



# Lifestyle Medicine for Obesity: Evaluating Group Visits in Family Medicine

A prospective pilot project led by Family Medicine residents:

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A special thanks to our mentors: Lawrence Bean, PharmD and Morgan Rhodes, PharmD

# The Obesity Challenge

## National Crisis

- Obesity affects approximately 41% of Americans (2017-2020).
- Estimated cost burden: \$173 billion.

## Southern Impact

- The South has the highest obesity prevalence in the US.
- South Carolina: 36.1% obesity rate.
- "Southern Diet" with high fat and calorie content is a major factor.



# Project Objectives



## Lifestyle Education

Provide nutrition, diet, and exercise education to Family Medicine Clinic patients.



## Supportive Network

Create a positive environment for patients with obesity.



## Reduce BMI

Help participants make healthier choices to ultimately lower their BMI.



# Program Structure





# Participant Criteria

## Patient Demographics

- Prisma Health Family Medicine Center patients
- Adults aged 18-65 years

## Health Status

- BMI of 30 kg/m<sup>2</sup> or greater
- Has obesity-related comorbidity, such as T2DM or HTN

## Participation Requirements

- Physically able to participate
- Mentally able to engage in group setting



# Group Visit Structure

Our lifestyle medicine sessions were designed to engage participants through multiple dimensions:



## Educational & Interactive

Sessions combined teaching with active participation to maximize engagement and learning.



## Lifestyle Medicine Framework

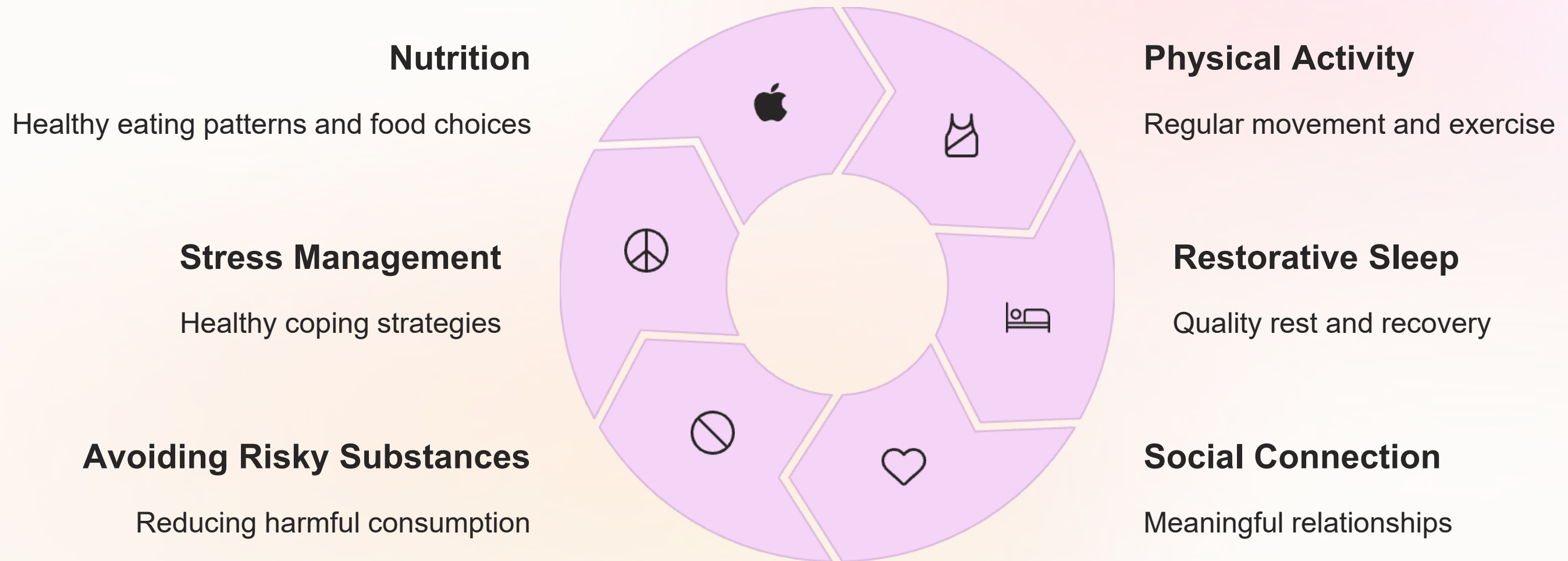
Discussions were structured around the evidence-based six pillars of Lifestyle Medicine.



