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Creating the Nutritional and Exercise Assessment Tool (NEAT) for use in Family Medicine

Gabriel Suarez, MD, MBA

Background

Data from NHANES reveals the prevalence of obesity in the USA remains elevated with one third of adults being affected.¹ Obesity is associated with many chronic conditions including hypertension, diabetes, and heart disease. Increase physical activity and reduced calorie diets effectively results in weight loss but many primary care providers (PCPs) find it difficult to counsel patients on such lifestyle modifications.

Intervention

This project aims to pilot the use of NEAT to assist PCPs in evaluating their patient's diet and exercise in order to provide effective and timely feedback. Providers use NEAT to gather information about a patient's behaviors and uses it to identify areas for improvement. Providers offer evidenced based recommendations on exercise and nutrition and ultimately assist the patient in creating SMART goals.

Methods

Overweight/Obese patients from Family Medicine Center will receive the intervention during their visit. SMART goals will be quantified using Goal Attainment Scale (GAS). Phone Follow up will be done once a month for 6 months with a post intervention measurement of BMI, waist circumference, level of physical activity, and repeat GAS.



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Figure 1: PCP and patient interaction using NEAT

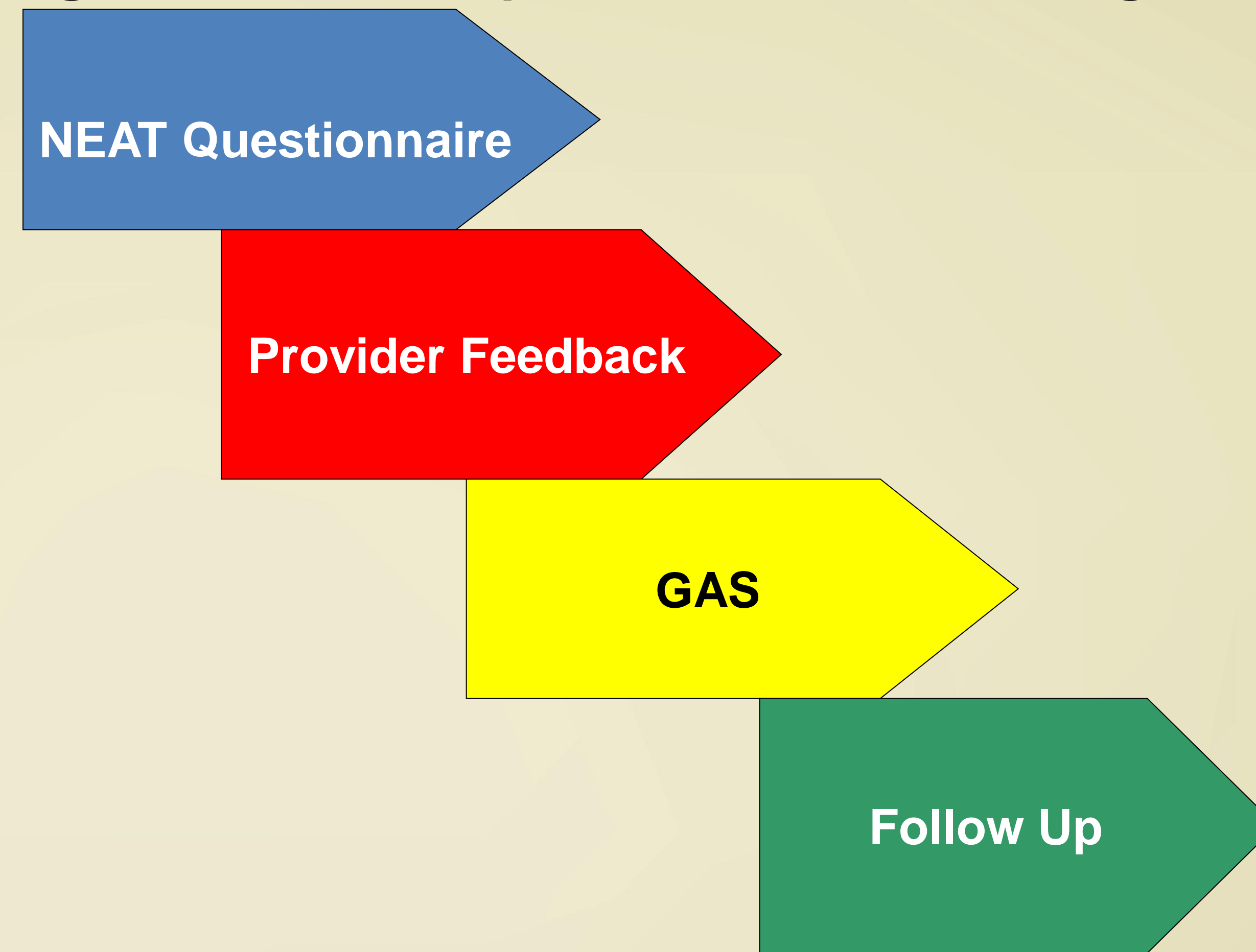


Figure 2: Example of Patient Feedback

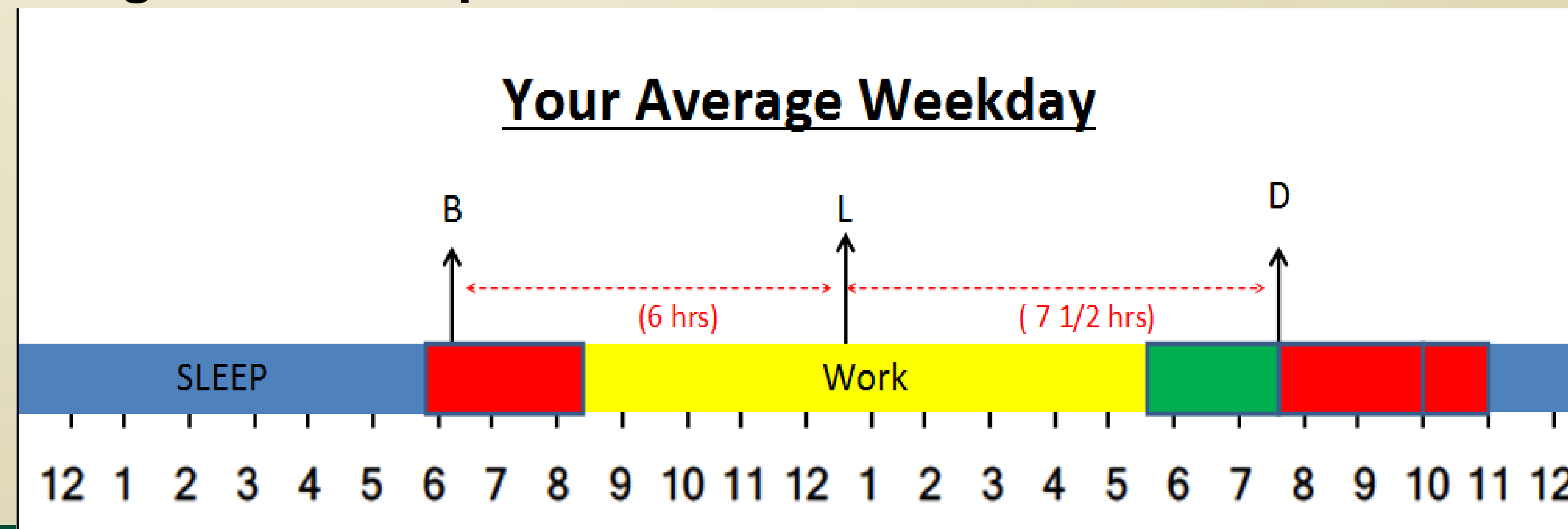


Figure 3: Example of GAS

	Patient stated goal	SMART goal	Imp	Diff	Baseline	Achieved	Variance (Describe achievement if differs from expected and give reasons)
1.			0 1 2 3	0 1 2 3	<input type="checkbox"/> Some function <input type="checkbox"/> None (as bad as can be)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Much better <input type="checkbox"/> A little better <input type="checkbox"/> As expected <input type="checkbox"/> Partially achieved <input type="checkbox"/> Same as baseline <input type="checkbox"/> Worse
