AN INTEGRATED CARDIOMETABOLIC INTERVENTION TARGETING PHYSICAL AND FINANCIAL HEALTH: A PILOT STUDY

Poster #

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Background

- Cardiometabolic conditions (e.g., obesity, diabetes) are high among Black adults with limited resources who live in the South due to a greater prevalence of risk factors.[1–8] Behavioral and socioeconomic factors contribute to >80% of health outcomes, and targeting both sets of risk factors are needed.[9]
- Resistance exercise (RE) (exercises that strengthen muscles) and financial capability (the capacity to achieve financial wellbeing) both improve cardiometabolic health.[10-17] Integrated interventions simultaneously targeting these risk factors may be an efficient strategy to improve health.

Project Aims

- **Aim 1:** Conduct nominal focus groups to understand factors and priorities influencing physical health and financial wellbeing and solicit feedback on the proposed intervention protocol.
- **Aim 2**: Evaluate the refined intervention for feasibility and acceptability in a 12-week, single-group, pre-post design.
- **Aim 3**: Explore the preliminary impact of the integrated intervention on clinical and patient-reported outcomes.

Study Design

Design

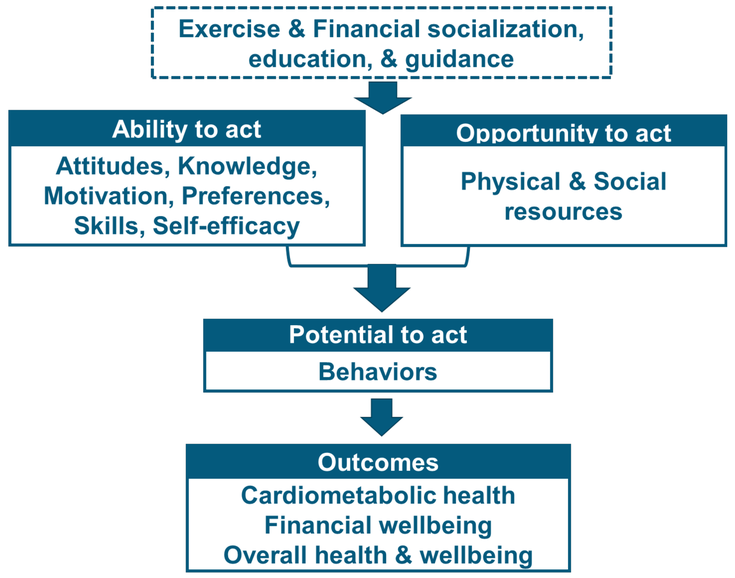
- Single group, two-phase mixed methods study
  - Phase 1: Formative evaluation: Nominal groups to assess barriers to engaging in RE and managing finances. Then, focus groups to elicit feedback on the "prototype" intervention to overcome these barriers.
  - Phase 2: Integrated intervention: 12-week program with weekly group sessions (~90 minutes) providing training and resources to enhance abilities and opportunities for RE and financial capability (~30-45 minutes/topic). Brief one-on-one calls are included for support and accountability between group sessions.

Sample

- Black adults with cardiometabolic conditions and low-to-moderate income (i.e., households eligible for free or reduced priced school meals).

Theoretical Framework

The conceptual model for this project is an **adaptation of the financial capability framework**[18,19] to include RE. This integrated model is a "person-in-environment" approach relying on factors influencing the **ability** (e.g., knowledge, skills) and **opportunity** (i.e., access to resources, services, and products) **to act** in ways that promote cardiometabolic health and financial wellbeing.



Outcomes

- **Aim 1:** Prioritized list of barriers and desired intervention refinements.
- **Aim 2:** Recruitment, attrition, adherence, treatment satisfaction
- **Aim 3:** Clinical and patient-reported outcomes at baseline and follow-up.

Key Messages

This integrated approach that seeks to simultaneously increase resistance exercise and financial capability may be an efficient, scalable, and sustainable strategy for health promotion, as it capitalizes on existing similarities between these behaviors [20,21] and overlapping behavior change processes.

Community Impact

Key Partners

- Our community partners include the **i3 Academy** in the Woodlawn Community in Birmingham, AL and **MedsPLUS Consulting, LLC.**

Public Health and Societal Impact

- The **Translational Science Benefits Model (TBSM)** guides the assessment of health and societal benefits of translational and clinical science. Potential benefits of this project exist primarily within the **Community and Public Health domain of the TSBM**
  - Community health services: Provide onsite services via a community-based program
  - Health education resources: Provide educational materials
  - Prevention and reduction: Provide exercise and financial coaching & resources
  - Life expectancy and quality of life: Improve clinical & patient-reported risk factors

References

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