

Leveraging Digital Interventions to Improve Obesity Care Across a Cohort of Outpatient Practices

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1. Clinical Care Options. 2. QSynthesis.

Background

- Obesity care is often **underprioritized because of lack of time, resources, and healthcare professional (HCP) confidence**.
- Greater focus is needed on **sustainable, digital interventions** to support ongoing weight loss management and patient education.

Aim

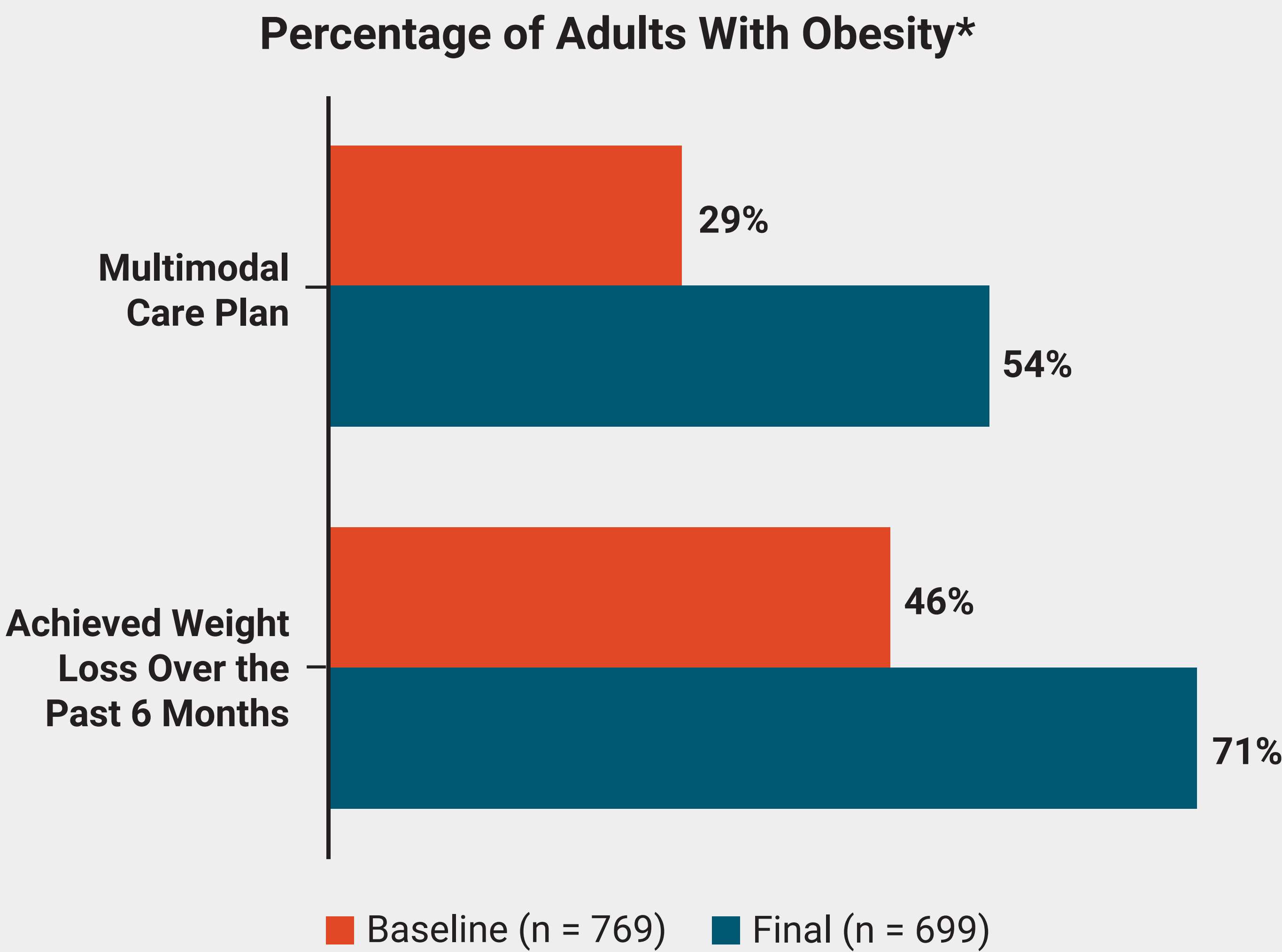
- To increase the percentage of adults with obesity who receive multimodal care plans by 20% and achieve weight loss over 6 months by 15% from March 2023 – March 2024.

