

HealthyLIFE, A Combined Lifestyle Intervention for Overweight and Obese Adults: A Descriptive Case Series Study



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1. Introduction and objective

Introduction

- Since January 2019, Combined Lifestyle Interventions (CLIs) are part of basic health insurance in NL.
- A CLI is a healthcare intervention for people with overweight (and comorbidities) or obesity. A CLI promotes healthy lifestyle changes by focusing on behavior change, resulting in weight loss and it consists of a basic program followed by a maintenance program. HealthyLIFE (HL) is an intervention based on the CLI Cool [1].
- Positive Health provides a broad perspective on health, defined as the ability to adapt and to self-manage, in the face of social, physical and emotional challenges [2].

Objective

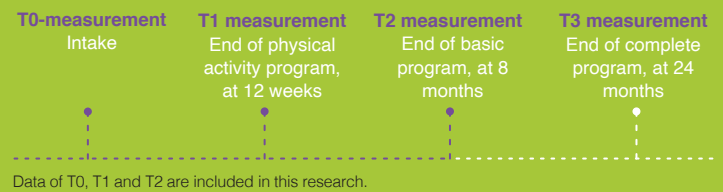
The aim of this study is to investigate changes over time of participants of HL focussing on behavior, physical fitness, motivation and Positive Health, eight months after the start of the intervention.



2. Methods

- 602 Dutch adults, meeting the CLI inclusion criteria.
- Included from January 2018 until October 2020.
- Design: descriptive case series study.
- Outcome measurements: weight/BMI, physical fitness, motivation, self-efficacy, social influence, personal barriers and needs towards food and physical activity and the perceived personal health by means of the six dimensions of Positive Health.

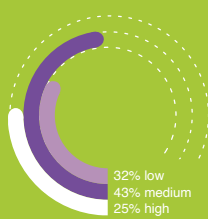
Timeline:



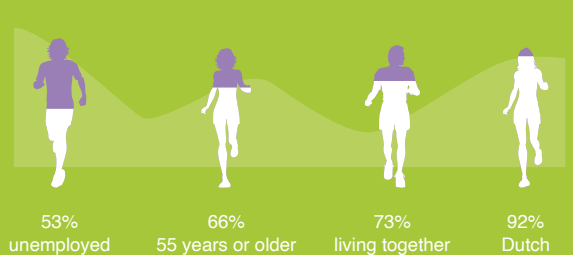
Sex:



Education:



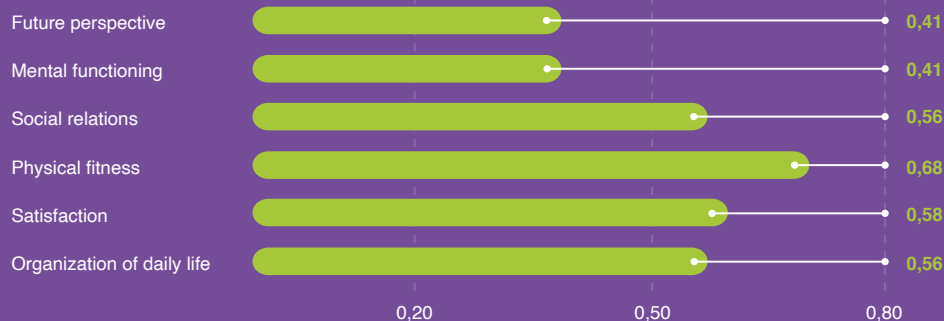
Demographics:



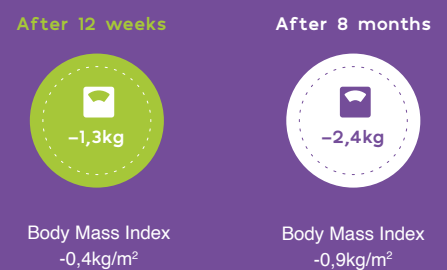
3. Results

Eight months after baseline, positive effects of the intervention were found on most outcome measures, all represented in Cohen's d effect size. We found an increase in all measured aspects of physical fitness (stamina, flexibility, mobility, hand grip strength and BMI). Dietary changes were limited during the HL intervention, except for fruit consumption (increase with an effect size of 0.42). The largest effect sizes were found for the dimensions of Positive Health ranging from 0.41 to 0.68.

Perceived health after 8 months:



Average Weight Loss:



4. Conclusion

The HL intervention is successful in improving participants BMI and physical fitness, perceived physical, mental and social health. A broad health perspective, beyond physical measurements, is recommended when studying effects of the CLI.



Referenties

[1] van Rinsum, C., et al., The Coaching on Lifestyle (Cool) Intervention for Overweight and Obesity: A Longitudinal Study into Participants' Lifestyle Changes. *Int J Environ Res Public Health*, 2018. 15(4).

[2] Huber, M., et al., Towards a 'patient-centred' operationalisation of the new dynamic concept of health: a mixed methods study. *BMJ Open*, 2016. 6(1): p. e010091.

[3] Institute for Positive Health. *Volwassentool Mijn Positieve Gezondheid*. 2021, June 15; Available 588 from: <https://www.iph.nl/volwassentool-mijn-positieve-gezondheid>