

Preface

National and VHA-specific rates of obesity and diabetes are high and increasing. Of the more than five million Veterans served, 77% are overweight or obese (FY '08 Vital Signs Data). Excess weight underlies many disorders and impacts health and quality of life. The MOVE!® Weight Management Program for Veterans (MOVE!®) has rapidly become the largest and most comprehensive weight management program offered by an integrated health care system.

Rather than being a top-down program, MOVE!® was developed in response to VHA providers who recognized the growing need for a comprehensive weight management program. The program is designed to assist Veterans with losing weight, keeping it off and improving their health.

MOVE!® is based on the NIH Identification and Treatment of Overweight and Obesity in Adults-Evidence Report (1998) and Practical Guide (2000), and is specifically designed for Veterans. The foundation of MOVE!® is supported weight self-management. Patients are encouraged to set individualized goals to reduce calories consumed, increase physical activity, and modify weight-related behaviors with guidance, education, and support provided by VHA health care team members. A Weight Management Executive Council oversaw and monitored the development, implementation, and refinement of MOVE!®, ensuring the best possible practices in the support of weight management for Veterans.

MOVE!® was pilot tested at 17 medical centers and community based outpatient clinics between 2003 and 2005. Early implementation began on a voluntary basis at approximately 50 VA facilities in 2005. To facilitate national implementation, VISN and Facility MOVE!® Coordinators were named in late summer/early fall 2005. Based on feedback from the pilot sites, early implementation sites and the VISN and Facility MOVE!® Coordinators, MOVE!® was revised and refined prior to national implementation in January 2006. Those desiring additional information regarding the early phases of MOVE!® can access the MOVE!® website:
<http://www.move.va.gov/MoveHistory.asp>.

MOVE!® continues to be enhanced by a clinical team at NCP including physicians, dietitians, psychologists, physical activity specialists, and nurses. Since the early implementation of MOVE!® in 2005, MOVE!® clinical guidance, support materials, and patient care items have been continually updated. New ways to support Veterans in weight self-management have been developed (for example, TeleMOVE! providing self-management support via home messaging devices).

Clinical Practice Guideline

The Joint VA/DoD Clinical Practice Guideline on the Screening and Management of Overweight and Obese (CPG) was published in November 2006. Although there were slight differences between the original guidance for MOVE!® and the CPG, MOVE!® was harmonized with the CPG. Note that the CPG is designed to guide providers in the screening, evaluation and medical management of patients with excess weight.

The United States Army has adopted MOVE!®

In 2008, the US Army began offering the MOVE!® assessment, the MOVE!23 Patient Questionnaire, and MOVE!® group sessions on Army Knowledge Online, the US Army portal for soldiers and civilians. US Army medical treatment facilities (MTF) piloted the use of MOVE!® in 2009, and, as of 2010, US Army MOVE!® is now a required program for all MTFs staffed with dietitians.

MOVE!® Reference Manual

The current MOVE!® Reference Manual is a combination of earlier versions of the Clinical Reference Manual (Version 2) and the Quick Start Manual (Version 3).

Earlier versions of the Clinical Reference Manual were published in:

Version 1 – April 2003

Version 2 – October 2005

Earlier versions of the Quick Start Manual were published in:

Version 1 – April 2003

Version 2 – September 2004

Version 3 – November 2005

The revised MOVE!® Reference Manual has been updated, and will now serve as the primary guide for MOVE!®.

Major changes include:

- The Quick Start Manual has been incorporated into the MOVE!® Reference Manual. Specific elements on program implementation are now found in the Program Delivery Chapter.
- A new chapter, Self-Management Support, highlights the revised description of MOVE!® Treatment Options (formerly known as Levels).
- The chapter on Brief Residential Treatment is now titled MOVE!® Intensive. This chapter now includes medical management such as brief residential treatment, meal replacement and low calorie diets.
- CBOC implementation ideas, best practices, Veterans Service Support Center - MOVE!® Visit Data Cube, and performance measure information have been incorporated in a new chapter titled, Program Delivery.

- A motivational communication section has been added to the Facilitating Health Behavior Change chapter.
- The Facilitating Physical Activity chapter has been updated to include the 2008 Physical Activity Guidelines for Americans.
- The Bariatric Surgery chapter has been revised to complement companion documents such as the Bariatric Surgery Quick Reference for Primary Care Providers.

MOVE![®] is continuously refined based on current scientific evidence, annual MOVE![®] evaluation findings, and feedback from Veterans, clinicians, and leadership. In the future, the national MOVE![®] team plans to update individual chapters on an as needed basis, rather than revising the entire text. The initial release of the MOVE![®] Reference Manual will include a subset of revised chapters. Until all chapters are released, readers are referred to the guidance on specific topics in the prior Clinical Reference Manual.

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