

# **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

	Women (%)	Men (%)
Non-Hispanic white	30.1	27.3
African-American	49.7	28.1
Mexican Americans	39.7	28.9

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

	Women (%)	Men (%)
Non-Hispanic black	31.0	34.0
Non-Hispanic white	21.0	25.4
Mexican American	21.6	23.2

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

	CHD	Stroke
Non-Hispanic white	182.8	60.3
Black	186.8	81.6
Native American	112.7	39.2
Asian	100.1	54.6
Hispanic	124.2	40.0

Cooper, R et al. 2000.

## Prevalence of metabolic syndrome

	Women (%)	Men (%)
Non-Hispanic white	22.8	24.8
African-American	25.7	16.4
Mexican American	35.6	28.3
Other	19.9	20.9

Cossrow, N. 2004.



# THE RESULT

- 300,000 (14%) deaths annually (1993)
- Increase to 15.2% (2003)
  
- Approx. 68% overweight/obese




# ROLE OF PCP

- National recommendations for by USPSTF
  - Provide periodic counseling
  - Dietary guidelines
  - Referral
- PCP: 40-50%
- Healthy People 2000



# 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



[www.weddingaccessories.net](http://www.weddingaccessories.net)



# HEALTH INDICATORS

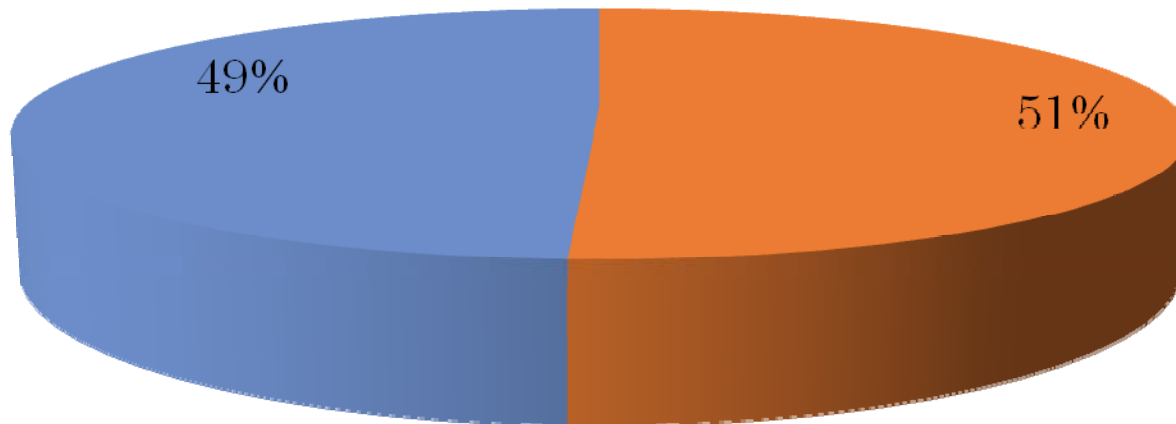
- Weight
- BMI
- Blood pressure



OF OUR 150 PARTICIPANTS...