Change Explanation

- 21 practices from 16 states **participated virtually in a series of live and on-demand comprehensive educational programs** focused on evidence-based obesity management and quality improvement (QI) methodology.
- Baseline data analysis was conducted through random sampling of chart reviews of patients with obesity in the 6 months prior to QI implementation.
- Each site implemented system-based QI interventions in alignment with the IHI Model for Improvement.
- Based on localized needs, sites implemented **digital interventions** to improve systematic care delivery for obesity management.
- Final data collection occurred 6-8 months following the implementation of the QI projects.

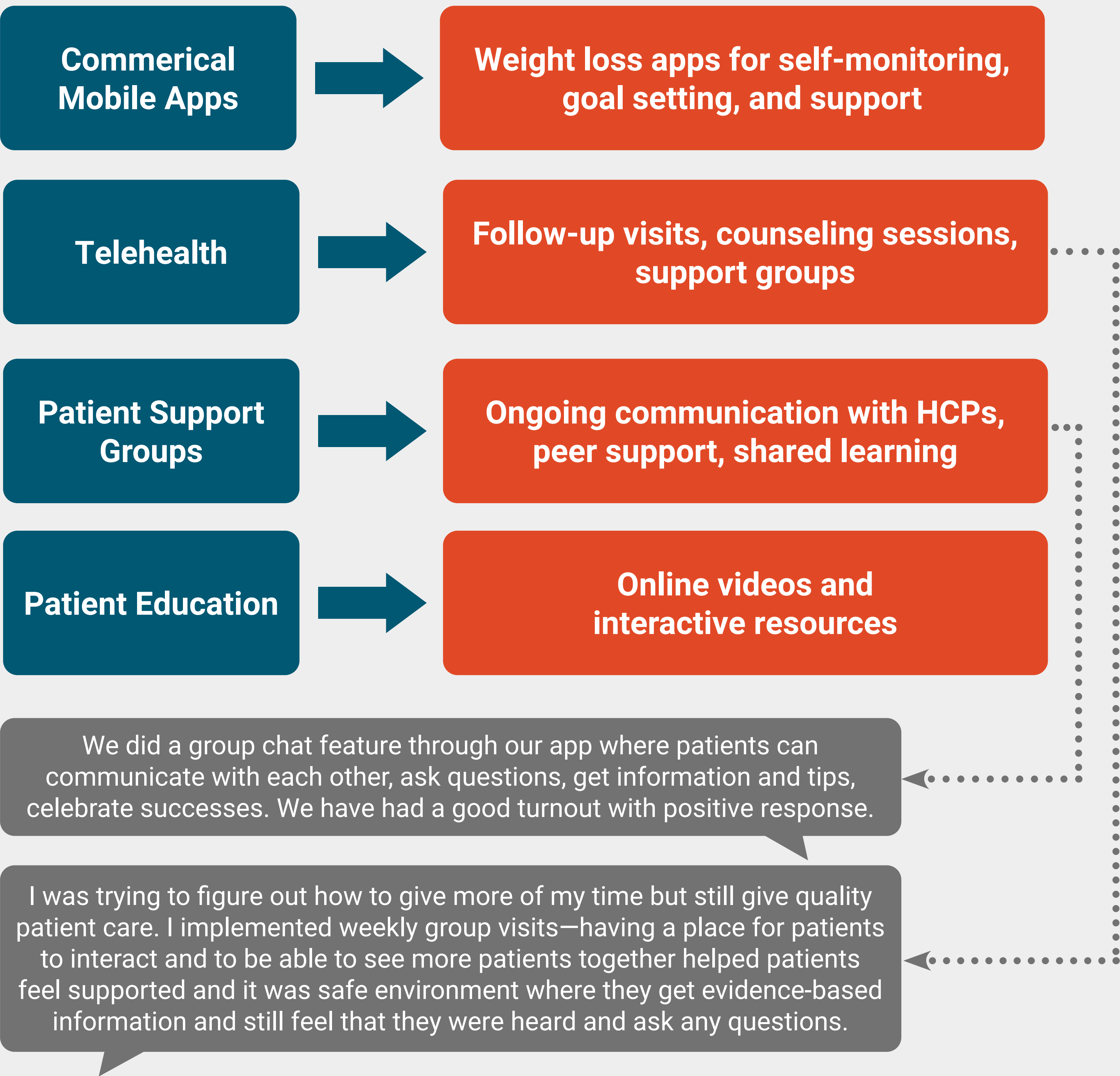


Digital Tools and Interventions Increased Proportion of Patients who Received Multimodal Obesity Care Plans to Achieve Weight Loss

