



ShipShape Program Metrics Report:

Navy Medicine Classes (January- June 2013)

Executive Summary

ShipShape is the Navy's official intervention program for weight management and is based on the most current evidence for effective weight management. The Navy Physical Readiness Program Operating Guide states that referral of members who fail to meet weight standards to ShipShape is highly recommended. ShipShape facilitators are to report their program outcomes to the Navy and Marine Corps Public Health Center (NMCPHC) six months after program completion. If no programs were completed then a negative report is required. For the purposes of this report, all programs completed in the January to June 2013 timeframe should have submitted outcome reports to NMCPHC no later than 1 January 2014. The results of these individual reports are consolidated with all Navy Medicine regions in this executive summary.

Program completion and six month follow-up data was captured from each region concerning active duty (AD) members who were also part of the Fitness Enhancement Program (FEP); program completion data was captured for all other participants. Detailed data can be seen in Table 1 for each Navy Medicine region, and overviews for each region are as follows:

- **Navy Medicine East** (Based on 183 participants)
 - 73% of AD FEP members who enrolled, completed the program
 - 46% of AD FEP members were within BCA standards at 6 month follow-up
 - 28% of AD FEP members were lost during the follow-up period
- **Navy Medicine West** (Based on 114 participants)
 - 80% of AD FEP members who enrolled, completed the program
 - 44% of AD FEP members were within BCA standards at 6 month follow-up
 - 30% of AD FEP member were lost during the follow-up period

Based on a total of 297 active duty participants that completed the ShipShape program at their local military treatment facility (MTF) from January to June 2013, 45% were back in Navy BCA standards within 6 months of program completion.



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Table 1: Facilities Reporting for ShipShape Courses Conducted JAN-JUN 2013

