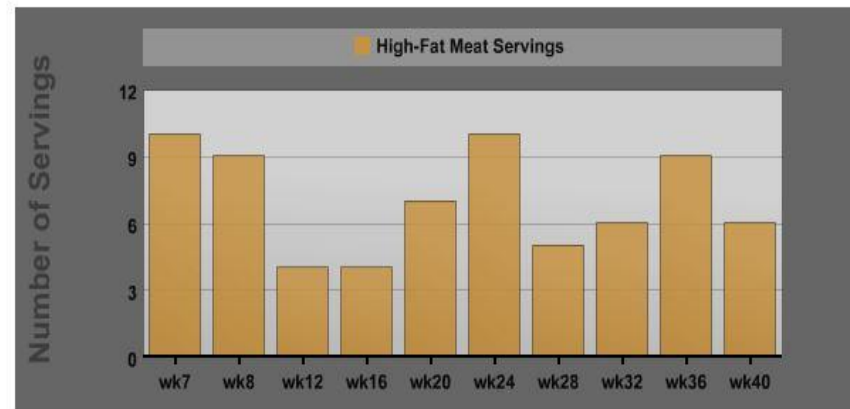
High-Fat Check-In



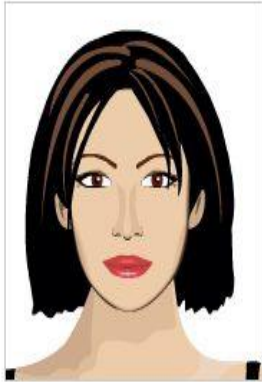
Main Menu

- Change Password
- Update Email Address
- Update User Information

Good job! You're having fewer servings of high fat meat than you reported in prior weeks and fewer servings of high fat meat than the guide to health target. Your caution foods are under control too. I hope your strategies helped.



➤ Individual high fat meat feedback



Main Menu

- Change Password
- Update Email Address
- Update User Information

Keep walking as you have! You should also weigh yourself everyday and cut back on caution foods until you get back down to the weight you were when you started Guide to Health.

This week I will aim for:

- weighing 3 times a week
- weighing 5 times a week
- weighing everyday

Next ==>

➤ Weight gain prevention strategy selection



Main Menu

- Change Password
- Update Email Address
- Update User Information

Okay. Here's everything you need to meet your nutrition and walking goals for this week.

Click the "Walking Log" button to get a walk log.

Click the "Food Log" button to get a food log.

Your Walking Goals

- Average number of steps per day: 5644
 - 5 Planned Walks
 - 30 Minute Per Planned Walk
 - 1 Planned Fitness Walks
 - 30 Minutes Per Fitness Walk

Your Nutrition Goals

- 6 Fruits & Vegetables a Day
- 3 Whole Grain Servings a Day
- 3 Low-Fat Dairy Servings a Day
- No More than 28 Caution Food Servings a Week

Remember to weigh yourself on Tuesday in the Evening.

➤ **Summary goal sheet and links to tracking tools**

RECRUITMENT

➤ **BM 23.5 39.0 AE 18.6, PHYSICALLY ACTIVE, OTHERWISE HEALTHY**

➤ **ONLINE RECRUITMENT**

➤ **9th INQ site brief project description**

➤ **85% progress to screening, consent, assessment**

➤ **~1/3 eligible**

➤ **25%-30% eligible complete assessments and randomly assigned**

➤ **100 ONLINE HEALTHY 8 RANDOMIZED PARTICIPANTS**

PARTICIPANTS

- RECRUITMENT WAS OVER 12 MONTHS
- 3964 ENROLLMENT SIGNS
- 1166 (29%) MET INCLUSION CRITERIA
- 655 (16%) COMPLETED SENT AND BASELINE ASSESSMENTS
- 475 (73%) ENROLLED IN THE GH PROGRAM
- 65% ENROLLED AND 82% ENROLLED PARTICIPANTS RETURNED FOR POST TEST

ENROLLED PARTICIPANTS

- **N 655**
- **82% FEMALE**
- **93% CAUCASIAN**
- **NONE \$60K**
- **50% NO CHILDREN, 20% 2 OR MORE CHILDREN**
- **MOST COLLEGE EDUCATED**

