

Less weight regain with EHR-based tracking plus coaching

November 13 2019



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 ≥ 25 kg/m² 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 ± 0.62 kg and 4.9 ± 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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Citation: Less weight regain with EHR-based tracking plus coaching (2019, November 13)
retrieved 20 September 2024 from

<https://medicalxpress.com/news/2019-11-weight-regain-ehr-based-tracking.html>

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