## Gender

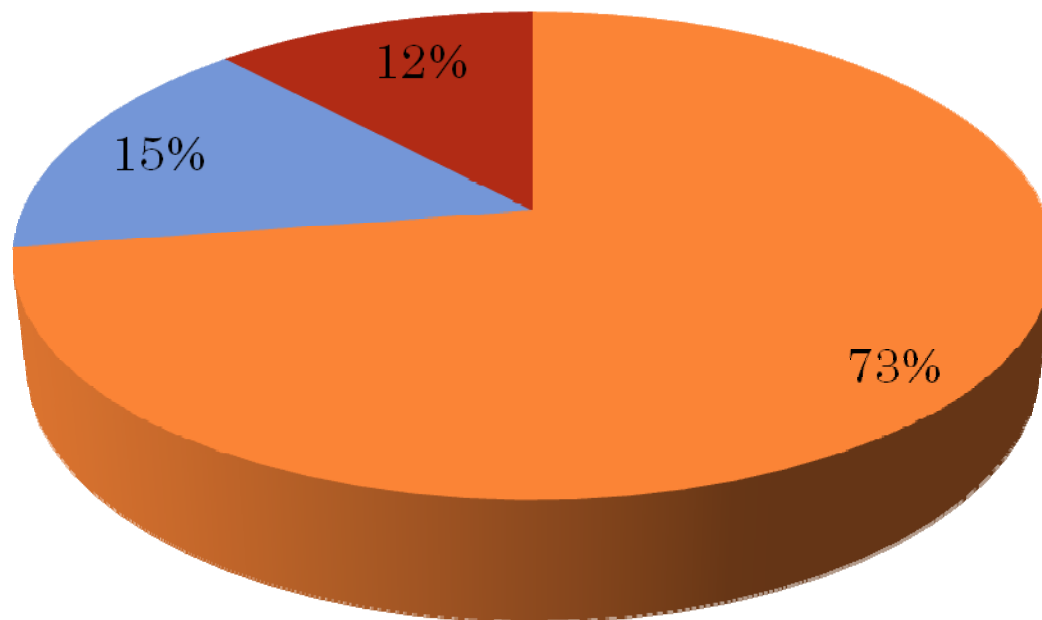
■ Male ■ Female



# OF OUR 150 PARTICIPANTS...

## Race

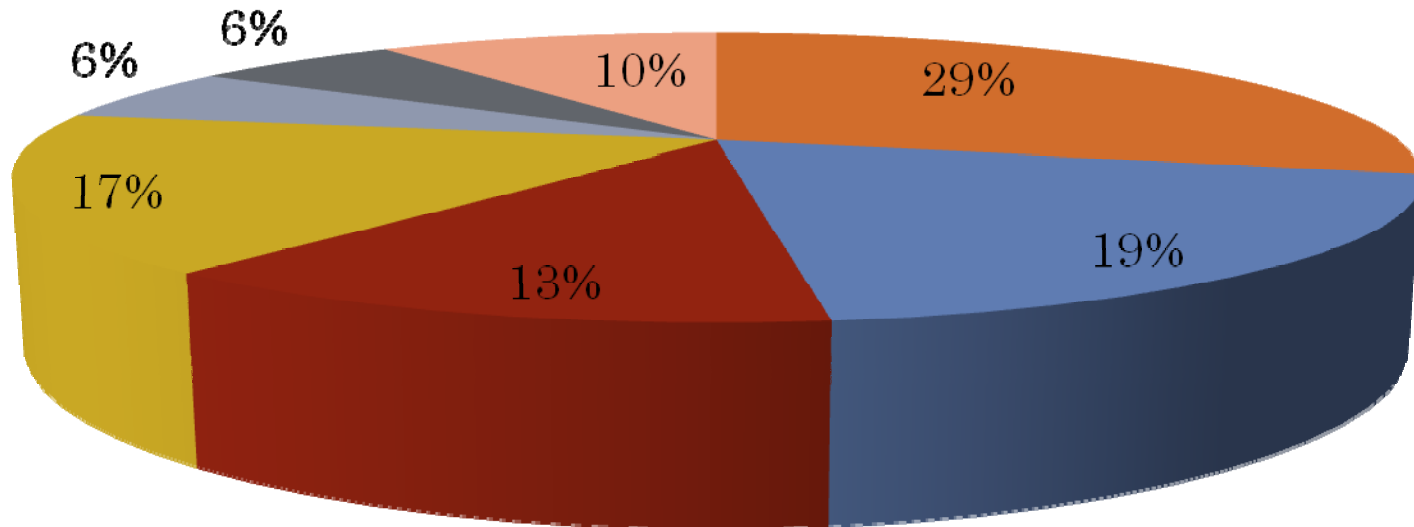
■ African-American ■ Caucasian ■ Other



# OF OUR 150 PARTICIPANTS

## Income (in thousands)

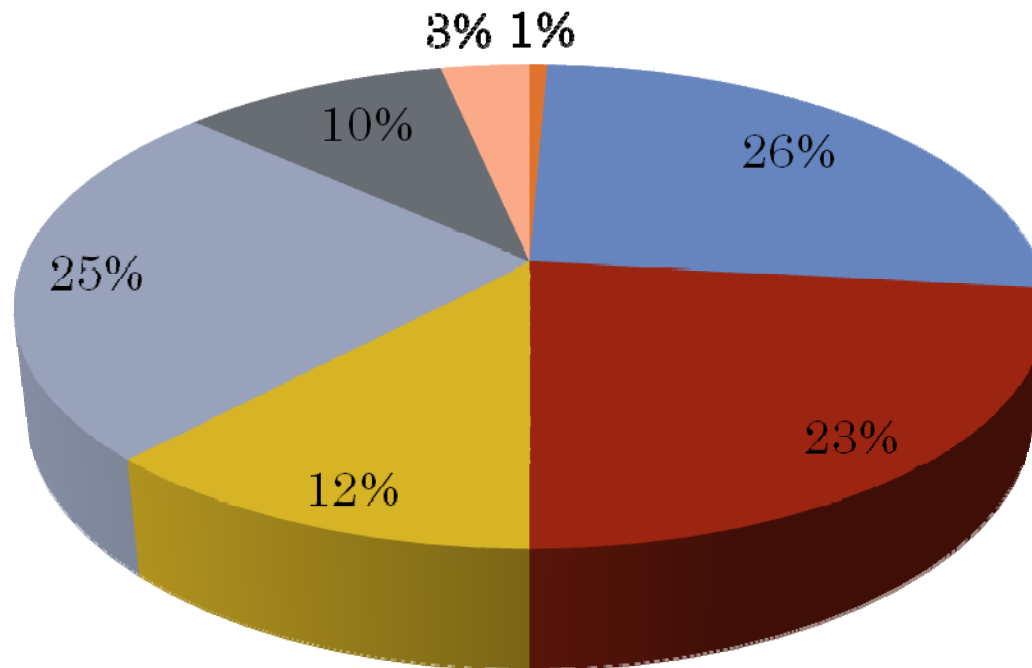
