Short supervised medical training program is proposed to sedentary overweight individuals in prevention of cardiovascular disease.

Results at 12 months.

Centre Hospitalier de Bilgny – Service de Réadaptation Cardiaque

AIM

To determine the feasibility of physical activity behaviour change maintained 12 months after a multidisciplinary intervention program.

POPULATION

119 overweight subjects without involvement in regular physical activity were included to the program from 2007 to 2012.

At 12 months, 34 subjects stopped the experience prematurely (causes: move (8), new chronic/severe disease (4), no response to 3 phone calls (21), failure to appear to the last appointment (1)).

Finally, 85 subjects completed the program.

- Age: 59 years ± 6.3
- Professionally active: 52 %
- Hypertension: 91 %
- Dyslipidemia: 76 %
- Diabetes mellitus: 75 %
- Smoker: 24 %
- BMI: 33 ± 6.2
- Abdominal circumference: 112 ± 18.9 cm

METHODOLOGY

The program allows:
1. To remove the stage of preparation of change continuum = no doubt time;
2. To take action directly;
3. To reawaken or awaken different pleasures;
   - After sport well-being,
   - Pleasure of wearing "an old trousers";
4. To create a new behaviour:
   - Practicing a regular physical activity.

2 Weeks Program

- Consultation with cardiac rehabilitation’s cardiologist in day hospital:
  - cardiac stress test (with/without cardiac ultrasound),
  - blood test,
  - research motivation factors.
- Inclusion in cardiac rehabilitation outpatients group

RESULTS:

Evolution of weight at 12 months:
- At motivation interview: 95.3 ± 16.7 kg
- Last day of 2 Weeks Program: 92.3 ± 17.3 kg
  - 3.6 kg

Evolution of Body Mass Index at 12 months:
- At motivation interview: 35.5 ± 6.17 kg.m²
- Last day of 2 Weeks Program: 33.3 ± 5.92 kg.m²
  - 1.2 kg.m²

Evolution of quantity of physical activity depending on phone calls:
Subjects maintain 74% on average of their objective of quantity of physical activity at 12 months.

CONCLUSION

Multidisciplinary team of a rehabilitation center can motivate successfully sedentary overweight individuals to change of lifestyle in prevention of a cardiovascular disease.