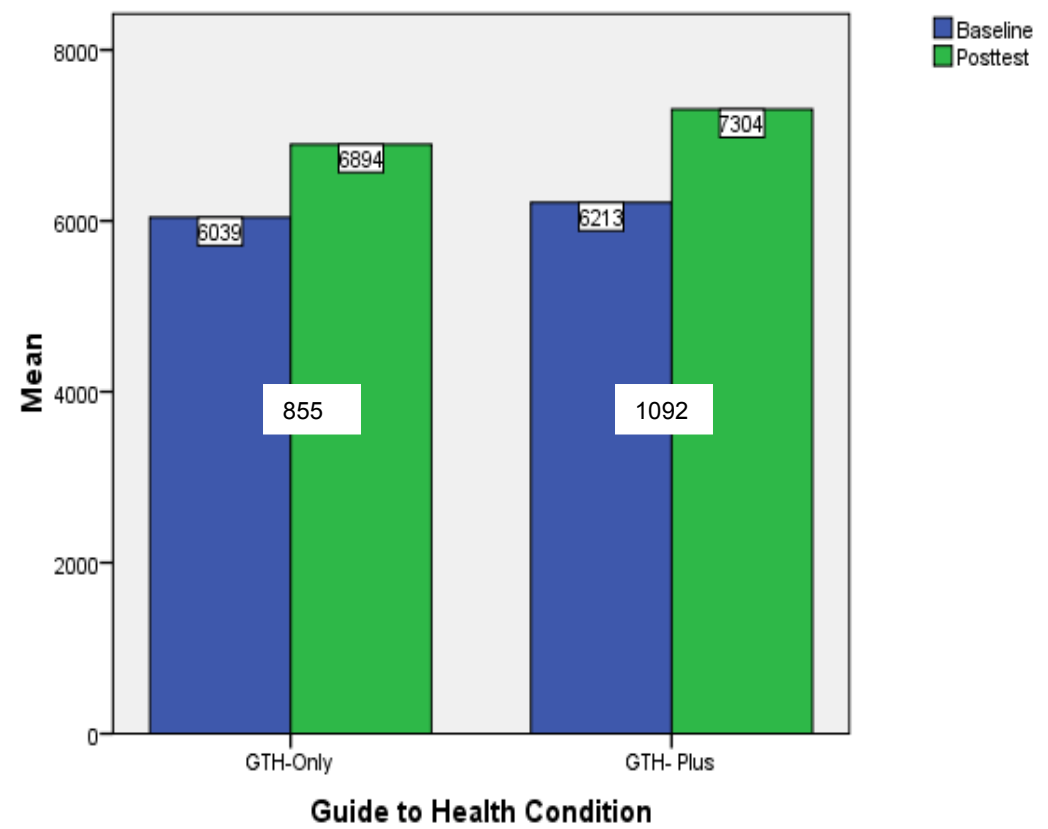
POSTEST 1

- **INTERVENTIONS FROM RANDOMIZATION**
- **INTERVENTIONS**
- **WEIGHT, PHYSICAL ACTIVITY, NUTRITION, SOCIAL
Cognitive VARIABLES**
- **N = 332 FROM 2 OF 3 REQUIREMENT YEARS**