2.			0 1 2 3	0 1 2 3	<input type="checkbox"/> Some function <input type="checkbox"/> None (as bad as can be)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Much better <input type="checkbox"/> A little better <input type="checkbox"/> As expected <input type="checkbox"/> Partially achieved <input type="checkbox"/> Same as baseline <input type="checkbox"/> Worse
3.			0 1 2 3	0 1 2 3	<input type="checkbox"/> Some function <input type="checkbox"/> None (as bad as can be)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Much better <input type="checkbox"/> A little better <input type="checkbox"/> As expected <input type="checkbox"/> Partially achieved <input type="checkbox"/> Same as baseline <input type="checkbox"/> Worse

Evidenced-Based Feedback

Providers' feedback is in the form of a pictorial depicting a patient's daily behaviors composed from answers of NEAT questionnaire.

Recommendations are for two main areas:

- Exercise- based on CDC guidelines²
- Nutrition- Healthy Eating based on USDA guidelines³

Discussion

This project will test the feasibility and effectiveness of an intervention that provides patients with health education tailored for weight loss and increasing physical activity. It will also help identify barriers that exist within the primary care setting that prevent providers from counseling their patients on lifestyle modifications. If found to be effective, it will be necessary to create a manual that teaches providers how to use the intervention in their practice.

References

1. National Center for Health Statistics, National Health and Nutrition Examination Survey (NHANES)
2. Center for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity
3. United States Department of Agriculture, Dietary Guidelines for Americans

Special Thanks

Dr. Tanya Cohn, Julie Lamoureux, Dr. David Brown, Dr. Tatiana Ivan, Dr. Kimberly Blecher, American Academy of Family Physicians LEADS Foundation