

RE-POWER study kicks off in rural Kansas

RE-POWER

Did you know - Individuals living in rural communities have higher rates of obesity and obesity related illnesses than their urban counterparts? Family practices operating in rural Kansas are on the front lines of combating this illness. With increasing obesity rates, there is an ever growing need for primary care providers to be equipped with evidence-based resources and interventions to best serve their communities.

The mission of the RE-POWER (Rural Engagement in Primary Care for Optimizing Weight Reduction) study is to discover optimal ways to implement weight loss interventions into rural healthcare settings. This study is an evidence-based, patient- centered program designed by Dr. Christie Befort and colleagues at the University of Kansas Medical Center, the University of Nebraska Medical Center, and the Marshfield Clinic (WI), in conjunction with provider stakeholders and an active patient advisory board.

Thus far, 13 rural primary care practices in Kansas are currently participating in the study as well as 11 practices in Wisconsin, Iowa and Nebraska. Patient recruitment started February, 2016 and in just 3 weeks over 100 patients expressed interest in participating. The study is seeking five more primary care practices in Kansas to participate. For more information about the RE-POWER study, including contact information, visit <http://www.kumc.edu/school-of-medicine/preventive-medicine-and-public-health/repower.html>