AVERAGE DAILY STEP COUNTS

**BOTH GROUPS
INCREASE DAILY
STEP COUNTS
(P .05)**

Pedometer Steps/Day

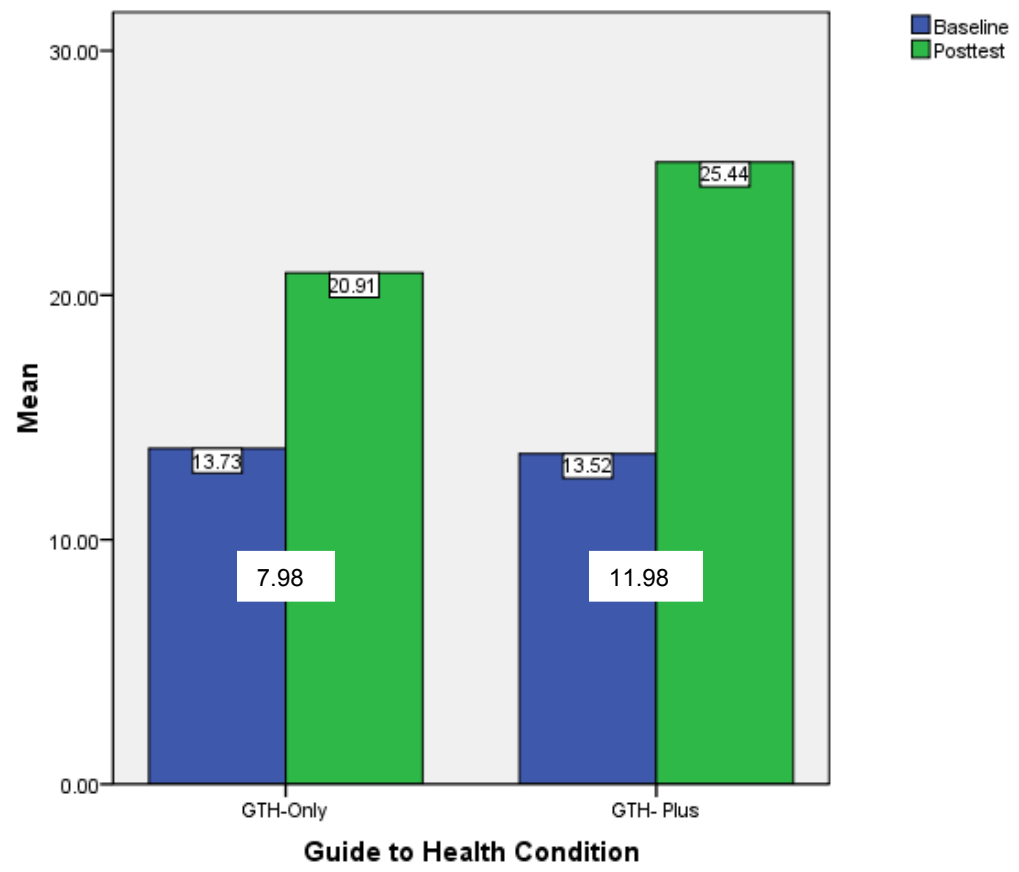


**MINUES IN
PIANNED
WALKING**

**BOTH GROUPS
INCREASE TIME
WALKING (P .001)**

