



Commentary on the Social Network Lifestyle Intervention for Obesity Trial: MICROCLINIC

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Context: Prevalence of Overweight and Obesity



With the limited data available, prevalence's are not age standardised. Prevalence's are based on the best available data for the country, in some circumstances the data may be based on sub national surveys. Sources and references are available from IASO.
 © International Association for the Study of Obesity, London – October 2010

MICROCLINIC Trial

- Cluster randomized trial
- Setting: poor rural region of Kentucky
- Features of intervention
 - 10 month program
 - MICROCLINIC groups (cluster)
 - Classes (weekly x 1m, then biweekly)
 - Social support and diffusion
- Outcomes
 - Weight, blood pressure, other risk factors

Main Results

- Reduced weight, net ~ 6 pounds
- Reduced waist circumference, net ~ 1.3 cm
- Reduced systolic blood pressure, ~ 4 mmHg
- No significant effect on:
 - HbA1c
 - HDL cholesterol
- Other potential benefits: self-reported improvements in exercise, diet, confidence

Strengths

- Underserved population
 - Poor, rural
- High enrollment
- Novel theory to guide intervention
- Lots of outcomes

(Limitations)

- Few men, < 10%
- Relatively short, 10m
- Frequent in-person contacts
- Uncertain cluster effect

By how much did the MICROCLINIC intervention differ from traditional in-person interventions?

- Common elements
 - Group sessions
 - Frequent meetings, initially weekly
 - Social support and accountability
 - Engagement of family and friends
 - Shared experiences and skill building