



Webinar: Medical Treatment Facilities and the Blue H – Navy Surgeon General’s Health Promotion and Wellness Award

19 June 2014



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The views expressed in this briefing are those of the authors and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, nor the U. S. Government



Webinar Courtesy

- Good afternoon and thank you for joining us!
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Objectives

Describe:

- Blue H Award and award levels
- 2013 HRA results for MTF staff
- Selected 2013 Blue H composite scores
- 2013 quality assurance committee findings
- Key criteria changes for 2014
- The MTF level committee and leadership support
- The community-level committee



What is the Blue H Award?

- Annual award for excellence in health, wellness and fitness activities and policies in Navy workplaces
- All Navy commands are eligible
- Reporting period is the calendar year
- Three categories:
 - FLEET (including all Reserve NOSCs)
 - MEDICAL
 - SEMPER FIT CENTERS
- Awarded annually
 - Basic pennant plus
 - Annual streamer in Gold-Silver-Bronze



Success

- BRONZE ANCHOR:
 - Every organization that submits a report will receive at least the BRONZE ANCHOR award
- SILVER EAGLE:
 - To achieve the SILVER EAGLE level award, a MTF command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points
- GOLD STAR:
 - To achieve the GOLD STAR level award, a FLEET command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points plus completion of minimum HP training



Medical Criteria Categories

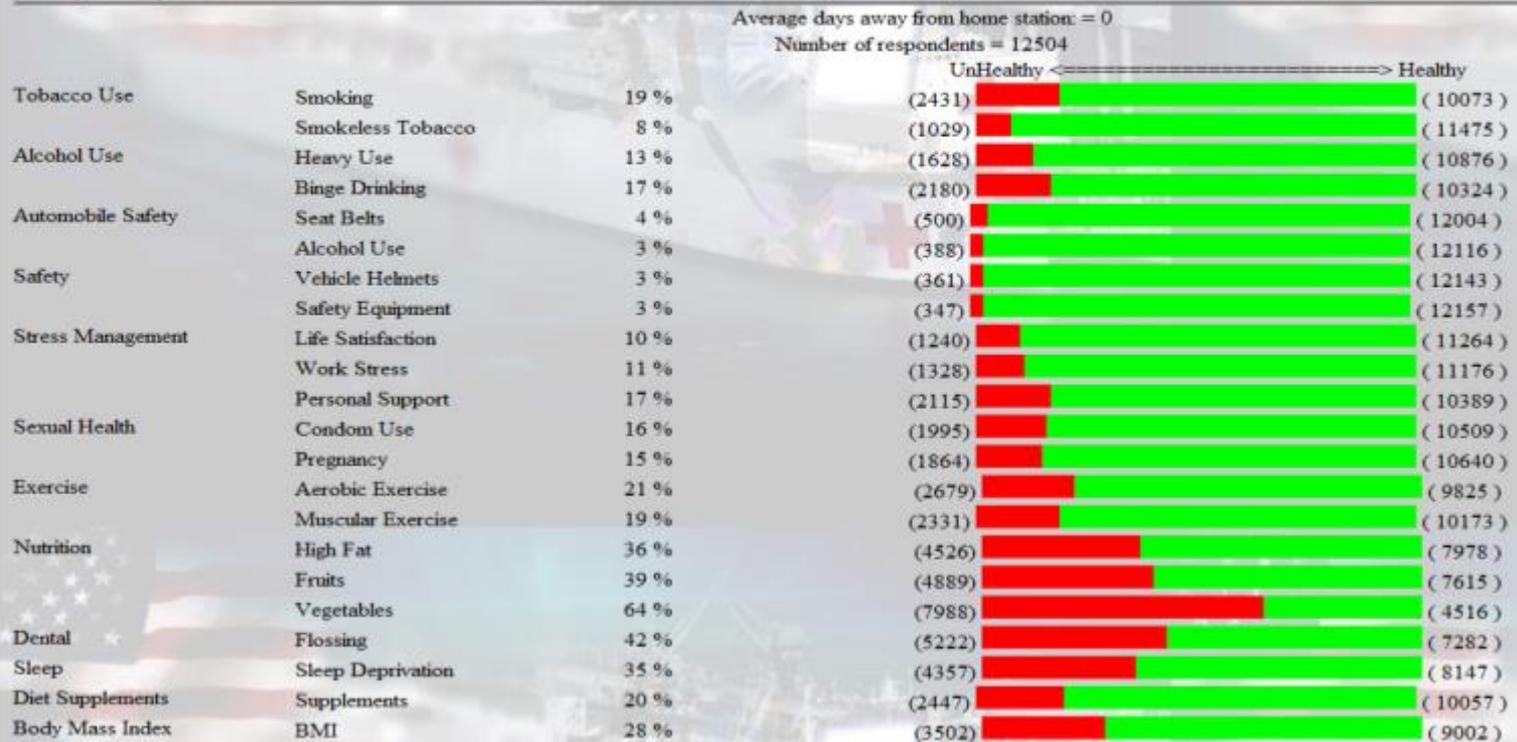
- Clinical Screening and Counseling
- Community-Level Health Promotion
- Staff-Health
 - Policy; Support; Risk Assessment
 - Alcohol
 - Injury
 - Nutrition
 - Sexual Health
 - Physical Activity
 - Psychological health
 - Tobacco
 - Weight Management