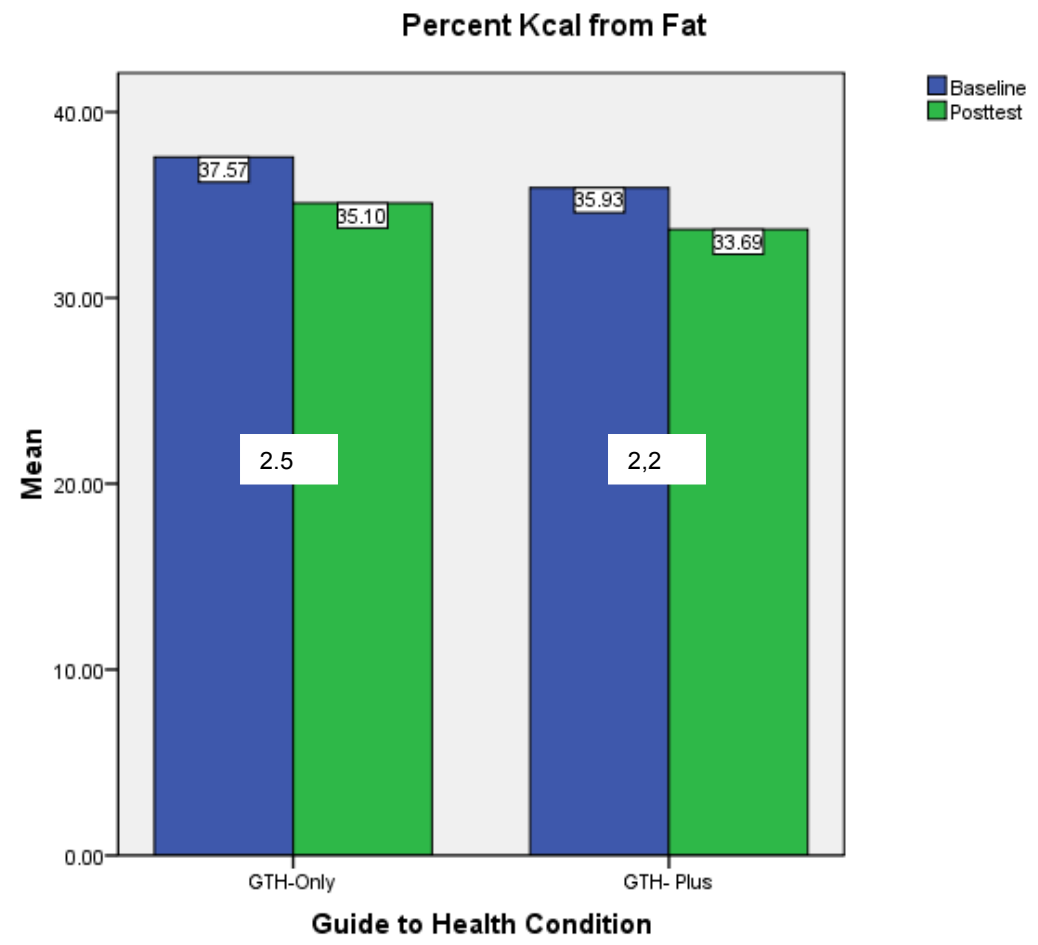
**GTH SLIGHTLY
FAVORED (P .08)**

Minutes/Day Walking for Exercise



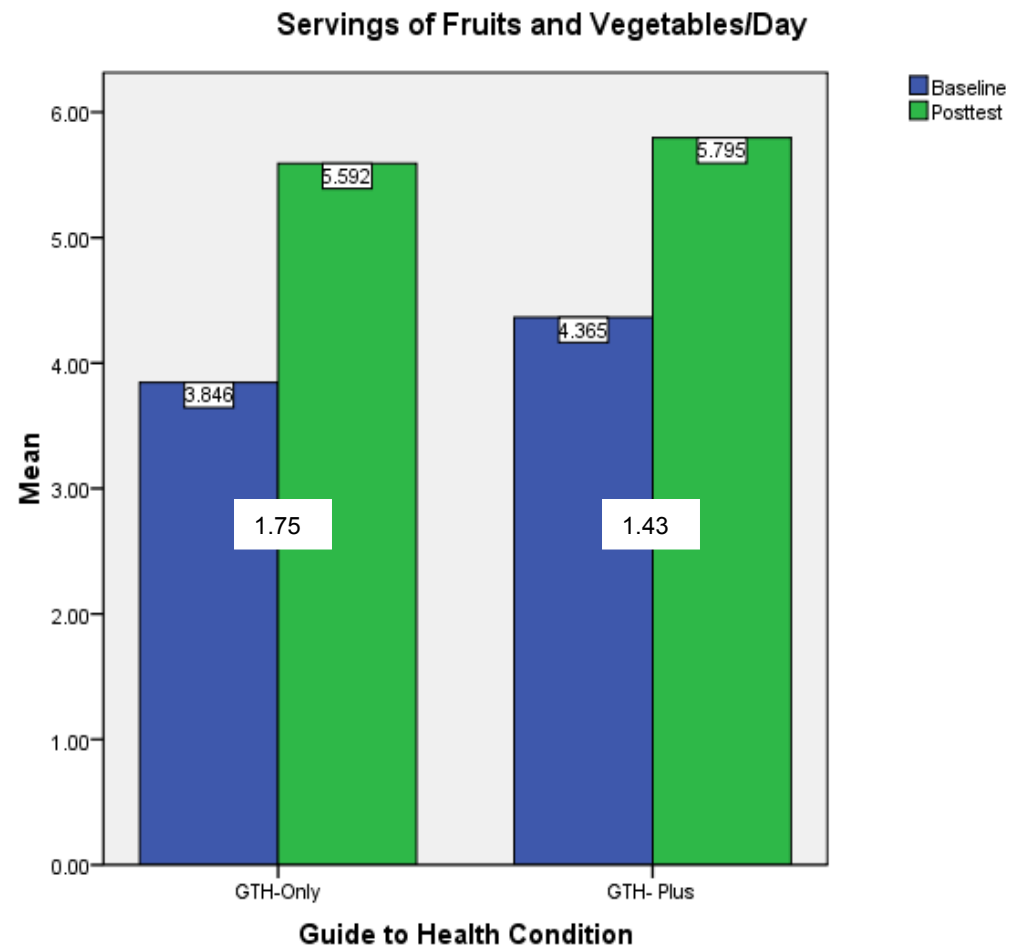
FAT CONSUMPTION

BOTH GROUPS DECREASE FAT IN DIET (P .001)



