

CHARTING THE COURSE TO A HEALTHIER FORCE

Insight Into Military Health Promotion

Arkansas Public Health Association (APHA)

70th Annual Meeting

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LEARNING OBJECTIVES

After completing this Seminar,
you should be able to:

1. List three stages of development in modern Military Health Promotion.
2. Identify three issues currently addressed in Military Health Promotion.
3. Discuss three current Lines of Effort (LOE) in Military Health Promotion.

TOPICS COVERED

- **Background and historical Lines of Effort**
- **Developing comprehensive “Readiness and Resilience” (R2)**
- **Community Health Promotion Programming**

BACKGROUND

2000-2010

During many years of
high optempo combat
involvement

Serious health
problems develop

within the total Force

- TBI
- Military Sexual Trauma (MST)
- Moral Injury
- Post Traumatic Stress
- Secondary Traumatic Stress (STS)
- Homicidal/Suicidal Ideation
- Marital Dissolution
-

CLOSING THE AGILITY GAP

- **2000-2010** **Crisis Driven (LOE)**
- **2010-2012** **Surveillance Driven (LOE)**
- **2012-2020** **Prevention Driven (LOE)**

READINESS & RESILIENCE SPECTRUM

PRIMARY

- **Commander Driven**
- **Evidence Based Metrics**
- **Training Focused Upstream**
- **Promoting Health, Fitness and Wellness strengths in Recruiting, Retention and Retirement**
- **Enduring Partnerships**
- *MAX OPERATIONAL AVAILABILITY*

SECONDARY

- **Survey of Climate**
- **Assessment of Risk**
- **Surveillance of Ideations**
- **Tracking “At Risk”**
- **Remediation as path to recovery**

TERTIARY

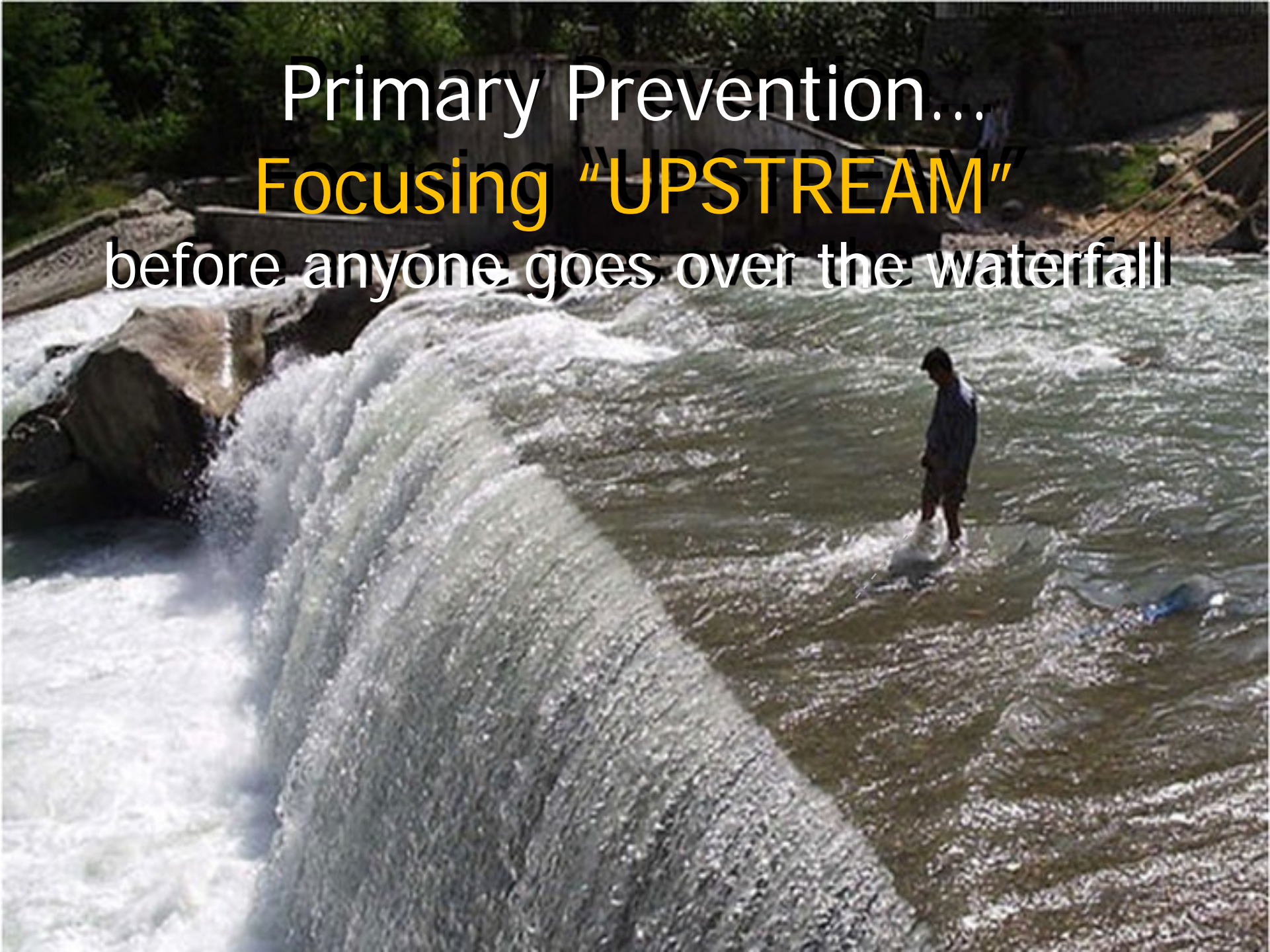
- **Documentation**
- **Medication**
- **Hospitalization**
- **Recuperation**
- **Incarceration**
- **Litigation**
- **Separation**
- **Funeralization**

