

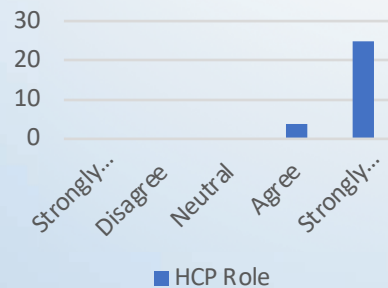


## Understanding Women's Motivational Factors in Weight Management: An Exploratory Study Dr. Sharon Stager, DNP, FNP-BC

### Purpose of Study

- ❖ Evaluate anthropometrics to define weight status and health risk (Romero-Corral et al., 2008)
- ❖ Inquire the impact of personal & familial health status on motivation to change lifestyle and lose weight increased.
- ❖ Qualitative exploration for motivators to weight management
- ❖ Determine the role of the practitioner in weight management (Gray et al, 20011)

**HCP Role as Partner**



**Body Measurement Effects on Motivation**



### Qualitative Analysis

- ❖ Are you currently trying to maintain or lose weight?
  - ❖ 20/29 endorse active stage in weight loss journey
  - ❖ Motivators: exercise, past obesity issues, health and prevention of chronic diseases, and appearance
- ❖ What might motivate you to lose weight and maintain a healthy weight?
  - ❖ Anthropometric findings as an intrinsic motivator
  - ❖ Being healthy as an external motivator
  - ❖ Motivation may come from the provider, "if I was asked to do so by my doctor"
- ❖ What additional information may help motivate you to lose weight and/or maintain a healthy weight?
  - ❖ Supplements
  - ❖ Meal and exercise plans
  - ❖ Continued measurements

### Readiness of Change



Prochaska & Di Clemente, 1984

### Health Care Provider Role

- ❖ Identify weight as an issue
- ❖ Determine readiness (Wee, Davis & Phillips, 2005)
- ❖ Identify personal motivators
- ❖ Incorporate other anthropometrics
- ❖ Document baseline & follow-up measurements
- ❖ Customize educational materials
- ❖ Recognize self as a Change Agent

### Implications for the DNP

- ❖ Evaluate best methods to measure obesity
- ❖ Implement Motivational Interviewing
- ❖ Change the trajectory of obesity in the US and globally

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