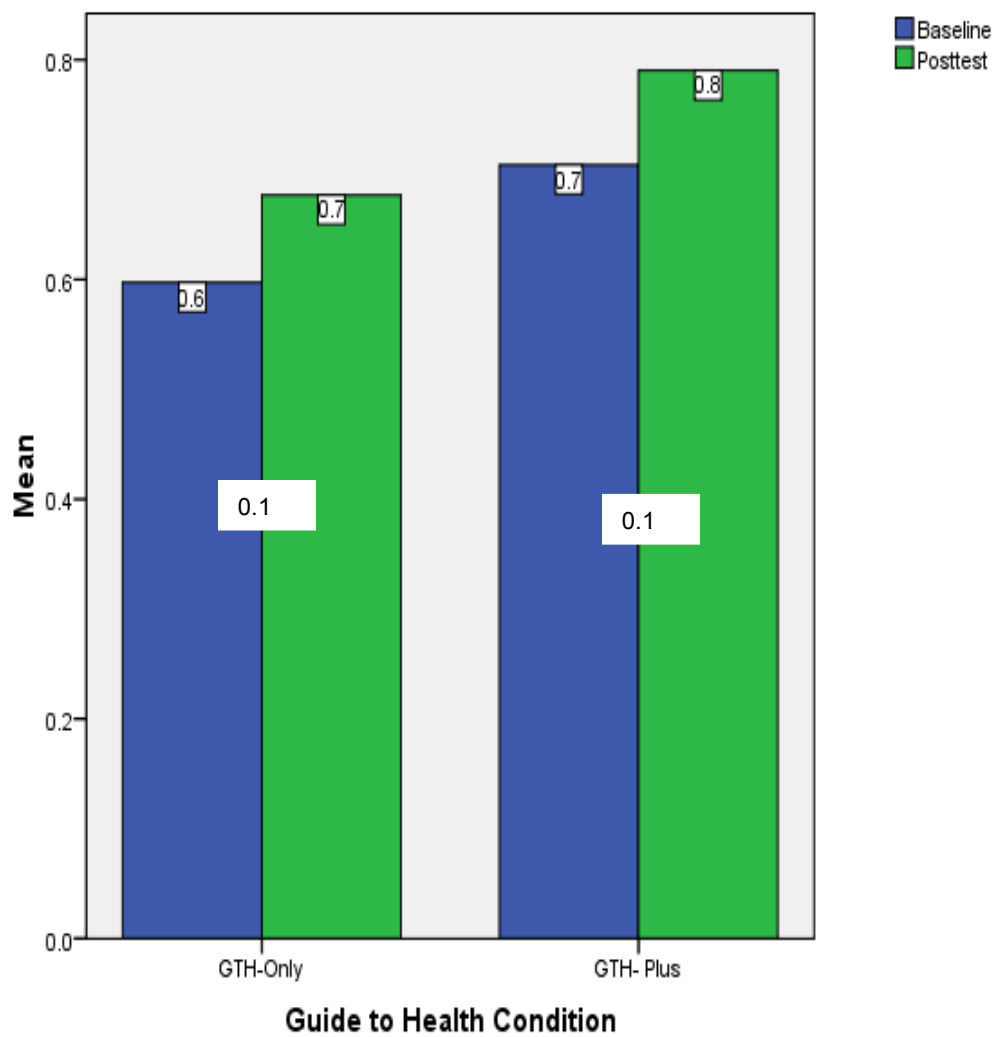
F&V CONSUMPTION

**BOTH GROUPS
INCREASE DAILY
SERVINGS
(P .001)**



WHOLE GRAIN CONSUMPTION

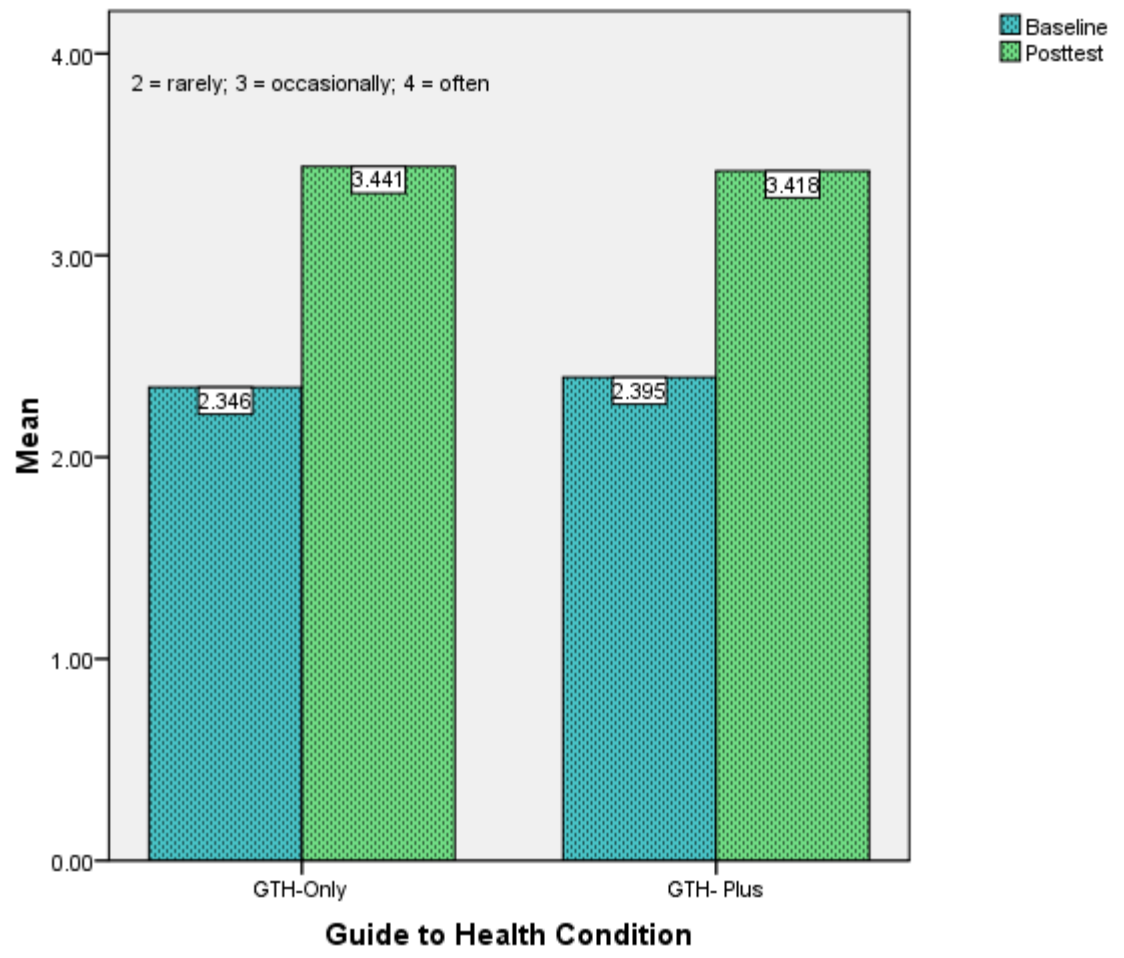
BOTH GROUPS INCREASE DAILY SERVINGS (P .001)



