

Peer Coaching in a Pediatric Obesity Program

PURPOSE OF THE STUDY

This study will compare the impact of three interventions on the activity rates, clinical outcomes and satisfaction of participants.

WHAT IS A PEER COACH?

Peer coaches are typically lay people (not health professionals) who receive additional and sufficient training in a given topic area. They have backgrounds similar to, and/or have had experiences similar to those they coach. Therefore peer coaches have an in-depth understanding of the challenges of carrying out self-care recommendations, which allows them to provide ongoing practical, social and emotional support, and to communicate health information in a culturally meaningful, understandable way.

STUDY DESCRIPTION

This study will compare the impact of two interventions on lifestyle behaviors of caregivers/children at risk for obesity:

- ▶ Raising Well (RW). The usual care lifestyle change telephone intervention based on motivational interviewing and delivered by clinical health coaches (MO, LA, FL)
- ▶ Raising Well + Peer Coaches (RW+PC). Washington University in St. Louis-employed peer coaches delivering a lifestyle behavior change intervention based on social cognitive theory and delivered through home visits and telephone contact (MO, LA, FL)

Members will be contacted by Washington University in St. Louis' research team at the beginning of the study and when they graduate from the program or leave the study. The member will be asked a series of questions on their health, physical activity, diet and overall opinion of the program. Participants will be given a \$25 incentive for their time completing each survey.

MAIN FINDINGS FOR 2017

The study launched in 2017 in Florida and Louisiana and continues in Missouri. At the end of the year, close to 1,000 members were outreached to participate in our study, 191 were reached, and 126 enrolled. Peer coaches completed 273 visits with members. Post data was obtained on 63 of the 76 members eligible for follow-up. New coaches are currently being trained, and the study will continue to enroll new families next year. While data cleaning is underway, some preliminary data analyses were run. Data shows 91 percent of the families in peer coaching were very satisfied with the program (compared to 77 percent in health coaching). Only 8 percent of members in peer coaching have not completed the program. Preliminary data looked at how often SDOH was brought up and addressed by coaches in both programs. Twenty-six visits were analyzed (13 in each group), and results showed SDOH concerns were brought up to the coaches 43 times (28 times during peer coach visits and 15 during health coach calls). Coaches problem solved with the families 25 out of the 45 times (peer coaches did 21/28 times and health coaches did 4/15 times). Currently more data is being analyzed and manuscript preparation is underway.

Data was also presented showing the home environment for families in both Raising Well programs. Thirty-six percent live in an apartment, condo or mobile home; 33 percent live on a busy street; and 35 percent don't have yard space for activity. When asked if their child had a TV in their bedroom, 84 percent in peer coaching versus 61 percent in health coaching reported yes. When asked if soda was easily accessible, 38 percent in peer coaching versus 23 percent in health coaching said yes. In addition, 29 percent of peer coaching families versus 18 percent of health coaching families reported they did not have fruits and vegetables their child likes readily available at home.

Additional ways to reach families are being explored with our project. Our preliminary data shows while most families have a smartphone and are able to text, only 70 percent have a computer or tablet connected to the Internet. In peer coaching texting is common with families, and video technology sites (e.g., FaceTime, Google Hangouts) are being used with some families.