

Presentation Title	Place in Schedule
Testing an innovative multi-level workplace weight loss intervention in the “Working for You” study	Concurrent Session 1.1 <i>Day 2 – Wednesday May 9th, 2018 1:00 – 2:15pm</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>Testing an innovative multi-level workplace weight loss intervention in the “Working for You” study</p> <p>Jaime Strickland¹, Hank Dart², Richard Stein³, Rachel Tabak⁴, Bridget Kirk¹, Graham Colditz², Brad Evanoff¹</p> <p>¹ Division of General Medical Sciences, Washington University School of Medicine in St. Louis, St. Louis, MO, USA</p> <p>² Division of Public Health Sciences, Washington University School of Medicine in St. Louis, St. Louis, MO, USA</p> <p>³ Center for Human Nutrition, Washington University School of Medicine in St. Louis, St. Louis, MO, USA</p> <p>⁴ George Warren Brown School of Social Work, Washington University in St. Louis, St. Louis, MO, USA</p> <p>Background: Workplaces could be effective venues for health promotion among low SES workers, who may not be reached by primary care or population-based efforts. However, there has been little evaluation of worksite-based health promotion among low-SES workers. Also, existing worksite programs typically focus only on individual behaviors, ignoring work organization and environment factors affecting behavior. Participatory approaches can aid in the design and implementation of worksite interventions that are more relevant and acceptable to workers, thus increasing engagement and enhancing environmental support for healthy behaviors. Few studies have combined individual weight loss approaches with interventions to change work environmental factors that affect obesogenic behaviors, though literature suggests that such interventions result in greater weight loss than either element alone. The “Working for You” study will test a multi-level weight loss intervention designed specifically for low-wage healthcare workers.</p>	<p>Jaime R. Strickland, MA <i>Division of General Medical Sciences, Washington University School of Medicine in St. Louis</i></p>

Methods: The “Working for You” (WFY) study is a two year, group randomized controlled trial testing a workplace weight loss intervention. The intervention addresses both individual and workplace factors (interpersonal, environmental, and organizational) that influence weight and weight-related behaviors. Workplace influences are addressed in a group-level intervention based on the Healthy Workplace Participatory Program (HWPP). Nested within this group-level intervention is an individual weight-loss program for obese workers that includes evidence-based components of the Diabetes Prevention Program and delivered using an individual obesity treatment approach (iOTA). The iOTA intervention utilizes SMS text-messaging for self-monitoring and feedback, and includes quarterly meetings with a personal health coach. WFY plans to enroll 22 work units, with half being randomized to receive the multi-level intervention (HWPP and iOTA) and the other half serving as a control group for the two year study period. Evaluation includes both process metrics (i.e. reach, engagement, and compliance) and outcome measures (i.e. changes in weight, dietary behaviors, and physical activity).

Results: To date, 14 work units have been enrolled and 535 have completed baseline surveys (65.3% participation rate). Six groups have been randomized to the intervention condition. Seventy-one workers have joined the iOTA weight loss intervention (87.7% of eligible participants) and preliminary results indicate good compliance with the SMS system (86% overall response rate). All six participatory teams are meeting regularly; three of the groups have begun brainstorming and testing ideas for making their workplace more supportive of health. At the conference, we will report on the progress of the participatory teams, including

worker engagement and their generated outputs. We will also present 12-month data from 30 obese workers participating in the individual-level intervention. These data will include compliance with the text-messaging program and progress on behavioral goals.

Discussion: This innovative program recognizes the interaction between individual behaviors and the psychosocial and physical work environment, and uses novel and scalable methods (i.e. participatory approach and text-messaging) to motivate change at multiple levels. Further, the program seeks to engage low-SES workers, an underserved and understudied population at high risk for obesity, diabetes, and other weight-related conditions and injuries. If effective, this program could be readily disseminated for use in other workplace settings.