HRAs – All Blue H MTFs in 2013 – Military Members

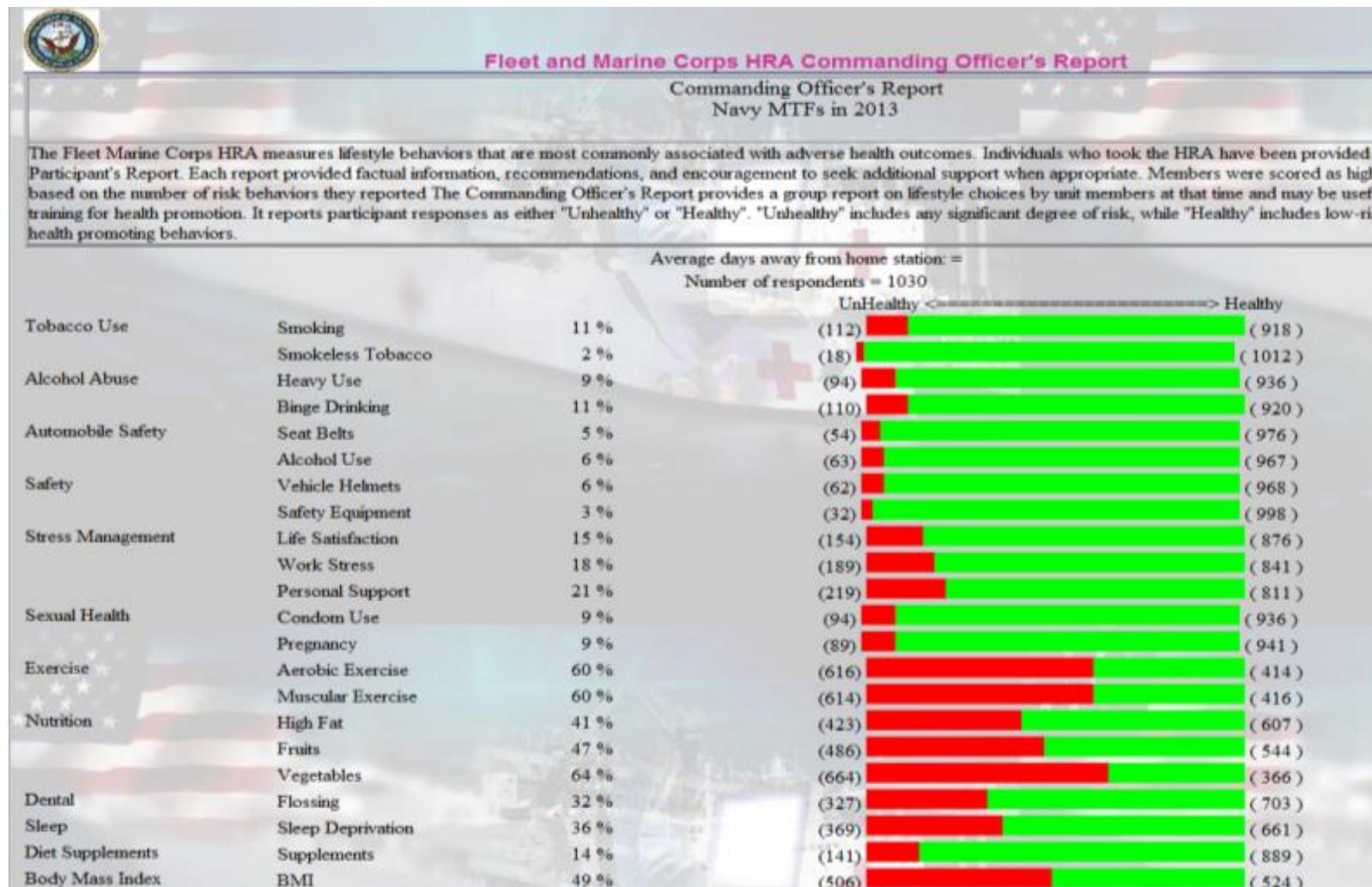
Commanding Officer's Report Navy MTFs in 2013