■ \$5> ■ \$5-\$10 ■ \$10-\$20 ■ \$20-\$40 ■ \$40-\$75 ■ \$75< ■ Declined



# OF OUR 150 PARTICIPANTS

## Education

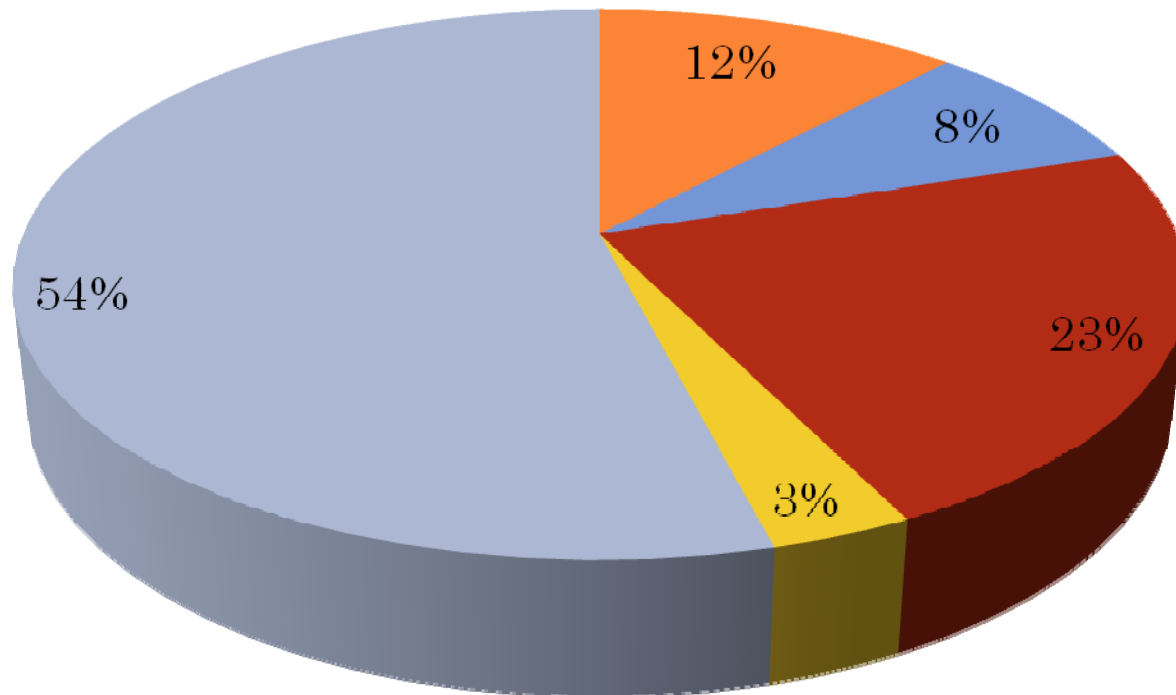
- 8th grade>
- 9-12 years
- HS Grad
- Assoc.
- Some College
- BA/BS
- Grad Degree



