

Abstract

Title: Losing Weight with 5As: Assess, Advise, Agree, Assist, Arrange framework and Motivational Interviewing (MI) for health behavior change counseling

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According to the Centers for Disease Control and Prevention (CDC), obesity has reached epidemic levels and has associated with increased risk of morbidity and mortality rates. The increasing prevalence of obesity is a major public health concern. Researchers calculate that health care costs are 44% higher among moderately and severely obese older persons than for persons at normal weights. Seventy-five percent of African American (AA) women are overweight and obese according to data from the CDC and *The State of Obesity: Better Policies for a Healthier America*. Compared to any other racial ethnic group, AA women are more likely to be obese. Unfortunately, rural areas are effected by obesity more than their urban counterparts in the United States (US). Primary care providers (PCPs) are an integral part of the solution to help reducing and reversing health risk. The aim of this project is to implement an evidence based project (EBP) entitled the Five A's (5A's): Assess, Advise, Agree, Assist, Arrange and Motivational Interviewing (MI) for health behavior change counseling into clinical practice to assist obese AA women, who present in primary care at a rural health clinic (RHC), lose weight and improve health outcomes.

Keywords: African American; Five A's; RHCs; primary care; weight loss program