Lifestyle intervention improve the weight and exercise patterns of geriatric depressed patients
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Background
Depressed individuals may lack motivation to take care of their health.

Purpose
We explore the effect that a medical residential lifestyle intervention have on these patients regarding weight and exercise patterns.

Methods
The retrospective intervention took place in Weimar, CA of 18 days. Patients were evaluated by a board certified physicians, some came with the diagnosis of depression, some were diagnosed with depression at the program. This comprehensive lifestyle intervention program included a whole foods plant-based diet, exercise, water, sunlight, temperance/moderation, fresh air, rest/sleep, and emotional, relational support. A baseline measurement of weight and various markers was done including miles walked was captured, at the end the of the program the same evaluation was repeated.

Results
In 12 years of patients data, n=107 patients were geriatric and had the diagnosis of major depression at baseline, from those 107, n=96 had the before and end data complete and were used for this study.
Average age was 66.7 SD 8.6. At the beginning their weight in pounds listed as mean, St Dev, mode, median was (164.3, 38.5, 158, 157.7). Using the baseline values of Body Mass Index, 23% were overweight and 23% were obese. At the end, the mean, St Dev, mode and median values were (159.6, 36.2, 146, 155). Regarding their exercise patterns at baseline the mean, St Dev, mode, median, minimum, maximum miles that they were walking per day was (.5, .9, 0, 0, 0, 4), their end walking values listed in the same order were (3, 1.9, 4, 3, 0.25, 9).

Conclusion
This short-term lifestyle intervention program of change in diet, exercise and other health components was able help patients improve their wait and increase their physical activity. The long-term effects of this lifestyle intervention needs to be studied.

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