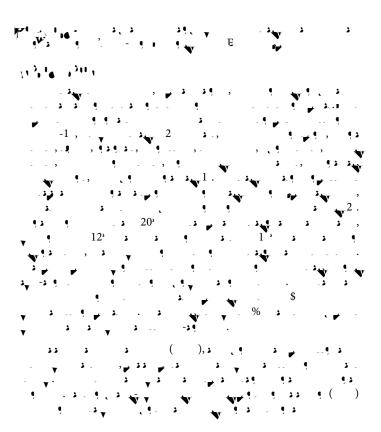
Research Article Open Access

## Improving Sustainment of Weight Loss: Implementation of Motivational Interviewing in a Retail Health Setting

Christy Swinson DNP, FNP-C, CMSRN1 and Stephanie Hodges DNP, FNP-C, CNEcl2\*

<sup>1</sup>Assistant Professor of Nursing, Fayetteville State University, School of Nursing, Fayetteville, North Carolina, USA <sup>2</sup>Associate Professor of Nursing, Fayetteville State University, School of Nursing, Fayetteville, North Carolina, USA



\*Corresponding author: Stephanie Hodges DNP, FNP-C, CNEcl, Associate Professor of Nursing, Fayetteville State University, School of Nursing, Fayetteville, North Carolina, USA, E-mail: Shodges5@uncfsu.edu

Received: 15-Oct-2022, Manuscript No. JOWT-22- 77309; Editor assigned: 17-Oct-2022, Pre QC No. JOWT-22- 77309 (PQ); Reviewed: 19-Nov-2022, QC No. JOWT-22-77309; Revised: 23-Nov-2022, Manuscript No. JOWT-22- 77309 (R); Published: 30-Nov-77309, DOI: 10.4172/2165-7904.1000526

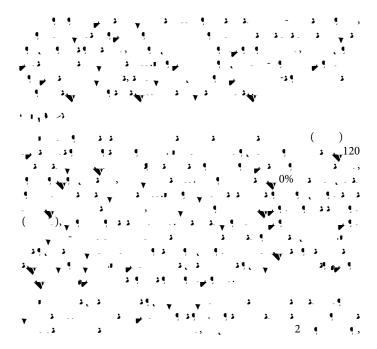
Citation: Swinson C, Hodges S (2022) Improving Sustainment of Weight Loss:



## 350, 30

## , • , i/, . il a





Citation: Swinson C, Hodges S (2022) Improving Sustainment of Weight Loss: Implementation of Motivational Interviewing in a Retail Health Setting. J Obes Weight Loss Ther 12: 526.	
	Page 5 of 7

Page 6 of 7

Page 7 of 7

- physician counseling on low-income African American women who successfully lost weight. Am J Health Promot 32: 374-380.
- 17. Degroote L, Plaete J, Bourdeaudhuij ID, Verloigne M, Stappen VV, et al. (2018) The efect of the ehealth intervention "My Plan 1.0" on physical activity in adults who visit general practice: A quasi-experimental trial. Int J Environ Res Public Health 15: 1-13.
- Montesi L, El Ghoch M, Brodosi L, Calugi S, Marchesini G, et al. (2016) Long-term weight loss maintenance for obesity: A multidisciplinary approach. Diabetes Metab Syndr Obes 9: 37-46.
- Roberts JL, Standage RP, Olaoye I, Smith LF (2015) Overcoming barriers to weight loss practice guidelines in primary care. J Nurse Practitioners 11: 544-550.

20. Stelter R (2015)