

# Optimizing Telehealth-delivery of a Weight Loss Intervention in Older Adults

NCT06044571

---

<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of North Carolina, Chapel Hill
<b>Enrollment</b>	180 participants

## Key Eligibility Criteria

---

### Inclusion (10)

- In order to be eligible to participate in this study, an individual must meet all of the following criteria based on chart review at the time of screening (within 8 weeks of randomization):
- Community-dwelling adult living independently (not a resident of a nursing home or an assisted living);
- Aged 65-85 years (unclear benefits of weight loss if >85 years)
- Obesity (body mass index:  $\geq 30$  kg/m<sup>2</sup>);
- English-speaking;
- ... and 5 more (see full listing online)

### Exclusion (22)

- Any individual who meets one or more of the following criteria will be excluded from participation based on chart review at the time of screening (within 8 weeks of randomization):
- documented diagnosis in the electronic health record of dementia of any type;
- documented diagnosis in the electronic health record of weight loss surgery in the past;
- untreated psychiatric disorder that would impair the ability to participate (bipolar, schizophrenia) based on medical record review;
- life-threatening illness;
- ... and 17 more (see full listing online)

## Locations (1 total)

---

UNC Center for Aging and Health, Chapel Hill, North Carolina, United States

---

<https://clinicaltrials.gov/study/NCT06044571>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).