PREVENTION
RESEARCH/POLICY DRIVEN

INTERVENTION
SURVEY DRIVEN

POSTVENTION
CRISIS DRIVEN

Primary Prevention...
Focusing "UPSTREAM"
before anyone goes over the waterfall



DEVELOPING COMPREHENSIVE READINESS AND RESILIENCE (R2)

R2 Campaign 2020



SMALLER WORLD:

By 2025, greater connectivity
will bring convenience, efficiency
and even more vulnerability **20**

OCTOBER 2017
WWW.NGAUS.ORG

READINESS

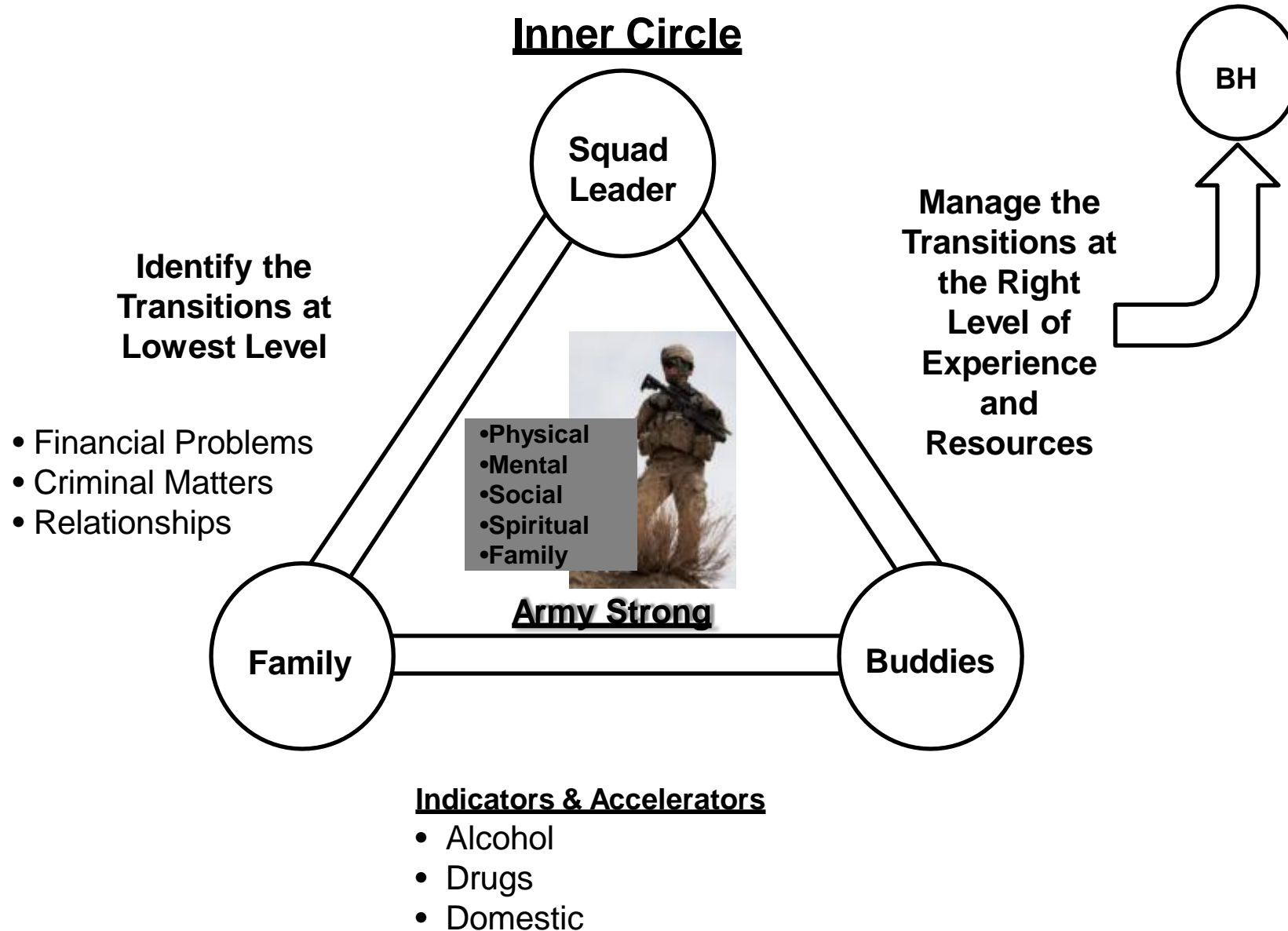
UNIT = Faced with drawdown in contrast to increasing global mission requirements. Each Unit is only as Ready/Healthy as its individual members.

