



Army Public Health Center Health Promotion and Wellness Initiatives

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**Understanding and
Overcoming the
Challenges of
Overweight in the
Armed Forces:
A Workshop**

Session 3: Highlighting Innovative Strategies



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UNCLASSIFIED



Disclaimer

- The views expressed in this presentation are those of the author and do not reflect the official policy of the Department of the Army, Department of Defense or the U.S. Government.





Social Ecological Model

Army Application





Fit for Performance

What Is Fit For Performance?



It is a scientifically based lifestyle and behavior modification program designed to help Soldiers, Army beneficiaries and DA civilians:

- ✓ *Lose weight and/or meet their body fat standard per Army Regulation (AR) 600-9*
- ✓ *Improve military readiness and job performance*
- ✓ *Lower risk of weight-related diseases*

Who Is Eligible?

Soldiers who are enrolled into the Army Body Composition Program (ABCP) or Soldiers, Army beneficiaries and DA civilians who are interested in reducing their weight and/or body fat.



Fit for Performance

Session-By-Session Content

SESSION 1

Steps To Weight Loss Success

SESSION 2

Maximize Your Sleep & Your Workouts; Performance Nutrition Part I

SESSION 3

Creating Supportive Environments

SESSION 4

Fueling Your Brain & Body; Performance Nutrition Part II

SESSION 5

Psychology Of Weight Loss

SESSION 6

Conquer Stress Eating & Manage Stress



What is a MTF AWC?

- Provide integrated and standardized primary prevention programs and services that promote enhanced and sustained lifestyle change through behavior modification. Services provided by highly trained Health Educators who specialize in health/wellness coaching.
- Incorporates health education on Sleep, Activity, Nutrition, and Tobacco awareness
- Creates actionable plans to improve health and wellness.
- MTF provides execution and oversight.
- APHC supports through implementation, staffing, training, program innovation, monitoring, and evaluation.

Health education/coaching delivery platform using advanced technology .

Extension of AMH to Provide Health Education/Coaching



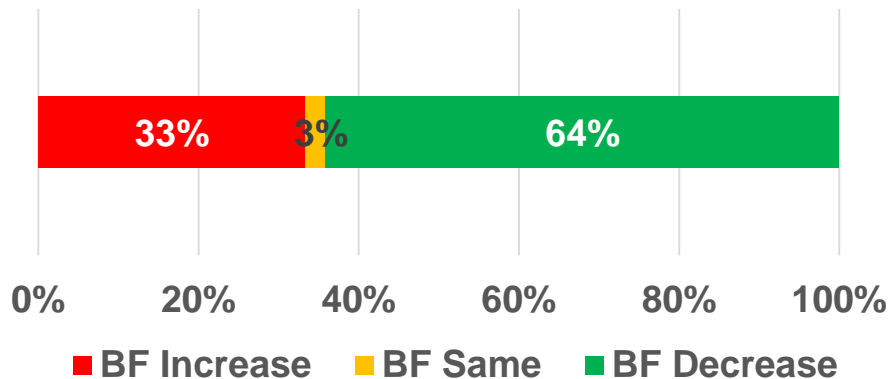


Army Wellness Center Nutrition-related Outcomes

Outcome evaluation results show that AWC clients with at least one follow-up assessment^a generally experience improvements in body fat percentage and body mass index

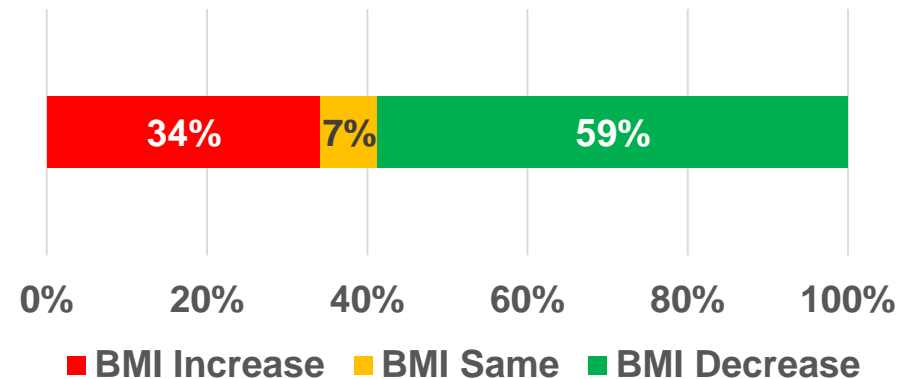
64% of clients experienced a decrease in body fat percentage (BF) ^b

N = 4,364 out of 6,802



59% of clients with a goal to lose weight experienced a decrease in body mass index (BMI) ^b

N = 3,975 out of 6,769



^a and at least 30 days between initial and follow-up assessment

^b FY15-17 AWC client outcome evaluation results





Performance Triad



P3 is a public health initiative intended to improve Soldiers' readiness and resilience by improving sleep, activity, and nutrition (SAN).

www.performancetriad.mil

Lessons Learned

Adjusting the installation environment is critical to making the healthy choice the easy (and likely) choice. Our Soldiers identified DFACs, vending machines, and on-post restaurants as areas for focused improvement.

Health awareness and education via P3 communication materials may be one avenue to change behavior – but ***knowledge change alone will not be enough.***

Leadership matters. Soldiers look to their leaders to model SAN, and there is room for leadership improvement in this area.





Healthy Army Communities

HAC is a coordinated Army-wide effort to improve the health and wellness of the total Army community

Focuses on **changing the environment** to make the healthy choice the easy choice. This includes the reshaping of Army communities to support healthier places to live, learn, eat, work, play and shop on Army garrisons **increasing readiness, resiliency, retention and recruitment** through an Army culture of health.



www.healthyarmycommunities.com



Healthy Army Communities



JCCoE
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Home of the Food Service Professionals



**healthy
army**
COMMUNITIES
INSPIRE • IDENTIFY • INTEGRATE



dodea
DEPARTMENT OF DEFENSE EDUCATION ACTIVITY



**Bench Mark Goals
Food Service Guidelines**





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