

Koa Family – Folsom Clinic Pilot

Introduction

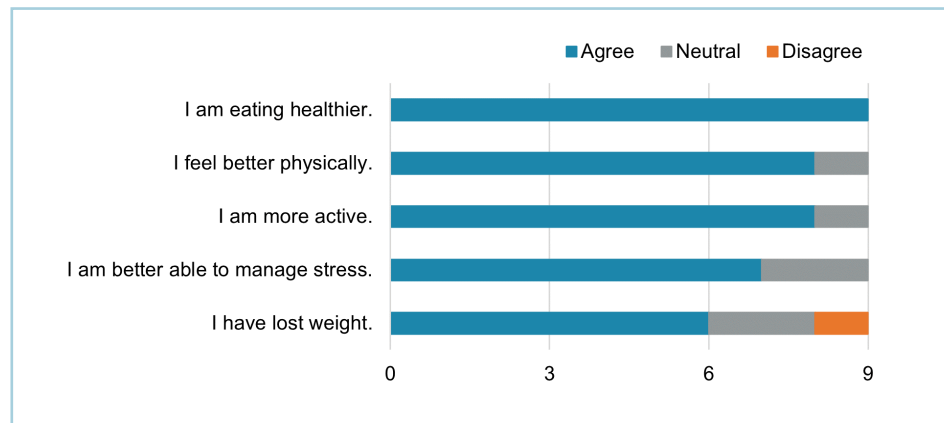
Based on the effectiveness of the Koa Family Program (KFP), which demonstrated significant weight loss through a community-based, telehealth program led by a health coach (Backman, Kohatsu, et al. Health Education Journal, 2022), we launched a pilot program in February 2023 at UC Davis Health, Folsom Clinic. The program was modeled after the KFP but was customized for the clinic population as opposed to research study participants. The pilot consisted of 10 patients who were women between the ages of 29 and 47, similar to the KFP research study. The purpose of the pilot was to determine if the KFP would have similar, beneficial effects on health and well-being in a real-world clinic setting, as it did in the research study. Results from the evaluation of the pilot program are detailed, below.

KFP Folsom Pilot Evaluation

One day after the final session, the 10 KFP participants were invited to provide feedback in a brief, anonymous online survey. Nine out of 10 participants responded to the survey.

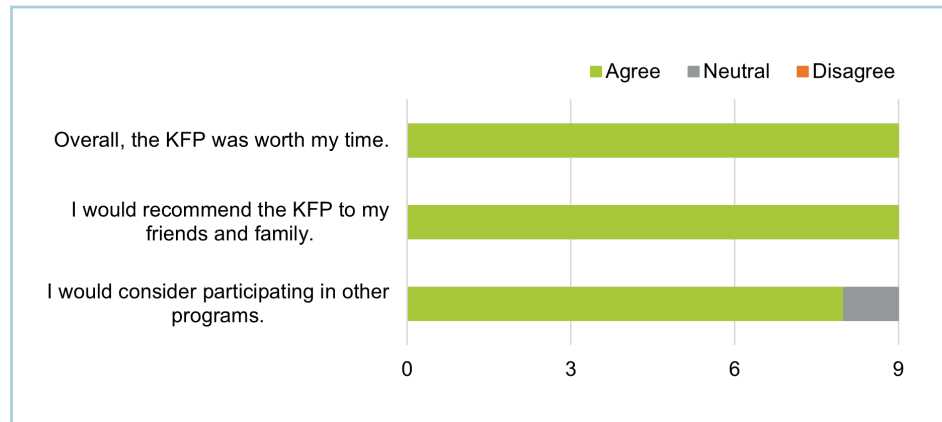
Respondents indicated whether they agreed, felt neutral, or disagreed with a series of statements:

As a result of my participation in the KFP:



- All respondents were eating more healthily.
- A majority felt better physically, were more physically active, were better able to manage stress, and reported weight loss.

- All participants agreed that the KFP was worth their time, and that they would recommend it to their friends and family; the majority would consider participating in other, similar programs.



Respondents also had the opportunity to provide open-ended feedback:

“I definitely was inspired to make subtle changes that improved how I feel for the better. I feel more empowered to make better choices for myself.”

“Really helped me deal with some pretty serious health issues and to quit smoking.”

“[KFP] helped me make a choice to be more present and active in my day-to-day life.”

“It was a chance to remind myself to take care of myself.”

“I enjoyed the virtual sessions and getting to hear everyone’s experiences... The [coach] was very welcoming, positive and supportive. She was able to build a strong sense of community and feeling that you are not alone in the challenges you may have.”

The most common suggestion for improving the KFP?

Organizing an in-person meet-up, so participants can enjoy more quality time supporting and connecting with each other.

