

Nutritional and Metabolic Diseases and Conditions - Obesity; Findings from University of Michigan Yields New Findings on Obesity (Comparative Effectiveness of Wellness Programs: Impact of Incentives on Healthcare Costs for Obese Enrollees)

Publication info: Obesity, Fitness & Wellness Week ; Atlanta [Atlanta]03 June 2017: 2291.

[ProQuest document link](#)

ABSTRACT (ENGLISH)

According to news reporting originating in Ann Arbor, Michigan, by NewsRx journalists, research stated, "Employee wellness programs show mixed effectiveness results. The news reporters obtained a quote from the research from the University of Michigan, "This nonrandomized comparative effectiveness study evaluated changes in healthcare costs for participants in two incentivized programs, an Internet-mediated pedometer-based walking program (WalkingSpree, n=7,594) and an in-person weight-loss program (Weight Watchers, n=5,764). According to the news reporters, the research concluded: "Comparable..."

FULL TEXT

2017 JUN 3 (NewsRx) -- By a News Reporter-Staff News Editor at Obesity, Fitness & Wellness Week -- Research findings on Nutritional and Metabolic Diseases and Conditions - Obesity are discussed in a new report. According to news reporting originating in Ann Arbor, Michigan, by NewsRx journalists, research stated, "Employee wellness programs show mixed effectiveness results. This study examined the impact of an insurer's lifestyle modification program on healthcare costs of obese individuals."

The news reporters obtained a quote from the research from the University of Michigan, "This nonrandomized comparative effectiveness study evaluated changes in healthcare costs for participants in two incentivized programs, an Internet-mediated pedometer-based walking program (WalkingSpree, n=7,594) and an in-person weight-loss program (Weight Watchers, n=5,764). The primary outcome was the change in total healthcare costs from the baseline year to the year after program participation. Data were collected from 2009 to 2011 and the analysis was done in 2014-2015. After 1 year, unadjusted mean costs decreased in both programs, with larger decreases for Weight Watchers participants than WalkingSpree participants (-\$1,055.39 vs -\$577.10, p=0.019). This difference was driven by higher rates of women in Weight Watchers, higher baseline total costs among women, and a greater decrease in costs for women in Weight Watchers (-\$1,037.60 vs -\$388.50, p=0.014). After adjustment for baseline costs, there were no differences by program or gender."

According to the news reporters, the research concluded: "Comparable cost reductions in both programs suggest that employers may want to offer more than one choice of incentivized wellness program with monitoring to meet the diverse needs of employees."

For more information on this research see: Comparative Effectiveness of Wellness Programs: Impact of Incentives on Healthcare Costs for Obese Enrollees. American Journal of Preventive Medicine, 2017;52(3):347-352. American Journal of Preventive Medicine can be contacted at: Elsevier Science Inc, 360 Park Ave South, New York, NY 10010-1710, USA. (Elsevier - www.elsevier.com; American Journal of Preventive Medicine - www.journals.elsevier.com/american-journal-of-preventive-medicine/)

Our news correspondents report that additional information may be obtained by contacting C.R. Richardson, University of Michigan, Sch Med, Dept. of Family Med, Ann Arbor, MI 48104, United States. Additional authors for this research include A. Sen, M.A. Plegue, M.L. Maciejewski, M.L. Segar, M. AuYoung, E.M. Miller, C.A. Janney, D.M. Zulman and K. Zivin.

Keywords for this news article include: Ann Arbor, Michigan, United States, North and Central America, Nutritional and Metabolic Diseases and Conditions, Wellness, Risk and Prevention, Bariatrics, Obesity, University of Michigan. Our reports deliver fact-based news of research and discoveries from around the world. Copyright 2017, NewsRx LLC

DETAILS

Subject:	Wellness programs; Costs; Disease prevention; Preventive medicine; Metabolic disorders; Obesity
Location:	New York United States--US Michigan Ann Arbor Michigan
Company / organization:	Name: American Journal of Preventive Medicine; NAICS: 511120; Name: University of Michigan; NAICS: 611310; Name: Weight Watchers International Inc; NAICS: 533110, 812191
Identifier / keyword:	City:Ann Arbor State:Michigan Country:United States Region:North and Central America Nutritional and Metabolic Diseases and Conditions Wellness Risk and Prevention Bariatrics Obesity
Publication title:	Obesity, Fitness & Wellness Week; Atlanta
First page:	2291
Publication year:	2017
Publication date:	Jun 3, 2017
Publisher:	NewsRx
Place of publication:	Atlanta
Country of publication:	United States, Atlanta
Publication subject:	Medical Sciences
ISSN:	15316386
Source type:	Wire Feeds
Language of publication:	English
Document type:	Expanded Reporting
ProQuest document ID:	190222691 4

Document URL: <https://search.proquest.com/docview/1902226914?accountid=8289>

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Last updated: 2017-11-24

Database: ProQuest Central

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