## Centering Method

Each session included exercise, education, group discussions, and mindfulness exercises.

# The Six Pillars of Lifestyle Medicine





# Data Collection Methods



## Demographics

Age, gender, race,  
zip code, and  
education level



## Measurements

Weight and blood  
pressure at each  
visit



## Surveys

"Healthy Habits"  
and "Quality of Life"  
assessments



## Satisfaction

Patient feedback  
and attendance  
rates



# Results

Our program showed promising outcomes across participation, quality of life, and medication access:



## Participation Metrics

10 individuals enrolled in the program, with 5 attending at least one session.

2 dedicated participants completed 4 out of the 5 sessions.



## Quality of Life Improvements

One of our most engaged participants demonstrated a significant 33% improvement in their perceived quality of life after completing the program.

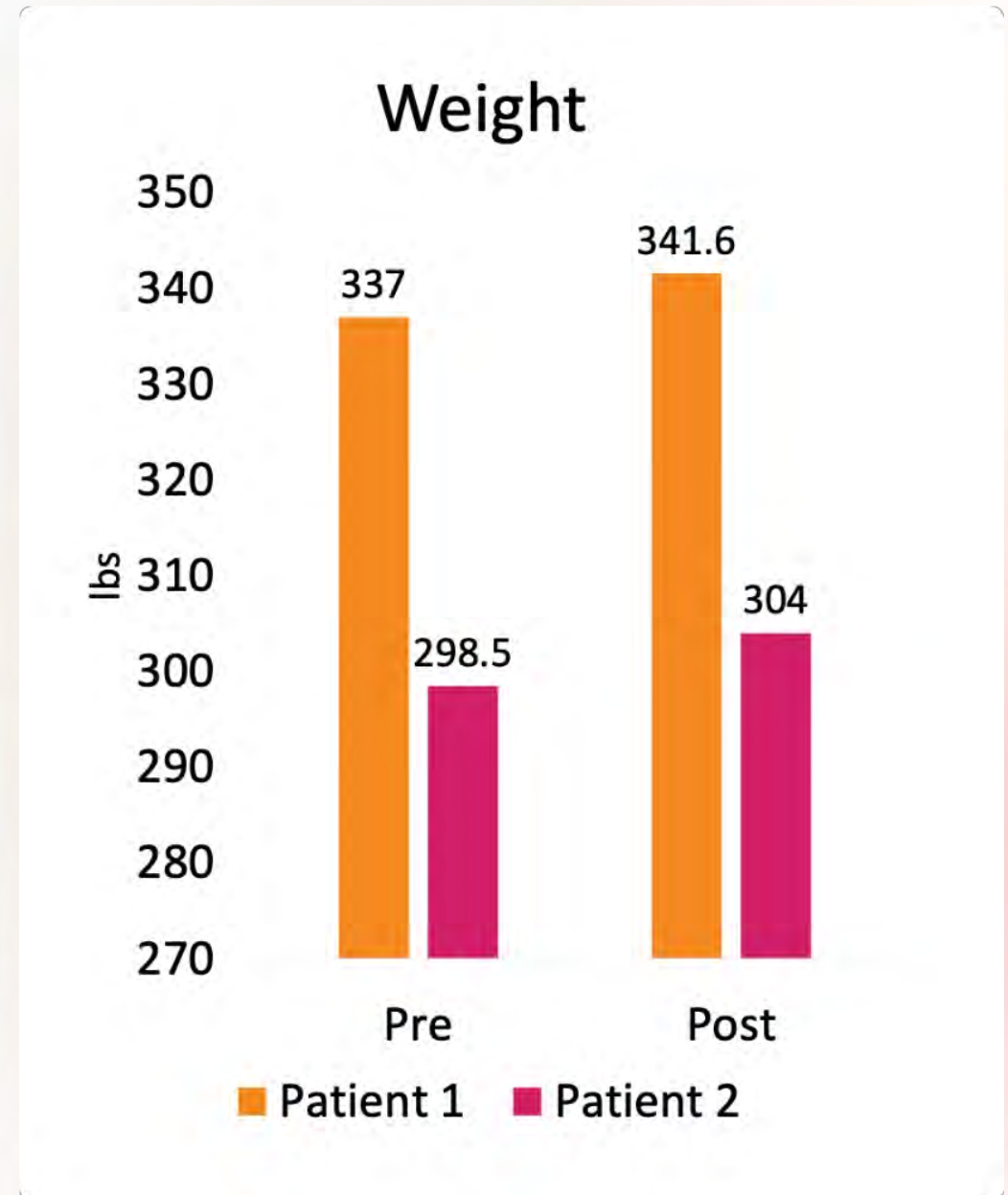


## Medication Access

Both participants who completed 4/5 sessions qualified for GLP-1 medication access through South Carolina Medicaid, supporting their continued weight management journey.

