Identifying Barriers to Weight Management for Cancer Survivors

Jennifer Brennan RD, CSO, LDN  
Lehigh Valley Health Network, Jennifer.Brennan@lvhn.org

Janine Gilboy RD, LDN  
Lehigh Valley Health Network, Janine.Gilboy@lvhn.org

Erin Levine RD, CSO, LDN  
Lehigh Valley Health Network, Erin.Levine@lvhn.org

Kelley Koplin  
Lehigh Valley Health Network

Follow this and additional works at: http://scholarlyworks.lvhn.org/clinical-nutrition-service

Part of the Dietetics and Clinical Nutrition Commons, Human and Clinical Nutrition Commons, and the Other Food Science Commons

Published In/Presented At

This Poster is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.
Identifying Barriers to Weight Management for Cancer Survivors

Jennifer Brennan, RD, CSO, LDN; Janine Gilboy, RD, LDN; Erin Levine, RD, CSO, LDN; Kelley Koplin
Lehigh Valley Health Network, Allentown, PA

Background
Overweight and obesity is a nation-wide issue that is a preventable cause of multiple health concerns and diseases. The prevalence of overweight and obesity is greater in the Lehigh Valley than the national average.

Objectives
- Develop strategies for identifying overweight and obese patients and increase awareness of the Lehigh Valley Health Network (LVHN) weight management programs available to patients.
- Determine the rate at which referred patients attended the weight management program.
- Identify barriers which prevent referred patients from attending the weight management program.

Process
- Created and distributed an Oncology Nutrition Brochure.
- Offered additional supporting resources including laminated BMI posters.
- In-serviced staff regarding available resources and referral procedures.
- Requested feedback or suggestions from staff.
- Contacted Weight Management Center to determine referred patient attendance.
- Developed and conducted phone survey to determine the barriers which prevented referred patients from attending the weight management program.

Results
Only 15% of the patients referred to the LVHN weight management program by the oncology dietitians between January of 2011 and May of 2013 attended the program.

Plan
Based on survey results, consideration of the following options may help increase attendance to the LVHN weight management program and assist cancer survivors with their weight loss goals:
1. Provide free, quarterly weight management classes to our cancer survivors.
2. Explore funding to alleviate some of the financial burden of the Weight Management programs.
3. Require follow up with dietitian at annual Survivor PLACE appointment.

References:
8. Centers for Medicare and Medicaid Services. Meaningful Use http://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/IncentivePay/meaningful UseIncentivePrograms/MeaningfulUse

© 2013 Lehigh Valley Health Network

Plan
Based on survey results, consideration of the following options may help increase attendance to the LVHN weight management program and assist cancer survivors with their weight loss goals:
1. Provide free, quarterly weight management classes to our cancer survivors.
2. Explore funding to alleviate some of the financial burden of the Weight Management programs.
3. Require follow up with dietitian at annual Survivor PLACE appointment.

References:
8. Centers for Medicare and Medicaid Services. Meaningful Use http://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/IncentivePay/meaningful UseIncentivePrograms/MeaningfulUse

© 2013 Lehigh Valley Health Network