

Using Mobile APP To Increase The Accessibility And Effectiveness Of Employees' Weight Loss And Health Promotion

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Background

In the employee health questionnaire survey in 2021, 82% were losing or maintaining weight, and 69.1% of them used self-diet control to lose or maintain weight. Therefore, we want to increase the accessibility of employees' participation in health promotion through the existing mobile applications. In addition, our nutritionists will provide professional nutrition and dietary advice to improve employees' nutritional knowledge and help them lose weight healthily.

Methods

The course lasted for 8 weeks, divided into 5 hours of face-to-face teaching and daily mobile app application interaction. The application interaction uses a group method to allow participants to take pictures and record each meal photo in a specific album. The nutritionist gives feedback twice a week And adjust the meal content, all participants must record the changes in body weight and body fat percentage before and after the course and in the third month after the course.

Results

Employees with BMI>27 are given priority. There are 18 participants in total, with an average weight of 74.4 kg and an average body fat rate of 39.5%.

Participants who have any questions about diet and exercise can interact with nutritionists and partners in the mobile application group, and use the power of the group to give each other continuous motivation during the weight loss process.

After the 8-week course, the average weight of the 18 participants was 71.49 kg, a decrease of 2.54 kg, and the average body fat rate was 37.5%, a decrease of 1.6%. Three months after the course ended, 3 participants continued to lose weight and body fat rate, one of the participants lost a total of 10.4 kg of body weight and 7.1% of body fat before and after the course.

Conclusions

Through this course, in addition to the physical course, mobile phone application assistance is added to increase the accessibility of participants' health promotion, and share daily meals and exercise skills with each other through the power of the group, integrate health knowledge into life, and develop good habits for health promotion.

Keywords

Health promotion, weight control, mobile application, health literacy