INDIVIDUAL = Multiple deployments for Reserve and Active Duty.
AC faces frequent moves - RC holds civilian jobs

RESILIENCE

- **“Ability to withstand, recover and grow in the face of stressors and changing demands.”** SOURCE: Defense Center for Excellence
- **Identifying “Resilience Risk” and “Resilience Protective” Factors is key**

RESILIENCY & RISK REDUCTION



Equipping Military Family Members To Face Accordion Issues



3 KEY PHASES

- Pre-Deployment
- Deployment
- Re-deployment



A Focus on Participatory Approaches

Health promotion practitioners address health issues by doing things **with** people rather than doing things **for** them.



“Give a man a fish; you have fed him for today. Teach a man to fish; and you have fed him for a lifetime”

*—Author unknown
Chinese proverb*

COMMUNITY HEALTH PROMOTION

Developing Integrated Delivery Systems

SHAW AFB HEALTH PROMOTIONS MISSION

Health Promotions mission is to influence and support policies and the environment to promote evidence-based interventions that support healthy behavior change to optimize health and resilience in the Team Shaw community. (Mission updated April 2015)

We can all influence/support policies and the environment for a healthy community



5

INTEGRATED PILLARS



DATE: 15 March 2018

UNIT ID	Authorized Strength	Assigned Strength	% Assigned
	#	#	%

UNIT HEALTH INDICATORS

Area	Category	This Report	Last Report
1	APFT Pass Rate (Soldier Health)	%	%
2	Height and Weight Compliance (Soldier Health)	%	%
3	% of Soldiers MRC 1 and 2 (Soldier Health)	%	%
4	% of Soldiers MRC 3 (Soldier Health)	%	%
5	# of Suicide Attempts FYTD (Soldier Resilience)	#	#
6	# of Suicidal Ideations requiring hospitalization FYTD (Soldier Resilience)	#	#
7	# of DUIs FYTD (Soldier Resilience & Safety)	#	#
8	# of Off-Duty Accidents generating an SIR FYTD (Soldier Safety)	#	#
9	# of AWOL codes FYTD (Soldier Discipline)	#	#
10	# of UPL cases FYTD (Soldier Resilience & Discipline)	#	#
11	# of SHARP Reported Incidents FYTD (Discipline and Unit Climate)	#	#
12	Family Readiness Group Leaders Required and Appointed (Unit Family Support)	6/6	6/6

Subjective Risk Assessment (H=High / M=Moderate / L=Low)	This Report	Last Report
Employer and Family Support	H	N/A
Unit Readiness	L	N/A
Individual Soldier Readiness	M	N/A
Morale Assessment	M	N/A

Subordinate Battalion Highlights Last 90 Days (Accomplishments or Key Events)

1st BN:

2nd BN:

3rd BN:

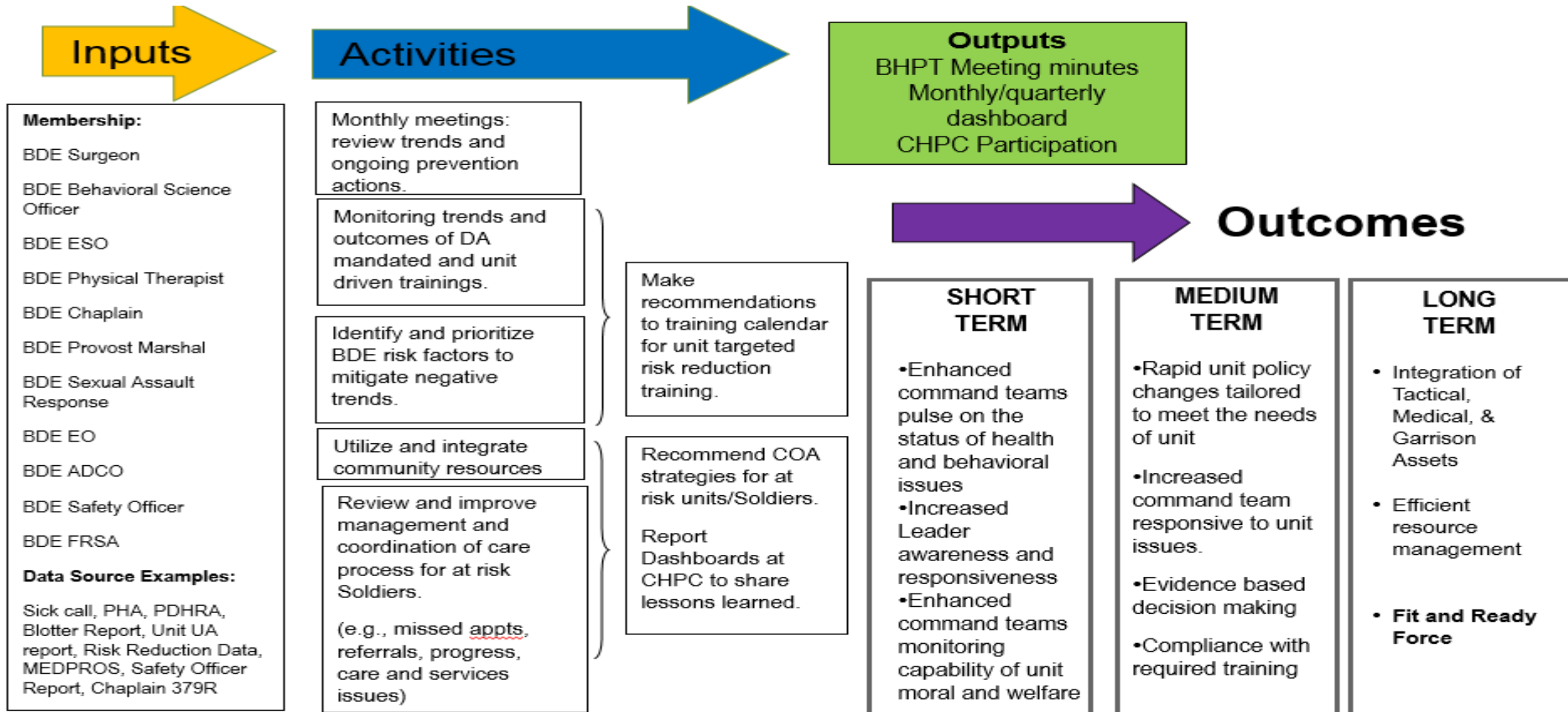
4th BN:

5th BN:

Command's Next 90 Day Top 3 Focus Areas

- 1.
- 2.
- 3.




Community Health Promotion Council: Implementation Guide (P. 38)



Blue H



- Navy Surgeon General's Health Promotion and Wellness Award
"Excellence in health, wellness, and fitness activities and policies in Navy and Marine Corps workplaces and communities"
- Aligned to the NMCPHC Program Areas

Bronze Anchor		<ul style="list-style-type: none">■ Every organization that submits an application will receive at least this award
Silver Eagle		<ul style="list-style-type: none">■ Accumulate at least 50% of the total available points in each of the topic areas■ Earn a minimum of 50% of the total available points
Gold Star		<ul style="list-style-type: none">■ Accumulate at least 50% of the total available points in each of the topic areas■ Earn a minimum of 80% of the total available points■ Complete the minimum HP training (Medical, Fleet, USMC)■ At least 50% of military staff must complete the HRA during the reporting period

**WHAT ARE YOUR
QUESTIONS?**

RESOURCES

Army Public Health Center (APHC): *Charting the Course to a Healthier Force* is a 12 week Web-based course for military personnel on principles and techniques promoting evidence-based, public health practice. Website:
<https://phc.amedd.army.mil/Pages/CourseDetails.aspx?CourseID=68>

The National Resource Directory (NRD): The National Resource Directory (NRD) is a website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Website:
www.ebenefits.va.gov/ebenefits/nrd Phone: (800) 342-9647

Center for Deployment Psychology: The Center for Deployment Psychology offers a wide range of provider resources that can be viewed on the Center for Deployment Psychology home page. The Center for Deployment Psychology also offers training tailored for civilian providers. Website:
deploymentpsych.org Phone: (301) 816-4754

Veterans Crisis Hotline: Phone: 1-800-273 8255 <https://www.veteranscrisisline.net/>