NUTRITION SELF REGULATION

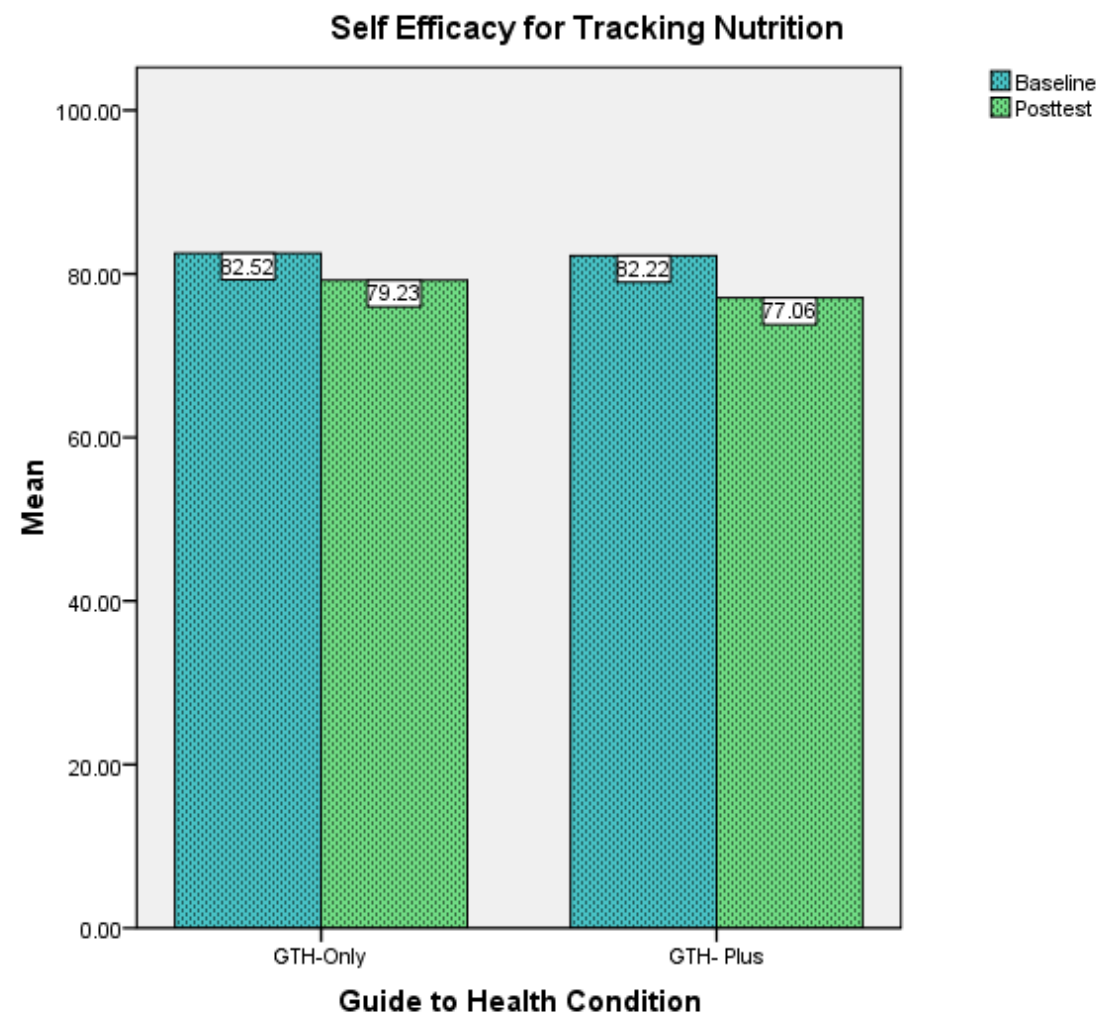
**BOTH GROUPS
USE STRATEGIES
FOR FREQUENTLY
(P .001)**

Planning and Tracking Food Choices



NUTRITION SELF-EFFICACY

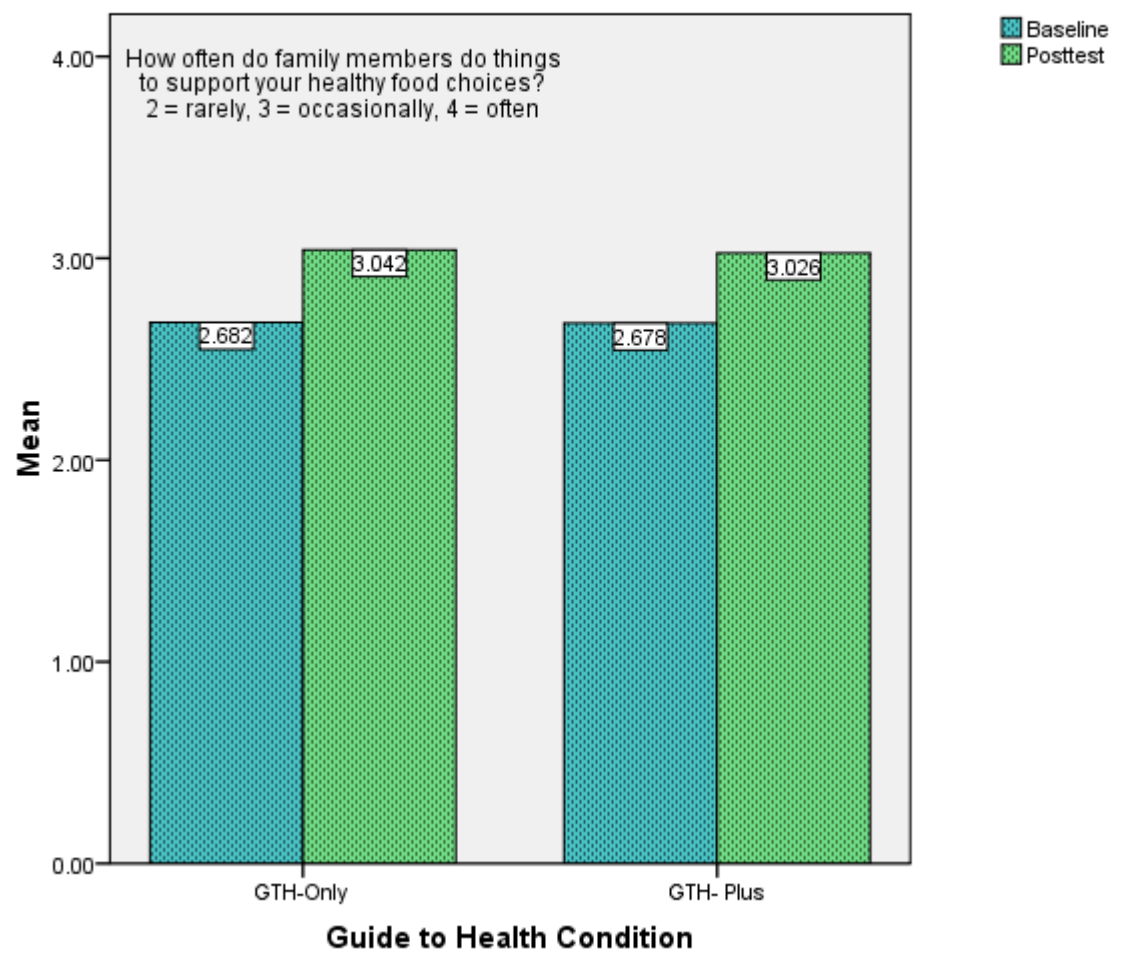
**BOTH GROUPS
MODERATE INITIAL
BEHAVIOR CHANGE
CONFIDENCE
(P .001)**



NUTRITION SOCIAL SUPPORT

**BOTH GROUPS
PERCEIVED MORE
