

# Less weight regain with EHR-based tracking plus coaching

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An electronic health record (EHR)-based weight maintenance

intervention coupled with coaching is associated with less weight regain compared with EHR-based care alone, according to a study published online Nov. 12 in the *Annals of Internal Medicine*.

Molly B. Conroy, M.D., M.P.H., from the University of Utah in Salt Lake City, and colleagues examined the benefit of coaching in an EHR-based [weight](#) maintenance intervention among adults with a body mass index of  $\geq 25$  kg/m<sup>2</sup> and intentional weight loss of at least 5 percent in the previous two years. A total of 194 participants were randomly assigned to either EHR tools (tracking group) or EHR tools plus coaching (coaching group); 80 participants in the coaching group and 77 in the tracking group completed the trial.

The researchers found that mean weight regain was  $2.1 \pm 0.62$  kg and  $4.9 \pm 0.63$  kg in the coaching and tracking groups, respectively, at 24 months. In the linear mixed model, the between-group difference in weight changes at 24 months was significant ( $-2.86$  kg). Sixty-five and 50 percent of participants in the coaching and tracking groups, respectively, maintained weight loss of at least 5 percent at 24 months.

"The incremental addition of coaching and real-time progress reports to EHR-based tracking tools was more effective than EHR-based tracking tools alone in achieving desired weight outcomes at 24 months in a group of primary care patients with prior intentional [weight loss](#)," the authors write.

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