

Assessing Patient Experiences with a Hybrid Obesity Prevention and Management Program: A Pilot Study

Background: Over the past 2 years, a surge in childhood obesity due to the COVID-19 pandemic was observed. In response, childhood obesity management and prevention programs have adapted to offer a hybrid model to enable families to continue engagement despite the socio-economic disruptions of the pandemic. Live Light Live Right (LLLR), a comprehensive 4-part model, includes medical assessments, nutrition, behavioral therapy, supervised fitness programs, and care coordination. During the pandemic, the medical assessments were done in-person and the nutritional counseling, exercise classes, and cooking demos were offered remotely. **Method:** This pilot study aims to assess patient participation on the components of the LLLR program to enable it to be tailored and made patient-centric. From March 2020 to present, follow-up interviews were conducted with 20 out of 500 plus currently participating LLLR patients to evaluate the effectiveness of the intervention program. Descriptive statistics were used to summarize the patients' responses. **Results:** Twenty patients, with an average age of 16 years, were surveyed. All patients indicated that they consulted with the program's nutritionists and that the nutritionists were easy to understand. The majority (80%) were either very satisfied or satisfied with their nutritional consultation. About 85% of patients stated that they were either very satisfied or satisfied with their medical assessment. In addition, 94.45% of patients modified their diet, and 27.78% of those patients made significant changes. While 32% of patients opened the e-mail reminders for the remote exercise classes, only 10% attended. Only 5% of patients attended the cooking demos. **Discussion:** Remote nutritional counseling and medical assessments had a higher participation rate compared to remote exercise classes and cooking demos. Future interventions need to be designed and implemented to promote healthy lifestyle modifications including exercise and cooking.