

## PROJECT BRIEF

### Motivational Interviewing for Health Maintenance and Promotion in a Primary Care Setting

#### Background

In typical standard-of-care settings for healthcare, there is a distinct lack of availability for discussion between physician and patient regarding healthy lifestyle choices. The importance of living a healthy lifestyle is enormous, as it can prevent various diseases, lead to a higher quality of life, and prolong lifespan. Yet, this is not a typical discussion in the average primary care clinic. The Wisconsin Initiative to Promote Healthy Lifestyles (WIPHL) project currently employs the model of using a process of screening, brief intervention, and referral to treatment. This pilot study uses a similar method to WIPHL by using a prevention specialist instead of a physician to motivate patients to make changes in diet and exercise.

#### Objectives

- Utilize a team approach to healthcare using motivational interviewing (MI) techniques to impact patient diet and exercise.
- Gather data on resulting lifestyle modifications and changes in health indicators.
- Examine the cost-effectiveness of this alternate approach to standard-of-care.
- Evaluation of cost-effectiveness of alternative approaches to standard-of-care.
- Effectiveness of MI techniques to address and lead to changes in dietary and exercise habits.
- Lifestyle modifications based on use of MI techniques.

#### Population

150 patients from Aurora Sinai Family Care Center and local area clinics.

#### Design

- Two experimental groups and one standard-of-care group.
- Healthy lifestyle brief screen to determine eligibility to participate in the study.

#### Timeline

September 15, 2009 – September 14, 2010

#### Expected Findings

- Changes in health indicators related to chronic diseases (body mass index and blood pressure).

#### Funding

University of Wisconsin Institute for Clinical and Translational Research Type 2 Translational Research grant

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To learn more about WIPHL, visit [www.wiphl.org](http://www.wiphl.org)

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