

# Effect of The Ideal Protein Weight Loss Protocol on Employee Health Care Costs

By: Timothy Logemann, MD; David K. Murdock, MD; Kelly O’Heron, RD

## ABSTRACT

### BACKGROUND:

•To determine the effects of a 12-Week Ideal Protein protocol with Aspirus Ideal Weight Solution on pre- and post-protocol (12 week, 1 year, 2 year, and 3 year follow up) weight-loss and clinical outcome measurements such as average BMI, fasting glucose, blood pressure, and total fat levels from 417 Aspirus members

•To determine the effects of a 12-Week Ideal Protein program with Aspirus Ideal Weight Solution on total medical claims costs (2013, 2014, and 2015)

### DATA ANALYSIS:

•Each outcome (i.e., blood pressure, BMI) was independently analyzed according to members that had BOTH pre and post readings

•Repeated-measures ANOVA analysis used to determine significant differences for each outcome

•SPSS V21 used to provide the analysis

### RESULTS:

•Over 73% of the participants (count: 306) were a health plan participant. Forty-one participants were not found in the PopSpring system, 68 were not in the health plan and two participants were noted as ‘employed with another company.’

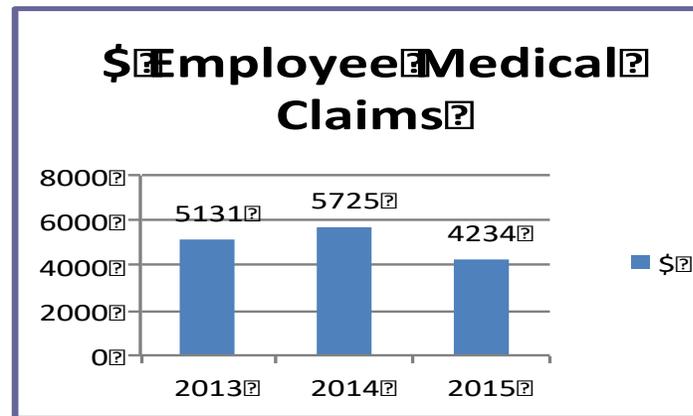
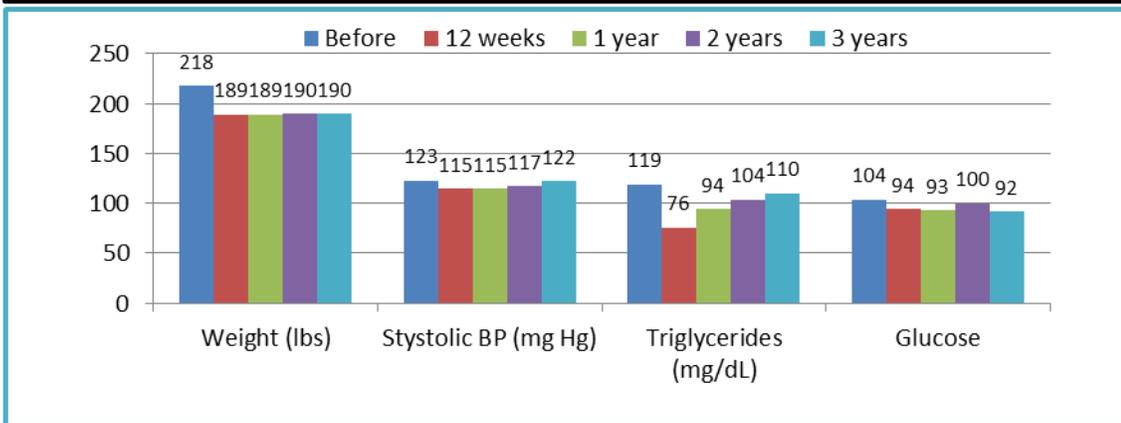
•Among health plan members, the average age was 49.7 years old and over 78% of the participants were female (count: 240). The average age for females was younger (avg age: 49.2 years old) compared to males (avg age: 51.5 years old)

### INTRODUCTION:

- Obesity has caused a national health crisis
- Ideal Protein Weight Loss Management protocol (IPWLM) is a 4-stage ketogenic diet with low carbohydrate, fat and normal protein.
- IPWLM consist of about 800 calories and 40 grams of carbohydrates daily.
- We sought to quantify the 12-week results of IPWLM in a large population of Aspirus members in terms of weight loss and its effect on metabolic parameters and medical claims costs

### METHODS:

- 1) 417 Aspirus members were enrolled into the Ideal Protein Weight Loss Protocol which included:
  - Weekly health coach meetings were encouraged to review compliance and progress
  - Meal replacement diet with 3-5 ideal protein products per day based on weight
  - Vitamin and mineral supplements
  - 4 cups of low carbohydrate vegetables
  - 8 ounces of lean protein and lettuce
- 2) Measurements were collected at the beginning of the program and at 12 weeks and included:
  - Weight
  - Waist size
  - Body Mass Index (BMI)
  - Blood Pressure (BP)
  - Total Cholesterol (TC)
  - High-density lipoprotein (HDL)
  - Low-density lipoprotein (LDL)
  - Triglyceride
  - Glucose
- 3) 1, 2 and 3 year data was collected during employee wellness screening.
- 4) Aspirus Wellness vendor manually tracked and added claim data each year.



### FINAL CONCLUSIONS:

- 1) Ideal Protein Weight Loss Management program produces significant weight loss and decrease in cholesterol, blood pressure, triglycerides, glucose and over a 12-week period with a high compliance rate.
- 2) Further research is required to determine the long term compliance and the effect on cardiovascular risk factors.
- 3) Comparing the claims costs from 2013 to 2015, there was an average of **\$916.97 (18% reduction)** decrease in overall average claims costs.

