MY UNLIMITED POTENTIAL: ACHIEVING WEIGHT, FITNESS, AND CARDIOMETABOLIC HEALTH GOALS WITH MULTICOMPONENT LIFESTYLE INTERVENTION PROGRAM EXTENDING TO 1 YEAR IN HEALTH CARE EMPLOYEES

Poster Contributions
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Background: With about 59% of the entire US population currently in the work force, there is much more emphasis on worksite-based interventions to improve cardiovascular health. However, evidence on long term effectiveness of these programs is sparse. This study will assess the outcomes of an ongoing lifestyle intervention program over a 1 year period.

Methods: Inclusion criteria for My Unlimited Potential (myUP), for employees of Baptist Health South Florida (BHSF), were the presence of 2 or more Cardio-metabolic risk factors. The intervention provided included a multi-disciplinary team made up of an advanced nurse practitioner (ARNP), registered dietician (RD), exercise physiologist (EP), certified diabetic educator (CDE), and registered nurse (RN).

Results: Overall 230 (48 years, 78% female, and 48% Hispanic), employees who enrolled in the MyUp wellness program between 2010 and 2013, 185(80%) completed 6 months and 150(65%) completed 1 year assessments. At one year the most notable mean improvements were observed for HbA1c (among diabetics), BMI, BP, and HsCRP (Table1). There were significant changes in the distribution of the number of components of the metabolic syndrome from baseline to one year follow-up (Figure1). BMI reduction >5% was noted in 31% of the participants.

Conclusion: A multicomponent lifestyle intervention program can result in significant improvements in weight loss and cardiometabolic risk.