

TITLE: Text4Fit Pilot

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RESEARCH PROJECT DESCRIPTION (brief overview of background, hypothesis, methods, role of medical student, funding and relevant publications -- SHOULD NOT EXCEED ~ 250 WORDS)

Background: Overweight and obesity have reached epidemic proportions, affecting 30% of US adolescents(1). A recent feasibility study by our group showed that a text messaging (SMS) intervention for overweight adolescents was acceptable, feasible, and may improve treatment outcomes. SMS has shown benefit in improving medication adherence, including in the transplant population(2,3). We plan to perform a pilot study in three clinics: obesity, endocrine and post-heart transplant and to add medication adherence messages to our SMS protocols.

Hypothesis: Overweight and obese adolescents with diverse medical needs will experience improved health outcomes from a text messaging intervention as an adjunct to usual care.

Methods: We will need to perform the following tasks:

1. Update IRB protocol.
2. Create specific exclusion/inclusion criteria.
3. Update texts to be focused on nutrition, physical activity, well-being and medication adherence.
4. Recruit patients, aged 11-18, within three clinics.
5. Chart review for baseline data
6. Follow prospectively over 3, 6 and 12 months (exceeding the MSRP but will be on-going)

Role of medical student: A medical student will help recruit participants and perform culturally-competent informed consent. A poster presentation on a topic of the student's interest will be the final output from the summer with the possibility to also work on a manuscript thereafter.

Students with projects that fall into Pediatrics (such as this) and Health Outcomes and Policy will have mentoring and peer opportunities to have a shared learning experience. Advantages include a dual support in Pediatrics (clinical relevance in general and adolescent medicine) and Health Outcomes and Policy (implementation science, methodology and policy support and relevance towards the Health Outcomes and Policy Pathway).

Funding and relevant publications: Internal efforts by Pediatrics and Health Outcomes and Policy allow for this integrated research.

References:

1. Ogden CLL, Carroll MDD, Kit BKK, Flegal KMM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *Jama* [Internet]. 2014;311(8):806–14. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/24570244>
2. Krishna S, Boren S, Balas E. Healthcare via cell phones: a systematic review HIR. *Telemedicine and e-Health*. 2009. p. 27335.
3. Miloh T, Annunziato R, Arnon R, Warshaw J, Parkar S, Suchy FJ, et al. Improved Adherence and Outcomes for Pediatric Liver Transplant Recipients by Using Text Messaging. *Pediatrics* [Internet]. 2009;124(5):e844–50. Available from: <http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2009-0415>