TARGET AUDIENCE

This program is for military Veterans who are overweight or obese and are enrolled in the Veterans Affairs healthcare system.

SUMMARY

Managing Overweight/Obesity for Veterans Everywhere (MOVE!®) Program, a weight management program, is designed to meet the needs of Veterans, including those who are disabled and/or have other medical considerations (e.g., high blood pressure, cardiovascular disease).

EVIDENCE

Results from three studies conducted by The Veterans Health Administration National Center for Health Promotion and Disease Prevention indicate that typical weight loss is modest (< 5 pounds), but participants who attended group classes frequently and for long periods of time were more likely to lose ≥ 5% of their initial body weight. Caucasian male Veterans lost more weight than female, African American, and Hispanic Veterans.

COMPONENTS

Interested Veterans will need to complete the MOVE! 11 Questionnaire at their local Veterans Affairs (VA) office or online. An individualized report will be generated based on answers provided, and this report should be taken to an appointment with the participant's VA healthcare team. The team will help participants set initial weight loss, physical activity, and nutrition goals. Participants can choose from the following support options available at their facility:

- **MOVE! Group Sessions** - Attend sessions in person or participate via video-conference from outpatient facilities. Sessions are led by clinicians and discuss nutrition, physical activity, and behavior change topics and offer participants opportunities to engage in various activities and exercises.
- **Telephone Support** - Access information and gain support from a clinician or MOVE! team members by phone.
- **TeleMOVE!** - Receive daily messages through in-home messaging technologies to help them stay motivated to achieve their weight management goals.
- **MOVE! Telephone LifeStyle Coaching** - Obtain lifestyle coaching from a weight management coach over the phone in a one-on-one setting.
- **MOVE! Coach** - Download a mobile application (i.e., iOS device only at this time) on a cellular phone to self-manage weight loss and maintenance.
- **Specialty Consultation** - Receive specialized diets, physical activity programs, or additional assistance.
- **Additional options** - Consider more intensive treatment options (e.g., weight loss medications, residential treatment, bariatric surgery) if needed.

PREVIOUS USE

This program has been available since 2006. All VA hospitals and most VA clinics administer the MOVE! Program. More than 100,000 participants have enrolled in the program to date.
Managing Overweight/Obesity for Veterans Everywhere (MOVE!) Program

TRAINING

No training is necessary as this service is administered by VA facilities and their staff who are trained in weight management principles and techniques. If healthcare providers are interested in learning more about the curriculum, they can find information at the following website www.move.va.gov/grpSessions.asp

CONSIDERATIONS

Considerations for implementing this program include understanding that this service is administered by VA facilities for Veterans only and acquiring participant buy-in and commitment.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing the MOVE! Program, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

There are 16 group session modules. Participants' time commitment in the program will vary depending on individual needs and which support option(s) they choose to utilize.

COST

This program is free for participants. Handouts and a variety of resources for participants are available at no cost on the program website. Group session modules for leaders are also free and available on the program website.

EVALUATION PLAN

To move the MOVE! Program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Veterans Affairs by mail U.S. Department of Veterans Affairs, 810 Vermont Avenue, NW, Washington, DC 20420, phone 1-800-827-1000, or visit www.move.va.gov/

SOURCE

www.move.va.gov/