

# Inclusion Criteria

- ✓ 65 to 85 years old
- ✓ Living independently
- ✓ Body Mass Index > 30kg/m<sup>2</sup>
- ✓ ≥ 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

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# THRIVING INITIATIVE

**Weight Loss Using  
Video-Conferencing  
in Older Adults**



UNC  
SCHOOL OF MEDICINE

thriving

# 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 **dietitian 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 dietitian 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.

**78 - weeks of total participation**

## Compensation

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

**Please reach out with any questions!**