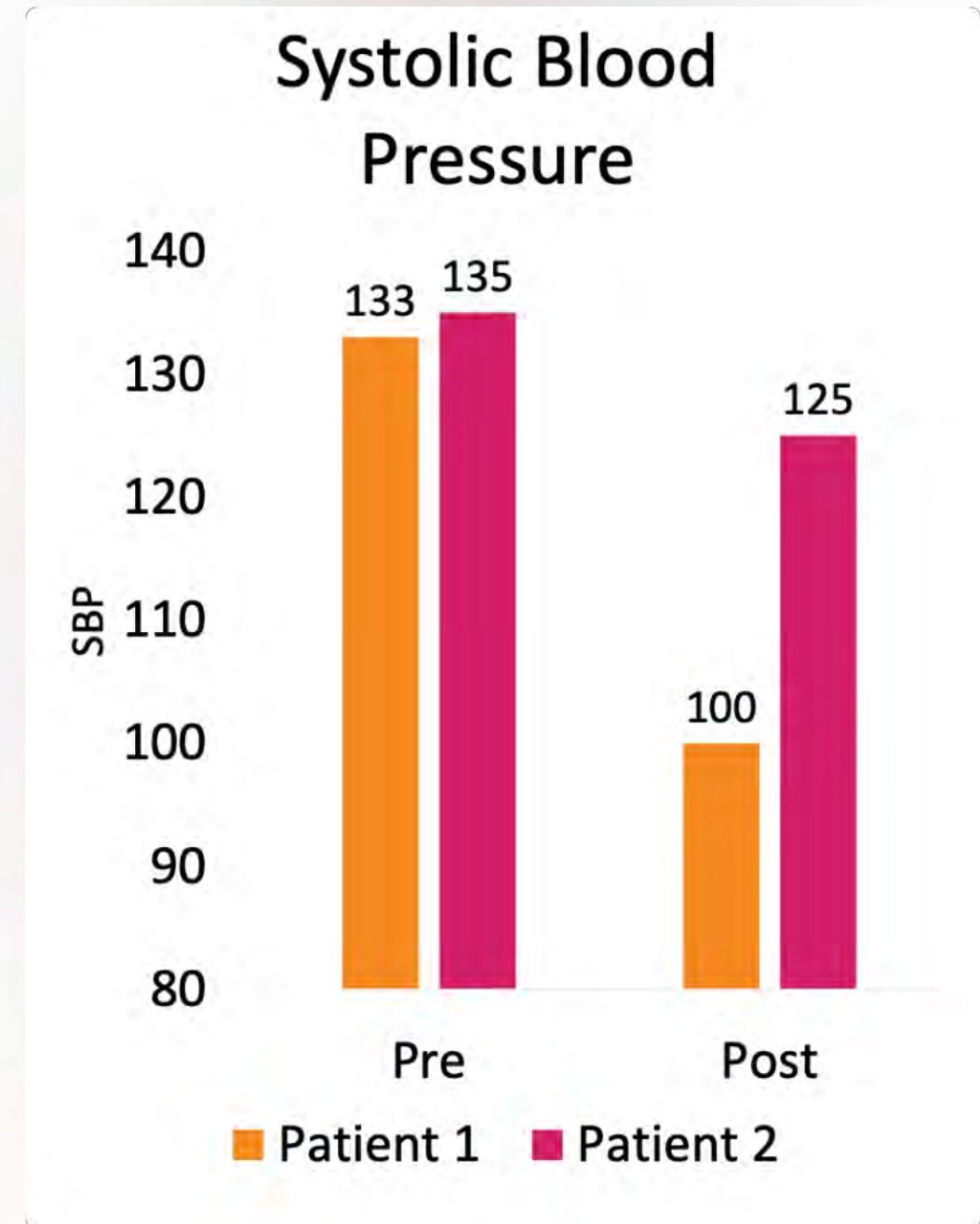
# Weight Outcomes

Weight increased slightly for our most engaged participants.



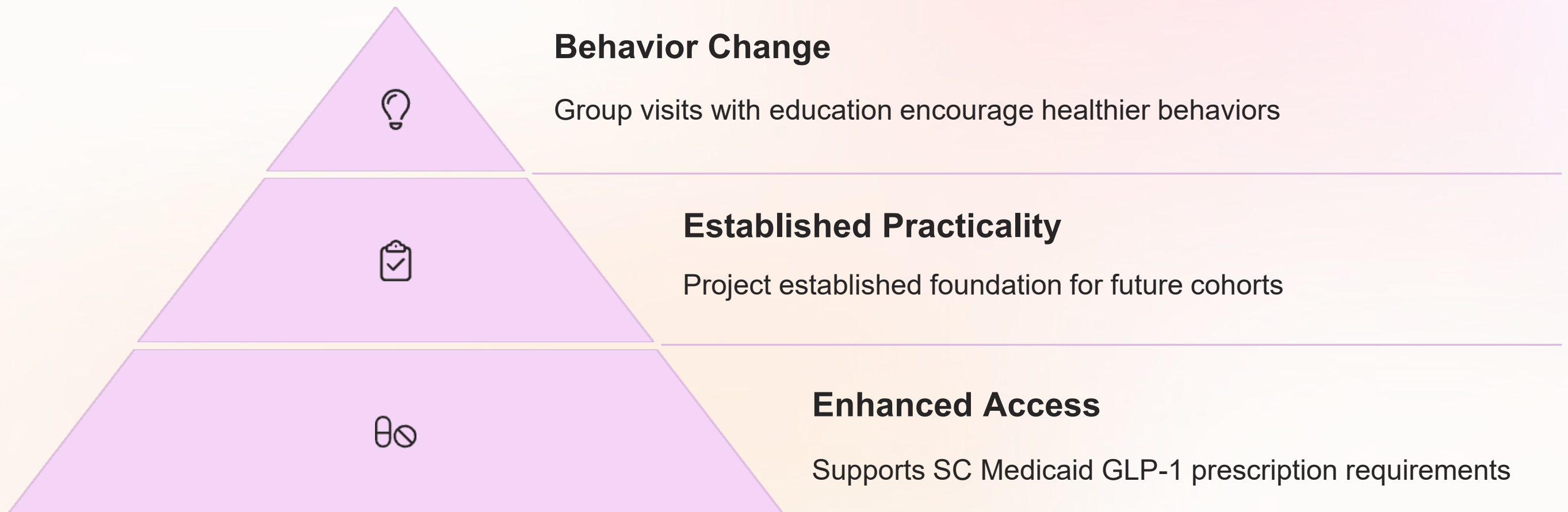
# Blood Pressure Improvements

The real success story? Significant reductions in blood pressure across the board.





# Key Conclusions



# Future Directions



## Medical Student Integration

Engage medical students as program facilitators to address staffing constraints while providing valuable educational experiences in lifestyle medicine and group visit models.



## Accessibility Enhancements

Implement virtual attendance options and after-work hours scheduling to accommodate diverse participant needs and increase program engagement.



## GLP-1 Integration

Promote newly available GLP-1 medication access through SC Medicaid while maintaining primary focus on sustainable lifestyle modifications across all six pillars of lifestyle medicine.

Each enhancement aims to build upon our established foundation while preserving our core commitment to evidence-based lifestyle medicine principles for long-term health improvement.

# Thank You!



## Our Team

Thanks to all colleagues and participants who made this research possible



## Questions?

We welcome any questions or insights you might have about our findings

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