FAMILY SUPPORT
(P .001)**

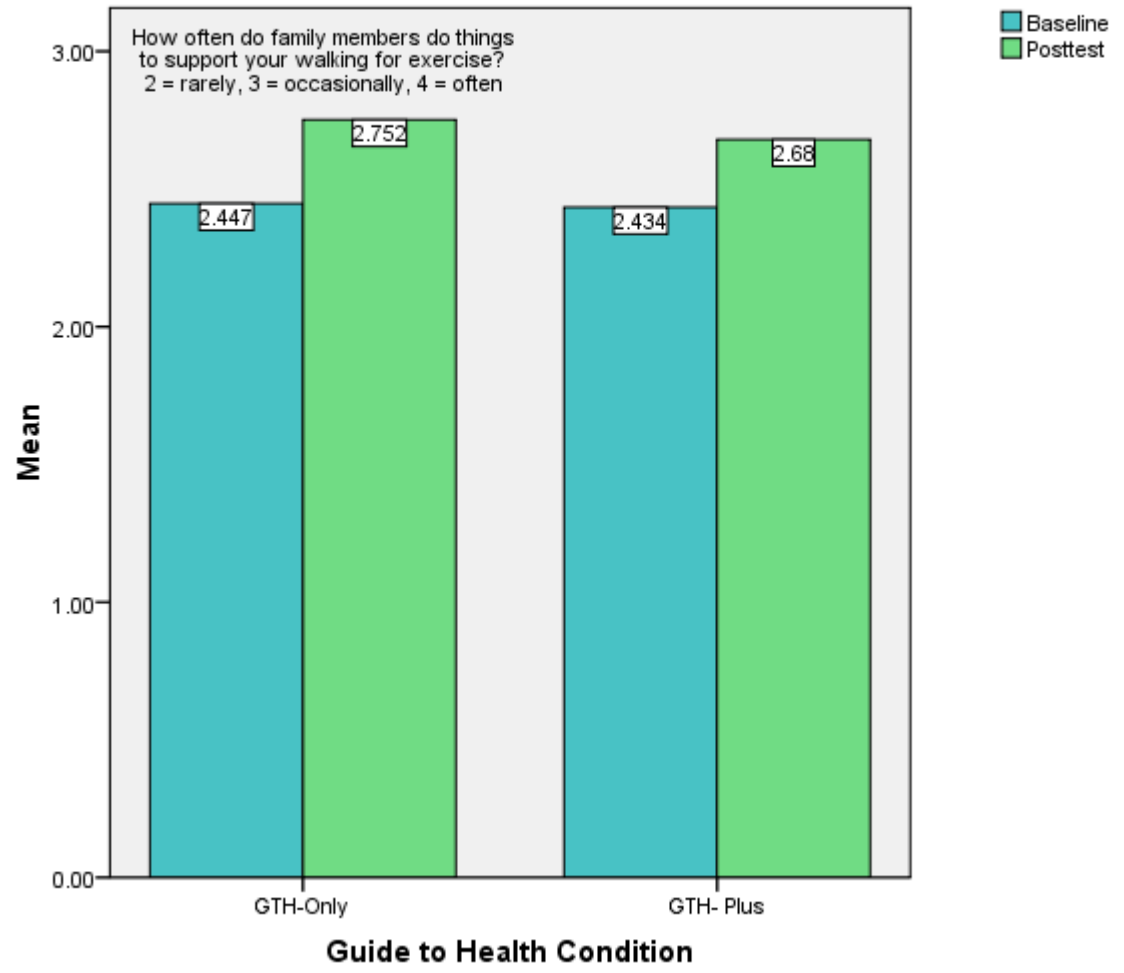
Family Support for Healthy Nutrition



WALKING SOCIAL SUPPORT

**BOTH GROUPS
PERCEIVED MORE
FAMILY SUPPORT
(P .001)**

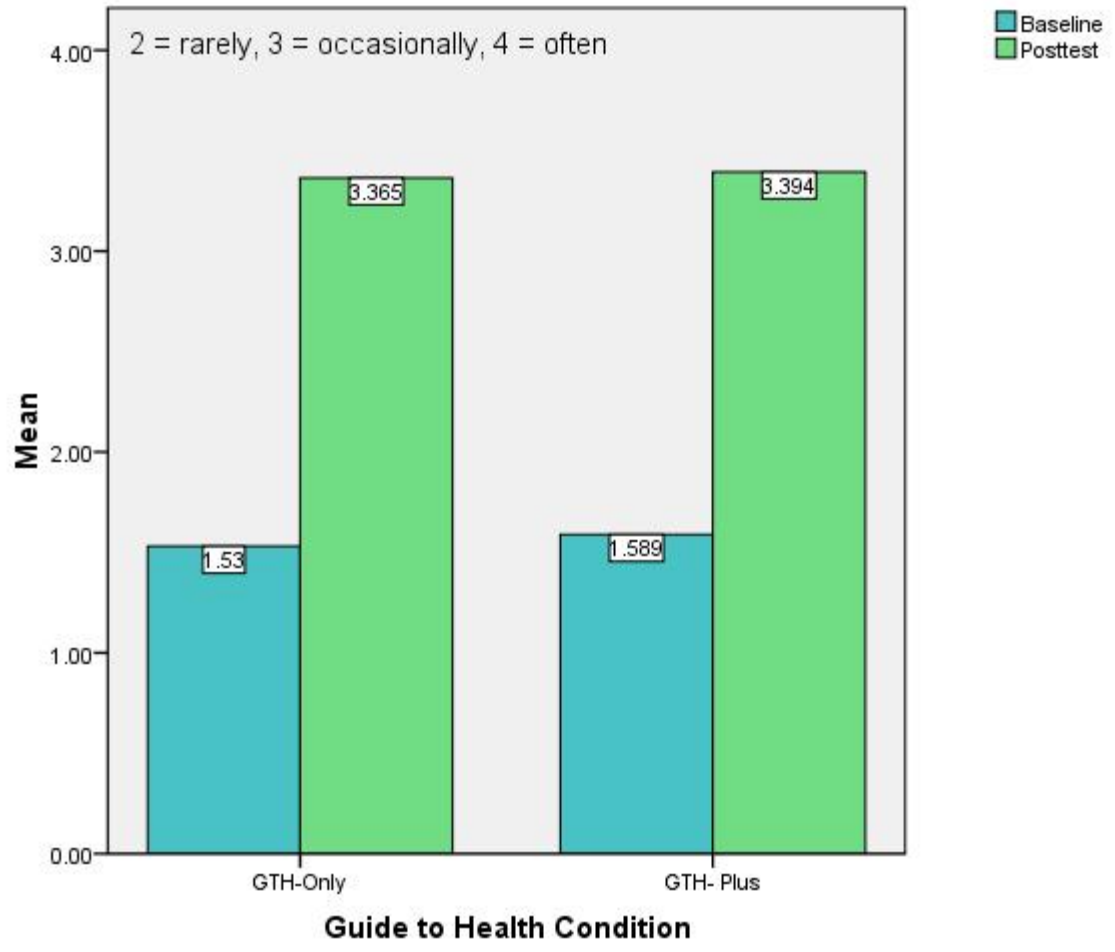
Family Support for Physical Activity



WALKING SELF REGULATION

BOTH GROUPS USE STRATEGIES MORE FREQUENTLY (P .001)

