

Motivational Interviewing Education for Providers to Address Adolescent Nutrition

Abstract

Background: Adolescent obesity has tripled to 20% over the past three decades and 70% will remain obese after age 30. In Virginia, rates of adolescent overweight and obesity are increasing to 16.2% and 17.6%, respectively. Obesity consequences include anxiety, depression, high blood pressure, high cholesterol, and diabetes. The American Academy of Pediatrics (AAP) recommends motivational interviewing (MI) to address pediatric obesity. Research supports MI in the management of adolescent weight, but provider education is necessary to effectively use MI in ambulatory care settings. The AAP developed the interactive simulation Change Talk: Childhood Obesity to teach providers and simulate MI techniques for addressing weight in pediatrics.

Purpose: This project assessed if the MI simulation Change Talk increased provider knowledge and use of MI when addressing adolescent nutrition and weight management.

Methods: Ambulatory care providers participated in pre-surveys, the Change Talk program, and post-surveys assessing current MI practices and skills as well as changes in their practice, knowledge, and use of MI.

Findings: Findings included pre-intervention practices, MI knowledge, and MI self-assessments (MICSAR scores) compared to post-intervention practices, MI knowledge, and MICSAR scores. MICSAR scores increased across three categories, and all participants stated that Change Talk increased their use of MI.

Conclusions: Change Talk is an affordable and practical intervention to increase provider knowledge and use of MI for addressing weight with adolescents. The QI project findings suggest Change Talk can be used as an introduction to MI, and MI education should be integrated into graduate programs and ambulatory care settings.