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Title

Mindful Eating Healthy Nutrition Group Visit for Adult Metabolic Syndrome, Feasibility Acceptability for Patients

Priority 1 (Research Category)

Obesity, exercise and nutrition

Presenters

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Abstract

Context: Metabolic syndrome, includes elevated fasting glucose, high triglycerides, hypertension, low HDL & abdominal obesity, affects 35% of adults in the United States. People with metabolic syndrome are at high risk for diabetes and cardiovascular disease and have higher all-cause mortality. Usual treatment for metabolic syndrome is weight loss through diet and exercise. Evidence supports the use of mindfulness as a strategy for effective weight management. Objective: Are group visits for mindful eating and healthy nutrition education feasible and acceptable across different primary care settings for patients, staff and clinicians? Study design: Pilot/feasibility study. Setting: Needham Wellesley Family Medicine PC, a physician-owned family medicine practice in Wellesley, MA. Population Studied: 15 patients 18+ years with obesity/overweight and metabolic syndrome or diabetes, cardiovascular disease, hypertension. actively enrolled at site, able to consent, understand procedures, Exclusions: lack cognitive capacity, unable/unwilling to consent or complete study. Intervention: Group visits with mindfulness, mindful eating, healthy nutrition for adults with metabolic syndrome and related conditions. Curriculum: evidence-based principles of mindfulness, mindful eating, healthy nutrition, and activity to improve patient management of metabolic syndrome and related conditions. The curriculum seeks to foster sustainable lifestyle change related to eating behaviors, nutrition choices, activity, self-efficacy, stress-management, and goal setting. Physician, mindfulness teacher and patients meet for 13 weekly group visits during 3 months. Outcome measures: patient surveys at T0, weeks 5 and 10. measure mindfulness, mindful eating, nutrition practices. Survey questions and semi-structured interviews after the sessions ended. We collected feasibility data for scheduling, staffing, recruiting patients, and for patients acquiring skills and knowledge; and acceptability to patients; Results: Patients report: increased fruits, vegetables, salads, fish; decreased simple carbohydrates; and (5=better) eating healthier 4.5/5, achieve goals for lifestyle change 4.2/5; mindful eating was helpful 4.7/5; positive reinforcement from shared experiences, request more direct teaching, and more time to share with others. Conclusions: Mindful eating healthy nutrition group visits are feasible. Patients report acceptability for group visits, healthier eating & lifestyle change.