



## **POWER (Practice-Based Opportunities for Weight Reduction)**

# POWER (Practice-Based Opportunities for Weight Reduction)

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- A study to evaluate two programs that aim to encourage weight loss among obese people at risk for heart disease
- Population and treatment:
  - 415 obese adult patients (average of 104 kg, mean BMI of 36.6) with at least one other CV risk factor such as hypertension, dyslipidemia, or diabetes
  - Randomized to a remote intervention (support from weight-loss coaches by telephone, email, and through a dedicated website) or face-to-face weight-loss coaching
- Primary outcome:
  - Weight loss

# POWER: Results

- The remote approach to weight-loss coaching was just as effective as the in-person approach

## Mean weight change at six and 12 months

Time of evaluation	Remote, n=139	In-person, n=138	Self-directed, n=138
6 mo, kg	-6.1	-5.8	-1.4
12 mo, kg	-4.6	-5.1	-0.8

## Rate of achieving weight loss at six months and at two years,

Degree of weight loss	Remote, n=139 (%)	In-person, n=138 (%)	Self-directed, n=138 (%)
>5% at 6 mo	52.7 <sup>a</sup>	46.0 <sup>a</sup>	14.2
>5% at 24 mo	38.2 <sup>a</sup>	41.4 <sup>a</sup>	18.8
>10% at 6 mo	23.3 <sup>a</sup>	25.0 <sup>a</sup>	3.5
>10% at 24 mo	18.3 <sup>b</sup>	19.5 <sup>c</sup>	8.6

- a.  $p < 0.001$  vs self-directed (control)  
b.  $p = 0.02$  vs self-directed (control)  
c.  $p = 0.01$  vs self-directed (control)

# POWER: Commentary\*

"A very important advance."

- Dr Frank Sacks

"The in-person group was the least preferable when the patients were randomized; that was our sense."

- Dr Lawrence J Appel

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