# OF OUR 150 PARTICIPANTS

## Marital Status

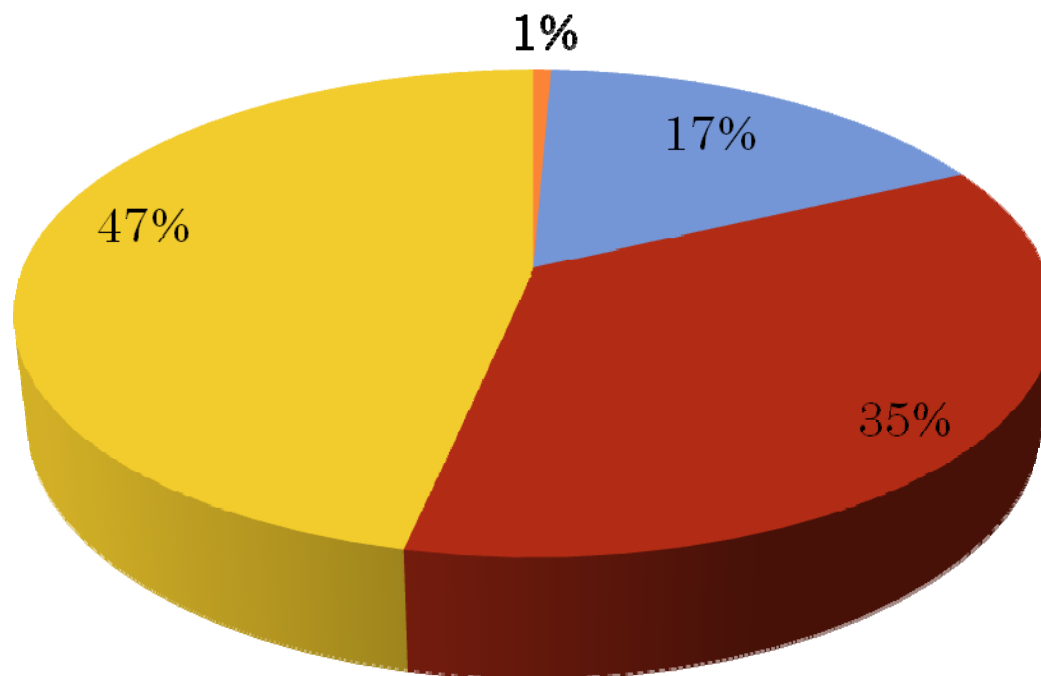
- Married
- Living together
- Divorced/Separated
- Widowed
- Never married



# OF OUR 150 PARTICIPANTS

## BMI

■ Under ■ Normal ■ Over ■ Obese





# 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



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