**Inclusion Criteria**

- 65 to 85 years old
- Living independently
- Body Mass Index > 30kg/m$^2$
- ≥ 2 chronic medical conditions
- Pass screening criteria
- Medical clearance by PCP
- Willing to participate with other commitments

**Exclusion Criteria**

- Cognitive Impairment or Dementia
- History of any weight loss surgery
- COVID-19 infection in past month
- Major psychiatric disorders that might interfere with study participation
- Life-threatening illness
- Anti-obesity medication
- Elective surgery in next 12 months of enrollment
- Current or past 12 month participation in another weight loss study

**Contact Information**

**DR. JOHN A. BATSIS**

PRINCIPAL INVESTIGATOR

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**THRIVING INITIATIVE**

Weight Loss Using Video-Conferencing in Older Adults
About the Initiative

Optimizing Telehealth-delivery of a Weight Loss Intervention in Older Adults with Multiple Chronic Conditions: A Sequential, Multiple Assignment Randomized Trial

- Determine the optimal first line intervention using a health coach led behavioral strategy, or a diettian and physical therapist led prescriptive strategy to achieve weight loss.
- We will also be using machine learning analytics to match the RIGHT strategy and sequence to the RIGHT person.

Study Design: Sequential, multiple assignment randomized trial (SMART)

Enrollment: 180 older adults aged 65 to 85 years old diagnosed with obesity and other chronic conditions

Funding: Trial is funded by the National Institute on Aging

Study Participant Expectations

If qualified for the study based on inclusion criteria:

1. A comprehensive assessment and counseling with either a registered diettian and physical therapist, or a health coach. Sessions last 60 minutes and are conducted in the comfort of their own home.
2. Use of a fitness tracker to monitor activity at home. Tracker and tablet provided to participant.
3. 8 in-person visits at UNC to assess physical function, diet, perform blood work, and assess their body composition using an X-ray scanner.

Compensation

Gift cards will be offered as a token of appreciation for the participant’s time

78 - weeks of total participation

Please reach out with any questions!