

# Healthy Lifestyle and Weight Management Centering Groups

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## ST. MARY'S HEALTHY HABITS GROUP

First  
meeting  
Jan 9

For patients of St. Mary's Family Medicine Center hoping to  
lose weight and live more healthily

**THURSDAYS**

**9:30 AM- 11:30 AM**

**ST. MARY'S FAMILY MEDICINE CENTER**

- What to know:
- Meeting with a physician regarding medical weight loss options
  - Assessment for exercise ability and participation in group exercise
  - Education about grocery shopping and food preparation
  - A supportive group of people and individual help with goal setting and follow through
  - Will be billed as a doctor's visit

# Recruiting participants

- Flyers
  - In clinic visits
  - Referrals and phone calls
- 
- Target group (age, fitness level, health needs, etc.)

# What does a day in HH look like?

- Vitals, medical visit, and socialization
- Group exercise
- Food preparation and sharing

Fitness Assessment

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

- Vitals: BP: \_\_\_\_\_  
Pulse: \_\_\_\_\_  
Oxygen: \_\_\_\_\_
- Do you participate in regular exercise?
    - Yes
    - No
  - Do you have any known history of the following:
    - Cardiovascular,
    - Metabolic
    - Renal disease
    - Other (Diabetes, COPD, Hypertension): \_\_\_\_\_
  - Are you currently experiencing any of the following symptoms:
    - Chest pain
    - Shortness of breath
    - Fatigue
    - Weakness
    - Heart Palpitations
    - Nausea/ vomiting
    - Light headed or dizzy

Body Mass Index:      Height      Weight      BMI      <18.5      18.5-24.5      25-30      30-35      35+

**Chair Stands in 30 seconds (Circle Below)**

Men		Women	
Age	below average      average      above average	Age	below average      average      above average
60-64	< 14      14 to 19      > 19	60-64	< 12      12 to 17      > 17
65-69	< 12      12 to 17      > 17	65-69	< 11      11 to 16      > 16
70-74	< 12      12 to 17      > 17	70-74	< 10      10 to 15      > 15
75-79	< 11      11 to 17      > 17	75-79	< 10      10 to 15      > 15
80-84	< 10      10 to 15      > 15	80-84	< 9      9 to 14      > 14
85-89	< 8      8 to 14      > 14	85-89	< 8      8 to 13      > 13
90-94	< 7      7 to 12      > 12	90-94	< 4      4 to 11      > 11

**Arm Curls in 30 seconds (Circle below)**

Men		Women	
Age	below average      average      above average	Age	below average      average      above average
60-64	< 16      16 to 22      > 22	60-64	< 13      13 to 19      > 19
65-69	< 15      15 to 21      > 21	65-69	< 12      12 to 18      > 18
70-74	< 14      14 to 21      > 21	70-74	< 12      12 to 17      > 17
75-79	< 13      13 to 19      > 19	75-79	< 11      11 to 17      > 17
80-84	< 13      13 to 19      > 19	80-84	< 10      10 to 16      > 16
85-89	< 11      11 to 17      > 17	85-89	< 10      10 to 15      > 15
90-94	< 10      10 to 14      > 14	90-94	< 8      8 to 13      > 13

**Get up and Go Test:** Time to stand up, walk 10 feet, touch the wall, walk back to chair, and sit down

Time: \_\_\_\_\_  
 Circle all that apply:      Slow tentative pace      Loss of balance      Short strides  
                                  Little or no arm swing      Steadying self on walls      Shuffling

# Food Preparation and Sharing

- Modeled after Cooking Matters
- Recipes are...
  - Easy
  - Budget friendly
  - Healthy
- What happens during this time?

# Survey/Data Collection

- Starting Healthy Habits
- Survey questions look at..
  1. Participation
  2. Residences
  3. CMU Interns
  4. Cooking/Nutrition
  5. Exercise
- We have begun to survey the patients that have never come

# Physician Involvement

- Residents perform the medical exam
  - Faculty are available for precepting in case of questions
- Discussion regarding weight loss medications
  - Had faculty review session regarding indications/contraindications to weight loss meds
  - Put together a drive of resources for residents and faculty to access



# Billing

- Bill 99213 for each visit
- For televisits, use GT or 95 modifier

# Exercise Portion

- These exercises are based on previous knowledge from our classes where we learned which specific muscles are being worked with each exercise and what form should look like.
- It has been proven that weight bearing exercise strengthen and protect bones, joints, and muscles. In older adults this increase in strength has also been found to reduce injury by increasing stability and range of motion.
- We interview participants before the exercise portion to see if we should add any personalized exercises.

# Applying the Exercise Portion to Life

- The exercises we choose are movements that functional movements that help with ADL's (activities of daily living).
- Adding exercises and movements that imitate functional movements (like sitting down, carrying a bag of groceries, putting something away) can help the participants in their daily lives outside of HH.
- We change our exercises every two weeks.
- All exercises can be done at home with little to none equipment.