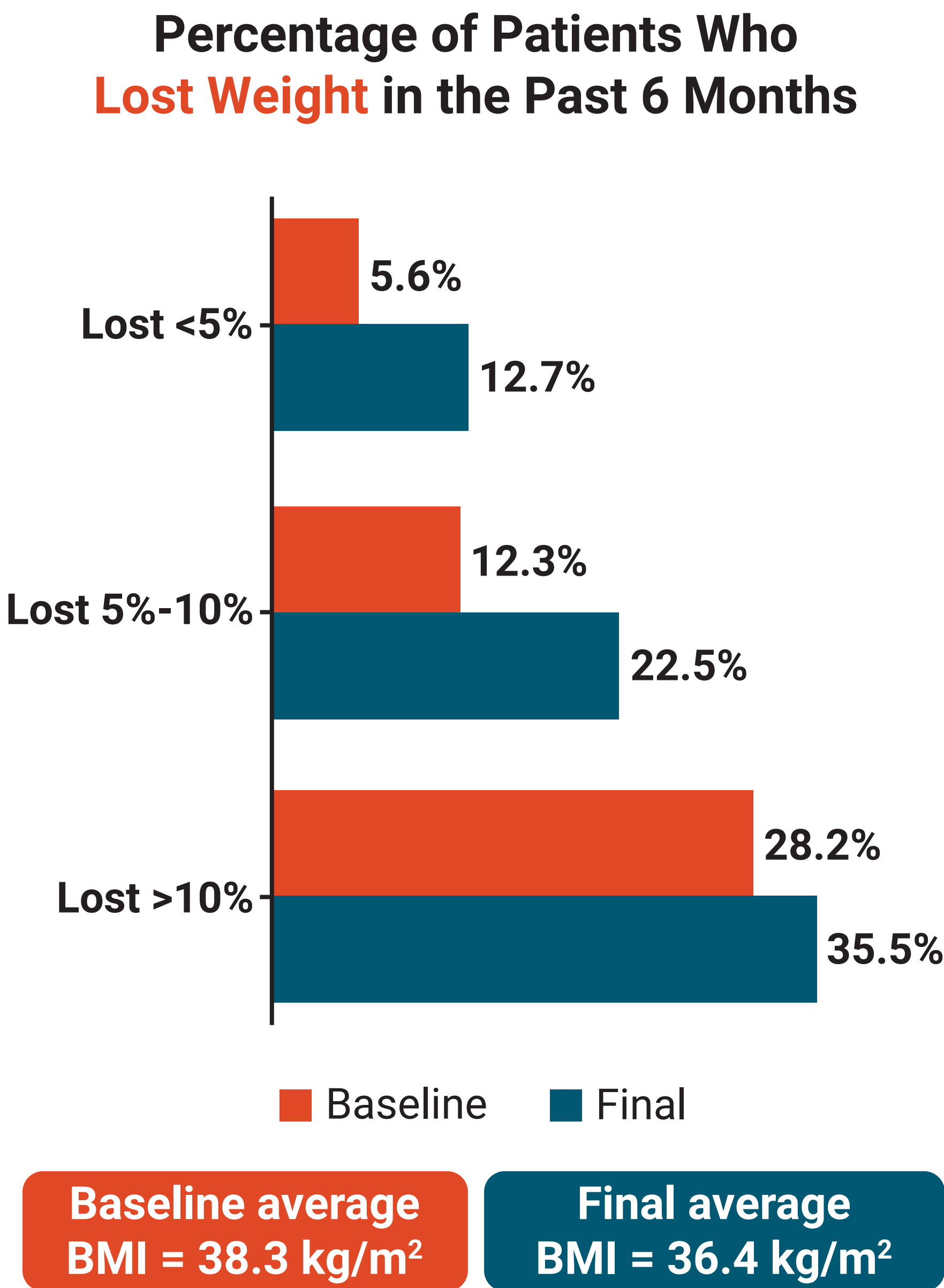


*Random sampling chart review.

Examples of Digital Interventions



Weight Loss Breakdown



Lessons Learned

- The program demonstrated the value of integrating digital health tools into obesity care.
- Although **digital education uniformly increased HCP skills and confidence**, sites that incorporated additional digital tools—such as mobile apps and telehealth—saw greater patient engagement and adherence.
- This initiative highlights the **importance of flexible, accessible digital interventions tailored to meet both patient and HCP needs**, as well as the benefit of virtual support networks in sustaining patient motivation and improving outcomes.
- Future initiatives may expand these digital interventions to further streamline obesity care and empower patients nationwide.



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