

2010 Military Health System Conference

DoD Obesity Prevention Initiatives

Sharing Knowledge: Achieving Breakthrough Performance

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TRICARE/OCMO/PHMMD

Learning Objectives



- Understand the rationale for preventing and treating overweight/obese MHS beneficiaries
- Understand the various weight loss, nutrition and exercise initiatives underway in the DoD
- Understand plans for implementation of VA's MOVE! Program in the MHS

Overview

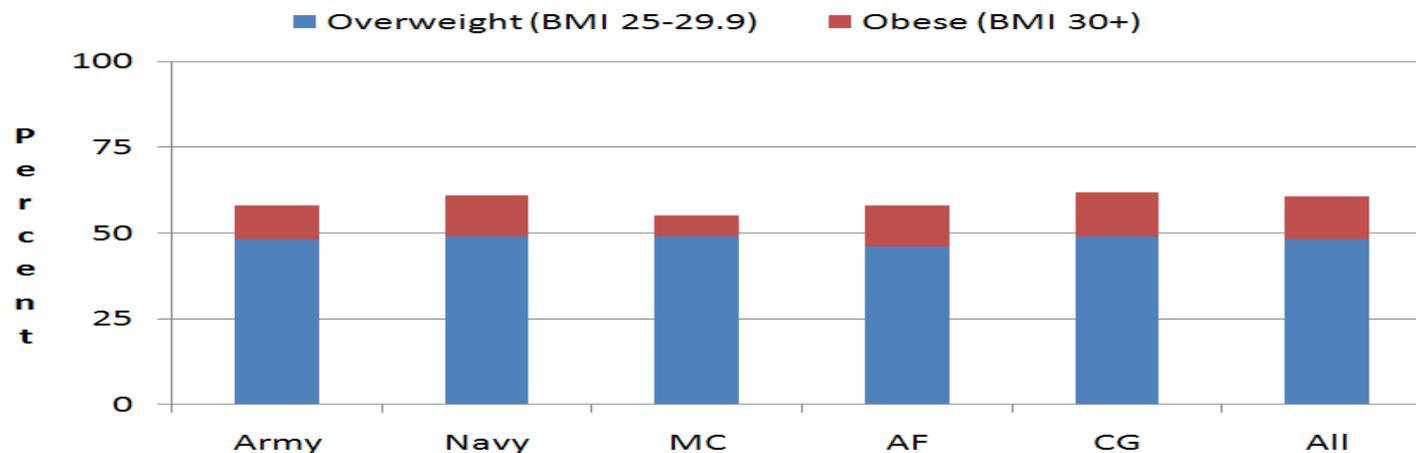


- Prevalence of Overweight/Obese Among MHS beneficiaries
- Cost, Productivity and Disease Implications
- Service Initiatives
- TRICARE Initiatives
- Implementation of VA MOVE! Program in DoD
- Future Benefit Plans