| Facility | Number AD FEP Enrolled | Number AD FEP Completed | Percent AD FEP Completed | Number Others Enrolled | Number Others Completed | Percent Others Completed | 6-month Outcome Data for AD FEP Who Completed the Program | | | | | |
|----------------------------------|------------------------|-------------------------|--------------------------|------------------------|-------------------------|--------------------------|-----------------------------------------------------------|--------------------------|-------------------------|--------------------------|--------------------------|---------------------------|
| | | | | | | | Number within Standards | Percent within Standards | Number Out of Standards | Percent Out of Standards | Number Lost to Follow-up | Percent Lost to Follow-up |
| WRNMMC at Bethesda | 0 | 0 | 0% | 0 | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Navy Medicine East | | | | | | | | | | | | |
| <i>NHC Annapolis</i> | | | | | | | | | | | | |
| NHC Quantico | 16 | 13 | 81% | 0 | 0 | | 8 | 62% | 3 | 23% | 2 | 15% |
| <i>NBHC Sugar Grove</i> | | | | | | | | | | | | |
| <i>NBHC Washington Navy Yard</i> | | | | | | | | | | | | |
| <i>NHC Patuxent River</i> | | | | | | | | | | | | |
| NMC Portsmouth | 17 | 13 | 76% | | | | 9 | 69% | 1 | 8% | 3 | 23% |
| <i>NBHC Little Creek</i> | | | | | | | | | | | | |
| <i>NBHC Oceanna</i> | | | | | | | | | | | | |
| BMC Sewells Point | 5 | 4 | 80% | 9 | 6 | 67% | 1 | 25% | 1 | 25% | 2 | 50% |
| NHCNE Newport | 24 | 23 | 96% | 0 | 0 | | 10 | 43% | 1 | 4% | 12 | 52% |
| <i>NBHC Portsmouth NH</i> | | | | | | | | | | | | |
| <i>NHC Groton CT</i> | | | | | | | | | | | | |
| NH Pensacola | 25 | 19 | 76% | 3 | 1 | 33% | 3 | 16% | 11 | 58% | 5 | 26% |
| <i>NBHC Belle Chase</i> | 3 | 3 | 100% | 11 | 8 | 73% | 2 | 67% | 1 | 33% | 0 | 0% |
| NHC Corpus Christi | 10 | 10 | 100% | 0 | 0 | | 3 | 30% | 3 | 30% | 4 | 40% |
| <i>NHC Charleston</i> | | | | | | | | | | | | |
| NHC Cherry Point | 0 | 0 | | 16 | 11 | 69% | | | | | | |
| NH Beaufort | 25 | 25 | 100% | 0 | 0 | | 12 | 48% | 11 | 44% | 2 | 8% |
| <i>NH Camp LeJeune</i> | | | | | | | | | | | | |
| NHC Great Lakes | 15 | 2 | 13% | 0 | 0 | | 2 | 100% | 0 | 0% | 0 | 0% |
| NH Jacksonville | 62 | 29 | 47% | 23 | 11 | 48% | 18 | 62% | 6 | 21% | 5 | 17% |
| <i>NBHC King's Bay</i> | 13 | 6 | 46% | 4 | 4 | 100% | 2 | 33% | 1 | 17% | 3 | 50% |
| <i>NBHC Mayport</i> | 7 | 7 | 100% | 6 | 6 | 100% | 4 | 57% | 1 | 14% | 2 | 29% |
| <i>NBHC Key West</i> | 9 | 9 | 100% | 0 | 0 | | 3 | 33% | 2 | 22% | 4 | 44% |
| <i>NBHC Albany</i> | | | | | | | | | | | | |
| <i>NH Guantanamo Bay</i> | | | | | | | | | | | | |
| NH Rota | 18 | 18 | 100% | 1 | 1 | 100% | 7 | 39% | 4 | 22% | 7 | 39% |
| NH Naples | 2 | 2 | 100% | 0 | 0 | | 0 | 0% | 1 | 50% | 1 | 50% |
| <i>NBHC Capo</i> | | | | | | | | | | | | |
| <i>NH Sigonella</i> | | | | | | | | | | | | |
| <i>NBHC Bahrain</i> | | | | | | | | | | | | |
| Navy Medicine East Totals | 251 | 183 | 73% | 73 | 48 | 66% | 84 | 46% | 47 | 26% | 52 | 28% |
| Navy Medicine West | | | | | | | | | | | | |
| NMC San Diego | 23 | 23 | 100% | 4 | 0 | | 13 | 57% | 8 | 35% | 2 | 9% |
| NH Camp Pendleton | 0 | 0 | | 0 | 0 | | 0 | | 0 | | 0 | |
| NH Lemoore | 2 | 2 | 100% | 5 | 0 | 0% | 1 | 50% | 1 | 50% | | |
| <i>NBHC Fallon</i> | | | | | | | | | | | | |
| <i>NH Twentynine Palms</i> | | | | | | | | | | | | |
| NH Bremerton | 13 | 12 | 92% | 1 | 0 | 0% | 4 | 33% | 6 | 50% | 2 | 17% |
| NHC Oak Harbor | 14 | 14 | 100% | 1 | 1 | 100% | 6 | 43% | 1 | 7% | 7 | 50% |
| NH Okinawa | 29 | 25 | 86% | 0 | 0 | | 6 | 24% | 0 | 0% | 19 | 76% |
| NH Yokosuka | 21 | 5 | 24% | 0 | 0 | | 2 | 40% | 0 | 0% | 3 | 60% |
| NH Guam | 8 | 5 | 63% | 45 | 20 | 44% | 2 | 40% | 2 | 40% | 1 | 20% |
| NHC Hawaii | 32 | 28 | 88% | 49 | 24 | 49% | 16 | 57% | 12 | 43% | 0 | 0% |
| Navy Medicine West Totals | 142 | 114 | 80% | 105 | 45 | 43% | 50 | 44% | 30 | 26% | 34 | 30% |
| NAVY TOTALS | 393 | 297 | 76% | 178 | 93 | 52% | 134 | 45% | 77 | 26% | 86 | 29% |



Conclusions and Recommendations

ShipShape has been demonstrated to be an effective intervention for weight management and behavior change. However, only a small number of members that are failing to meet Navy body composition standards and other beneficiaries with excess body weight attend the ShipShape program.

In order to address this issue, NMCPHC is leading an intensive program improvement initiative with the following efforts:

- Engaging stakeholders to gather information on necessary program revisions
- Conducting a scientific review through the NMCPHC EpiData Center which will assess service member retention in the Navy after completing the ShipShape program
- Performing a complete evaluation and leading revision efforts pertaining to the format and content of the ShipShape facilitator training and the 8-week course
- Improving information tracking and reporting efforts for ShipShape facilitators and participants

To assist in this endeavor, MTF program managers should continue to participate in ongoing dialogue and optimization efforts with NMCPHC.