



Spring 2014



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Health Promotion and Wellness

ShipShape Weight Management e-News



BUMED SEMI-ANNUAL SHIPSHAPE REPORT

The most recent report covering classes that concluded between January and June 2013 will be sent to each of the Navy Medical Regions soon. ShipShape facilitators at each Navy hospital or clinic can inform their leadership of the number of classes and participants who attended ShipShape during this period and the results achieved prior to their receiving the report and discuss their local program.

Overall, 393 members and 178 other beneficiaries enrolled in ShipShape provided by MTFs. There was a 76% and 52% completion rate, respectively. Forty-five percent of FEP members were back in Navy BCA standards six months after completing the program. Twenty-six percent of FEP members remained out of standards, and 29% were lost to follow up.

BRAVO-ZULU to the following MTFs for having 100% of FEP members complete the program:

NHC Belle Chase	NMC San Diego
NHC Corpus Christi	NH Lemoore
NH Beaufort	NHC Oak Harbor
NHC Mayport	
NHC Key West	

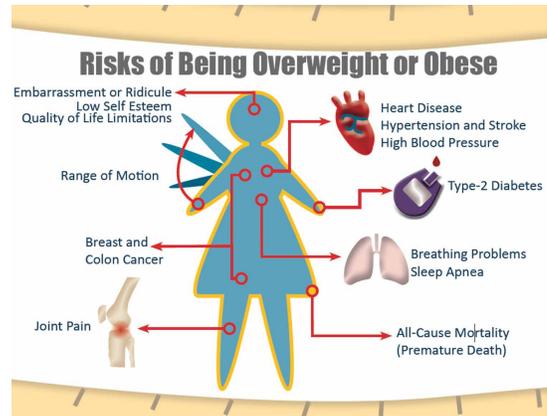
NMC Portsmouth achieved both a high completion rate (76%) and a high percentage of FEP participants getting back into Navy BCA standards (69%).



THE CHALLENGE OF OBESITY INFOGRAPHIC

January was Healthy Weight Month. About a third of American adults are obese, costing nearly \$150 billion in medical costs and significantly decreasing quality of life. In the HPW Toolbox you'll find an infographics poster that you can use to inform your clients of the risks associated with being overweight, as well as steps they can take to "find the right balance."

http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Obesity_Infographic.pdf



NEW COURSE EVALUATION

Due to current guidance on conducting surveys, the ShipShape Course Evaluation has been redesigned using the Max.gov survey tool. During the last session of ShipShape, please provide participants with this new link and encourage them to provide feedback.

<http://survey.max.gov/index.php/242484/lang-en>

RETIREMENT OF THE SHIPSHAPE PROGRAM MANAGER

I am retiring at the end of April. It's been a pleasure working with facilitators in the implementation of a weight management program. The Navy's program has been a great example of a program that is evidence-based and effective and can serve as a model throughout the military services.

Another NMCPHC staff member, Ms. Diana Settles, will be assigned to manage the program. In the meantime, please email any questions, as well as your data, to NMCPHCPTS-shipshape@med.navy.mil. Another digitally signed blank email will be sent to all facilitators in the very near future to use for submitting your attendance rosters.

Sincerely,

Dr. Steve Heaston

SHIPSHAPE CD REVISIONS

It has been over four years since the last major revision of the ShipShape weight management program, and Choose My Plate now offers many additional tools and sources of information. Currently a group of NMCPHC staff, dietitians, and health educators are reviewing the material.

ShipShape Facilitators at each of the MTFs can anticipate an invitation to submit comments and suggestions for revisions to the curriculum. In addition, facilitators not with an MTF are also invited to submit any comments or suggestions about the lessons or other curriculum content to NMCPHCPTS-shipshape@med.navy.mil.