DEMOGRAPHIC SNAPSHOT OF MOTIVATIONAL INTERVIEWING FOR HEALTH MAINTENANCE AND PROMOTION IN A PRIMARY CARE SETTING

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MOTIVATIONAL INTERVIEWING

client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.
LOCATION

- Most urban centrally located hospital
- Admission
  - Out-patient
  - Emergency
- Family Care Center
ENOUGH BEATING AROUND THE BUSH...

- Nutrition and exercise directly related to multiple chronic illnesses
- Diseases cited as indicators of health disparities amongst minority and underserved populations

# BACKGROUND

## Prevalence of Obesity

<table>
<thead>
<tr>
<th></th>
<th>Women (%)</th>
<th>Men (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic white</td>
<td>30.1</td>
<td>27.3</td>
</tr>
<tr>
<td>African-American</td>
<td>49.7</td>
<td>28.1</td>
</tr>
<tr>
<td>Mexican Americans</td>
<td>39.7</td>
<td>28.9</td>
</tr>
</tbody>
</table>

## Prevalence of hypertension in U.S. adult population

<table>
<thead>
<tr>
<th></th>
<th>Women (%)</th>
<th>Men (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic black</td>
<td>31.0</td>
<td>34.0</td>
</tr>
<tr>
<td>Non-Hispanic white</td>
<td>21.0</td>
<td>25.4</td>
</tr>
<tr>
<td>Mexican American</td>
<td>21.6</td>
<td>23.2</td>
</tr>
</tbody>
</table>

## Coronary heart disease (CHD) and stroke mortality rates per 100,000

<table>
<thead>
<tr>
<th></th>
<th>CHD</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic white</td>
<td>182.8</td>
<td>60.3</td>
</tr>
<tr>
<td>Black</td>
<td>186.8</td>
<td>81.6</td>
</tr>
<tr>
<td>Native American</td>
<td>112.7</td>
<td>39.2</td>
</tr>
<tr>
<td>Asian</td>
<td>100.1</td>
<td>54.6</td>
</tr>
<tr>
<td>Hispanic</td>
<td>124.2</td>
<td>40.0</td>
</tr>
</tbody>
</table>

Cooper, R et al. 2000.

## Prevalence of metabolic syndrome

<table>
<thead>
<tr>
<th></th>
<th>Women (%)</th>
<th>Men (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic white</td>
<td>22.8</td>
<td>24.8</td>
</tr>
<tr>
<td>African-American</td>
<td>25.7</td>
<td>16.4</td>
</tr>
<tr>
<td>Mexican American</td>
<td>35.6</td>
<td>28.3</td>
</tr>
<tr>
<td>Other</td>
<td>19.9</td>
<td>20.9</td>
</tr>
</tbody>
</table>

THE RESULT

- 300,000 (14%) deaths annually (1993)
- Increase to 15.2% (2003)

- Approx. 68% overweight/obese

McGinnis et al 1993
ROLE OF PCP

- National recommendations for by USPSTF
  - Provide periodic counseling
  - Dietary guidelines
  - Referral

- PCP: 40-50%

- Healthy People 2000

Kushner, 1995; Soltesz, et al. 2010
GOAL

- Utilize team approach to health care
- Promote healthy diet and exercise habits
- Use MI techniques
SPECIFIC AIM

Summarize baseline demographics for participants enrolled in a clinical trial using MI to promote fruit and vegetable intake
DEMOGRAPHICS

- Gender
- Date of birth
- Race and ethnicity
- Education
- Marital Status
- Income
HEALTH INDICATORS

- Weight
- BMI
- Blood pressure
OF OUR 150 PARTICIPANTS...

Gender

- 49% Male
- 51% Female
OF OUR 150 PARTICIPANTS...

Race

- African-American: 73%
- Caucasian: 15%
- Other: 12%
OF OUR 150 PARTICIPANTS

Income (in thousands)

- $5> 6%
- $5-$10 6%
- $10-$20 17%
- $20-$40 13%
- $40-$75 10%
- $75< 29%
- Declined 19%
OF OUR 150 PARTICIPANTS

Education

- 8th grade: 10%
- 9-12 years: 25%
- Some College: 12%
- BA/BS: 23%
- HS Grad: 26%
- Assoc.: 3%
- Grad Degree: 1%
OF OUR 150 PARTICIPANTS

Marital Status

- Married: 54%
- Living together: 8%
- Widowed: 3%
- Divorced/Separated: 23%
- Never married: 12%
OF OUR 150 PARTICIPANTS

BMI

- Under: 1%
- Normal: 17%
- Over: 35%
- Obese: 47%
NATIONAL INSTITUTES OF HEALTH
EATING AT AMERICA'S TABLE STUDY
QUICK FOOD SCAN

- The person who completed the telephone interviews for the Eating at America's Table Study should fill out this questionnaire.
- Use only a No. 2 pencil.
- Be certain to completely blacken each of the answers, and erase completely if you make any changes.
- Do not make any stray marks on this form.
- When you complete this questionnaire, please return it in the postage-paid envelope to:

National Cancer Institute
EPN, Room 513
6130 Executive Blvd., MSC 7344
Bethesda, MD 20892-7344

PLEASE DO NOT WRITE IN THIS AREA

SERIAL
CONCLUSIONS

- F/V lower depending on
  - Education  \( p=0.01 \)
  - BMI  \( p=0.03 \)

- No statistical significance for other demographic measurements
BIG PICTURE...

- Currently analyzing RCT
  - Effects of MI
  - Validity and reliability of brief screen questionnaires
  - Therapeutic gain of interaction

- Focus Groups
ACKNOWLEDGEMENTS

- Jennifer Evertsen, MS
- Elizabeth Bade, MD
- Staff of Family Care Center
- ICTR