Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Family Nurse Practitioner

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A Behavioral Weight Loss Program for Low-Income Adults with Obesity and HIV

Date: July 10, 2019
Time: 11:10
Place: Nursing Administration Building, Room 106

Abstract

Problem: Obesity, having a body mass index (BMI) of 30 or greater, increases the risk for cardiovascular disease. For people living with HIV (PLWH), this increases their risk for myocardial infarctions by 50% and causes this life-threatening event to occur at a younger age compared to those who are not diagnosed with HIV.

Methods: With obesity disproportionately affecting people with low income, this study aims to study the effects of a 12-week behavioral weight loss program that utilizes journaling as a self-monitoring tool, weekly educational classes, and individualized goal-setting on PLWH with obesity who live in a residential facility for the formerly homeless. Outcome measures include average weight, BMI, waist circumference (WC), intake of the five food groups per MyPlate recommendations, water intake, sugar-sweetened beverage (SSB) intake, minutes of physical activity (PA), and quality of life (QoL). A convenience sample (n=2) were recruited.

Data: Findings from this cohort study showed the following: average weight increased, BMI increased, WC decreased, protein intake increased, dairy intake decreased, vegetable intake decreased, grain intake increased, fruit intake decreased, water intake increased, SSB intake decreased, minutes of PA increased, and QoL decreased.

Implication: Providing a behavioral change strategy and health classes encourage participants to desire choosing healthy behaviors; however, without access to fresh produce, significant changes in BMI may continue to be difficult to achieve.

Defense of Dissertation Committee
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