Prevalence of Overweight/Obesity



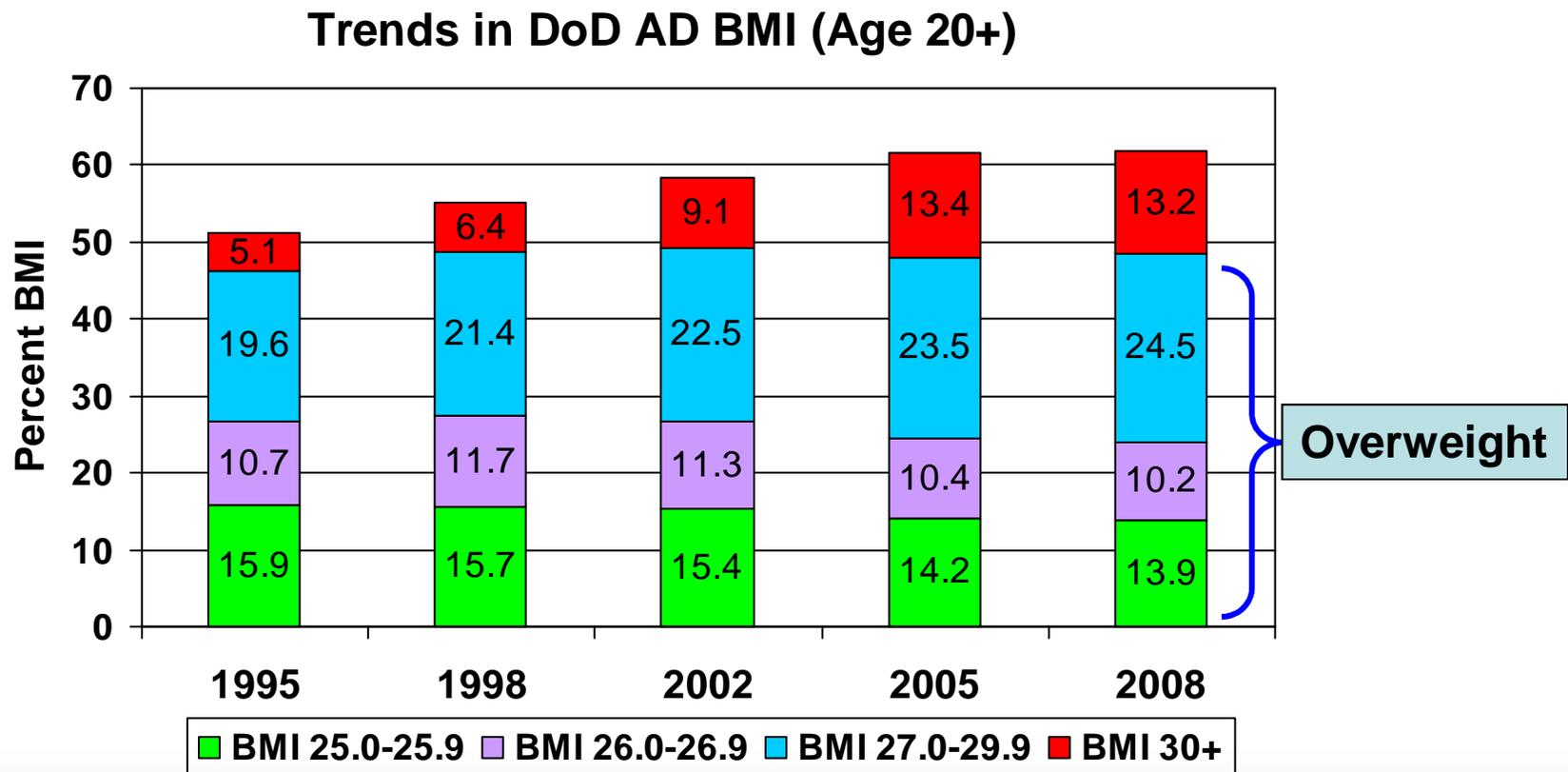
- 2008 DoD Health Related Behaviors (HRB) Survey reported high rates of overweight/obesity in all beneficiary categories, based on Body Mass Index (BMI)
 - Overall 1.1 million TRICARE Prime enrollees were overweight and 896K were obese



Prevalence of Overweight/Obesity



- 2005-08 AD obese/overweight rate stable
 - Greatest increase in pre-obese overweight



Cost, Productivity and Disease Implications



- 2007 TRICARE study estimated direct medical costs associated with overweight/obesity of \$1.1 billion
 - Overweight/obese AD personnel reported higher absenteeism and below-normal productivity in 2005 HRB Survey
 - Evidence shows overweight/obese at greater risk for disease co morbidities
 - Gallbladder (\$172M), Hypertension (\$156M), Cardiovascular (\$150M), Diabetes (\$125M)

Some Service Initiatives



- Army MOVE: personalized distance learning instruction (nutrition, exercise, etc.) for soldiers
- Navy Shipshape: official, eight-week behavior change program for military personnel
- Navy CHOW: Choosing Health Options for Wellness
- Air Force Fit To Fight: for AD provides guidance on fitness, weight and wellness
- Air Force DINE: Developed Improved Nutrition Environment Wellness