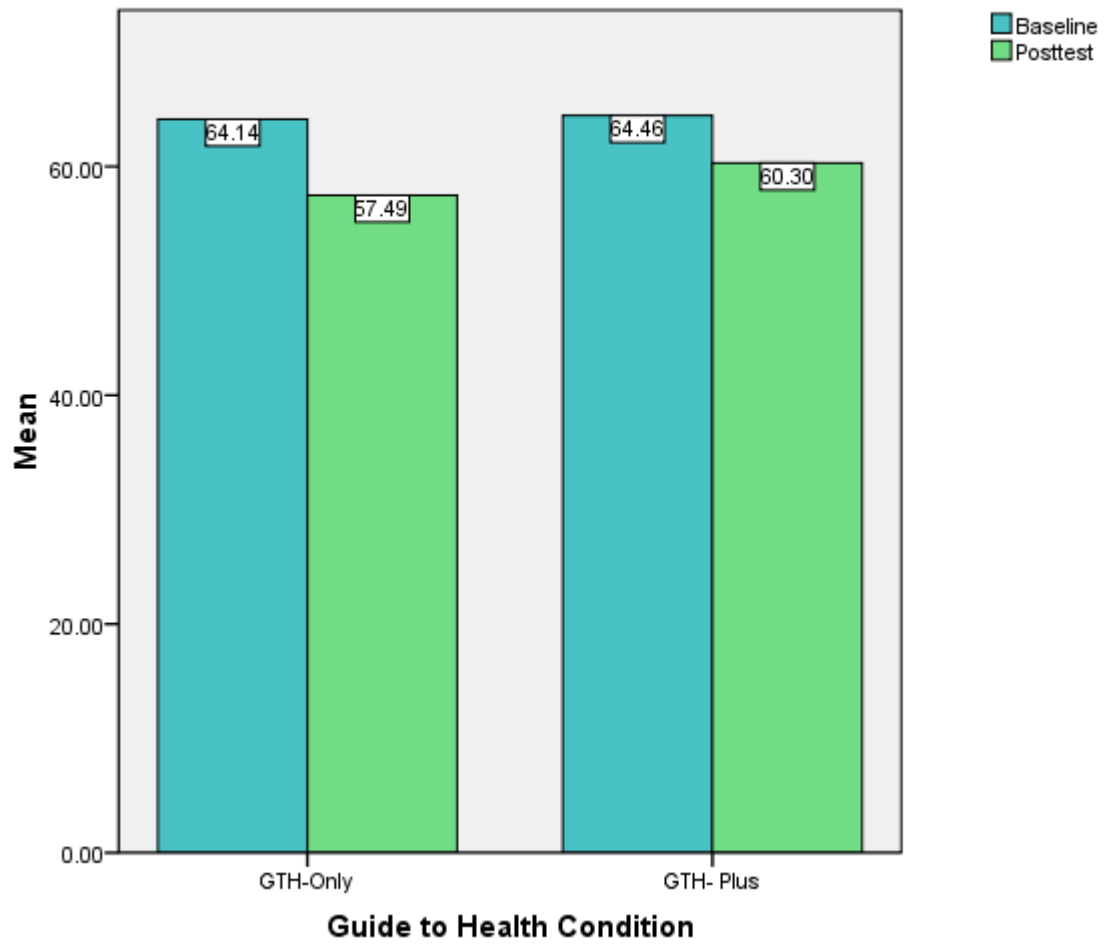
Physical Activity Self Monitoring



WALKING SELF EFFICACY

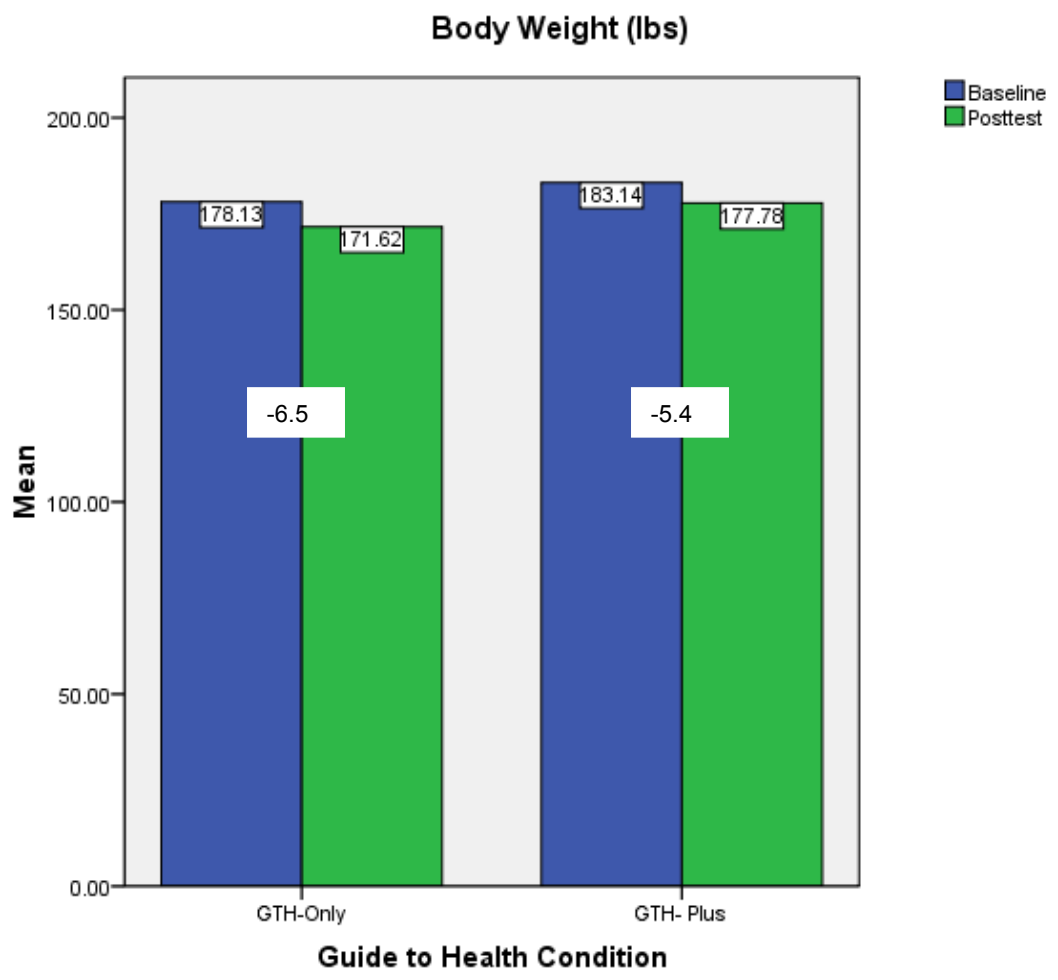
**BOTH GROUPS
MODERATE INITIAL
CONFIDENCE
(P .001)**

Self Efficacy for Physical Activity



WEIGHTGAIN PREVENTION OUTCOMES

**BOTH GROUPS
DECREASE
BODYWEIGHT
(P .001)**



NEXT STEPS

➤ POSTEST1 (10 MONTHS)

➤ RECRUITMENT WAVE 3 N= 13 (20%)

➤ POSTEST2 (16 MONTHS)

➤ 6 MONTHS POST-TREATMENT FOLLOW-UP

➤ RECRUITMENT WAVE 1 ~ NOW

➤ RECRUITMENT WAVE 2 ~ THREE MONTHS

➤ RECRUITMENT WAVE 3 ~ 6 MONTHS

IMPLICATIONS (SO FAR)

➤ WEB-BASED INTERVENTIONS AND RESEARCH

- effective, accessible, can be individually tailored
- attrition rates of engaged participants comparable to community-based interventions
- attrition rates of engaged participants may be higher

➤ MOST CHANGES IN PHYSICAL ACTIVITY AND NUTRITION NEED TARGET OBESITY

- prevent weight gain
- may contribute to weight loss

➤ SELF-REGULATORY

- goal setting and planning guidance combined with self-monitoring may be effective alone
- tailored feedback, specific planning may not give added value

THANK YOU