

TAKING CHARGE OF WEIGHT MANAGEMENT FOR LIFE

There is no end. Research does not indicate that there is any point where persons no longer need support for weight management. Take Charge Lite is available for support, learning, and participation as long as persons have interest.

Daniel O. Clark, PhD



Take Charge Lite is a primary care-based free lifestyle weight management program developed with and for lower health literacy adults and their providers from Wishard's community health centers.

TAKE CHARGE LITE is a primary care-based lifestyle weight management program developed with and for lower health literacy adults and their providers. The program is free and available to English and Spanish-speaking adult patients from Wishard's community health centers.

TCL was designed to implement obesity screening and guideline-based treatment. A team led by medical sociologist Dan Clark reviewed scientific literature and conducted focus groups and interviews with health center providers and patients to arrive at a community-accepted guideline-recommended program.

A positive obesity screen triggers a patient eligibility reminder to the provider and a patient referral to TCL. The client meets with a lifestyle counselor, known as the TCL "coach," for an initial session of behavior change counseling and assessment. The coach and client arrive at an agreement of goals.

Coaches provide ongoing assistance and arrange resources to educate and support lifestyle behaviors for weight management. An electronic tracking system helps coaches stay informed of each client's goals and preferences for future contacts and counseling.

Dr. Clark believes that weight management programs could become cost-effective through wider use of information technology.

He adds, "Carefully controlling the number, type and timing of program exposures relative to an individual's stage of readiness, motivation, life stage or life events may prove to be critical to both cost-effectiveness and reach--the proportion of the target population that is exposed to the intervention. We need to do this in order to achieve public health impact through community health centers."

TCL provides a lifestyle counselor within primary care and links the client and clinic with community resources.

Education and Support Tools include

- Behavioral counseling
- Self-monitoring
- Support groups
- Education classes
- Exercise sessions
- Site dietitians
- Calendars and Newsletters
- Community Resources

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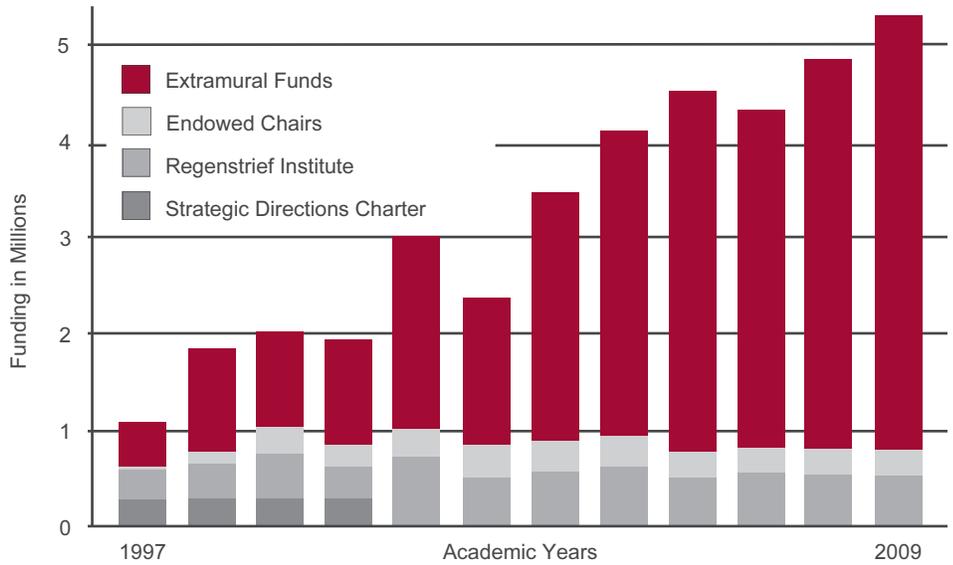
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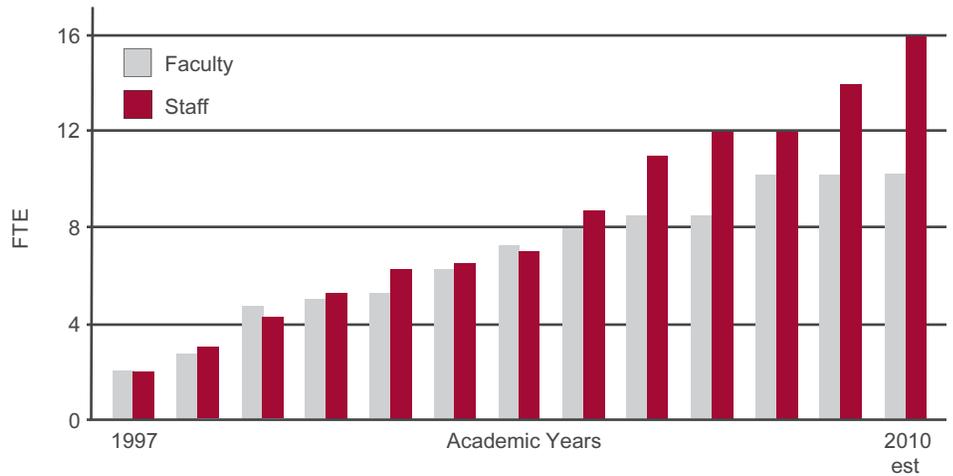
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