DoD/TRICARE Initiatives



- DoD/VA Clinical Practice Guidelines on Obesity
- “Get Fit” website designed by Communication and Customer Service targeted to child obesity
- “Healthy Choices for Life” campaign to increase awareness of tobacco/alcohol/obesity issues
- Defense Commissary Agency collaboration on “It’s Your Choice, Make It Healthy”
- DoD/VA working group to collaborate on weight management issues

TMA Weight Management Demo



- HEALTH: Healthy Eating and Active Living in TRICARE Households
 - Non-AD TRICARE PRIME beneficiaries 18-64 years of age with BMI between 25-51
 - Demonstration concluded Sep 2008
 - Participants in Randomized Control Trials (RCTs) with increasing intervention intensity from static website to coaching



Weight Management Demo Results



- Results:
 - High beneficiary interest
 - Average weight loss of nine pounds at six month point and sustained at 12 months
 - Decreased blood pressure
 - Reported increases in health status and exercise
- Plans underway to make weight loss support a TRICARE covered benefit





VA MOVE! Program

- Evidence-based, individually-tailored weight management program
 - Based on NIH and DoD/VA Clinical Practice Guidelines
 - Designed to help patients lose weight and improve health
 - Implemented in 98%+ VA facilities (2009)
 - Voluntary participation targeted to beneficiaries with BMIs greater than 25
 - Integrated into patients' ongoing primary care
- Proposal to make MHS MOVE Program available as a tool for direct care system

VA Program Components



- Patient Starting Point: MOVE!23 Questionnaire
 - Patient's unique needs
 - Medical history
 - Nutritional habits
 - Activity levels
 - Barriers

Source: <http://www.move.va.gov/>

A screenshot of a web browser displaying the MOVE!23 Questionnaire. The browser's address bar shows "http://www.move.va.gov/move23/move23.asp". The page header includes the United States Department of Veterans Affairs logo and the text "MOVE!23 QUESTIONNAIRE". The form contains several fields: "Height" (5 feet, 0 inches), "Weight" (pounds), "Year of Birth" (Select Year), and "Gender" (Male, Female). Below these are sections for "Ethnicity" and "Race", each with radio button options and explanatory text. The "Ethnicity" section asks if the user is Hispanic or Latino. The "Race" section asks for the user's race, with options for American Indian or Alaskan Native, Asian, Black or African American, and Native Hawaiian or Other Pacific Islander. The browser's status bar at the bottom shows "Done".

VA Program Components



- Individualized Profile Report recommends
 - Focus areas
 - Bi-lingual Handouts (Behavioral Health, Nutrition, Exercise)
- Provider reviews Profile Report and counsels patient on risks of overweight/obesity
 - Patient and provider set 1-3 specific short-term nutritional, behavior, and exercise goals with follow-up
 - Supplemented with group sessions

Website Support



- Provider tools
 - Clinical practice guidelines
 - Pocket guides
 - Program implementation plans/checklist
 - Decision aids
 - Standardized Forms
 - Initial Evaluation Note
 - Outpatient Consult Note
 - Outpatient Group Note
 - Telephone Note
 - Exercise Prescription

Basic Exercise Prescription For: _____ **R_x**

F Frequency

- At least 3 times per week
- 3-5 times per week
- 6-7 times per week

I Intensity

- Light (Activities that require a small effort but don't cause you to sweat or become out of breath)
- Moderate (Activities that require a moderate effort, increase your heart rate a little, and cause a light sweat but can be continued without stopping for rest or breath. You should be able to carry on a conversation during moderate activity)

T Time

- 5-10 minutes per session
- 10-30 minutes per session
- 30 or more minutes per session

T Types of Activity

- No restrictions
- The following activities are NOT recommended for you:

DoD Implementation



- Provider and Patient tools to be available on TRICARE Website
- Voluntary participation
 - Available to all beneficiaries
- Implementation Issues
 - Develop MHS Website
 - Provide MOVE Training for Primary Care Team members on MHS Learn
 - Coding for provider encounter, group appointments, etc.
 - Develop MOVE childhood obesity material



Questions