The Fleet Marine Corps HRA measures lifestyle behaviors that are most commonly associated with adverse health outcomes. Individuals who took the HRA have been provided a Participant's Report. Each report provided factual information, recommendations, and encouragement to seek additional support when appropriate. Members were scored based on the number of risk behaviors they reported. The Commanding Officer's Report provides a group report on lifestyle choices by unit members at that time and may be used for training for health promotion. It reports participant responses as either "Unhealthy" or "Healthy". "Unhealthy" includes any significant degree of risk, while "Healthy" includes health promoting behaviors.

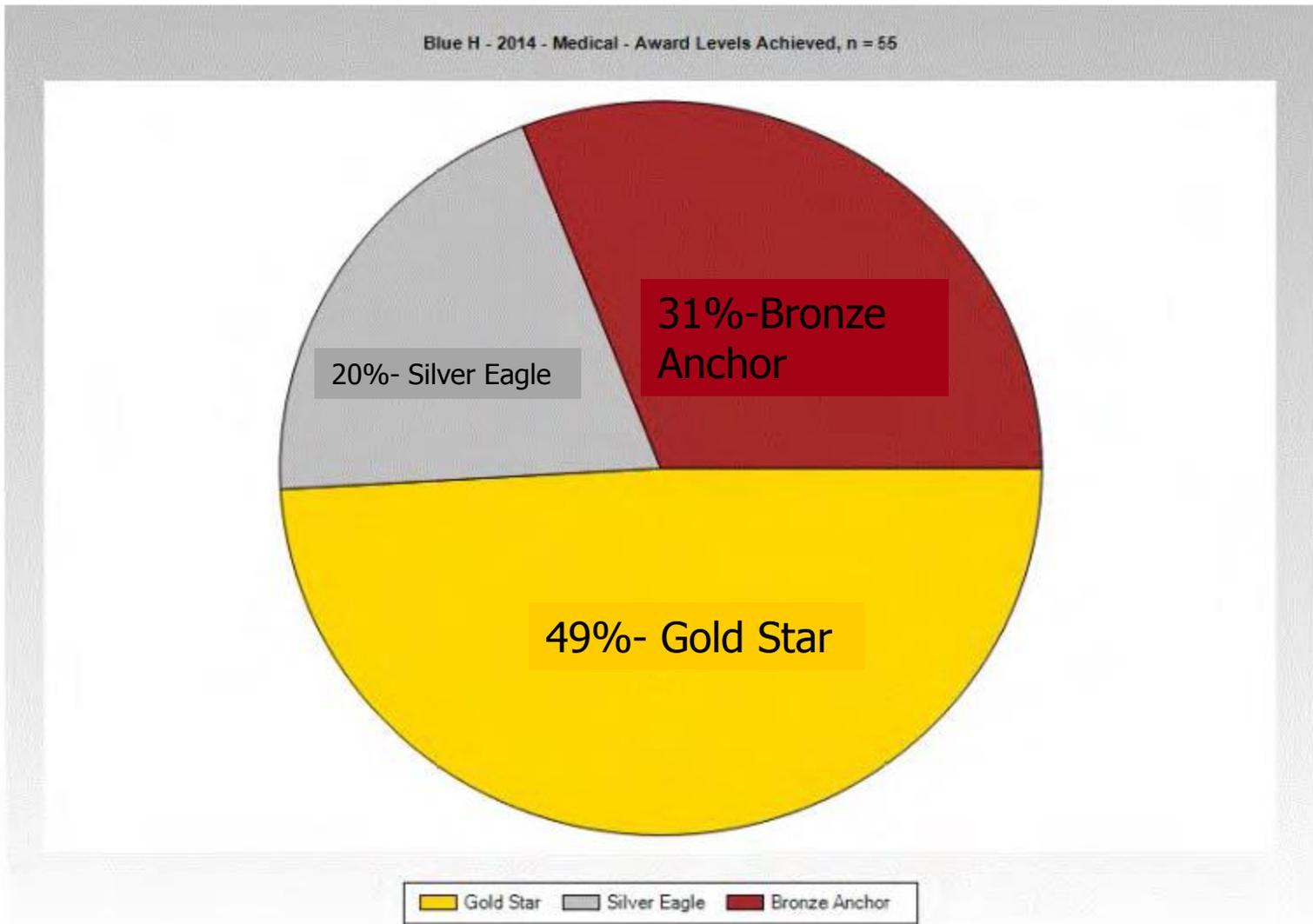


Comment: Many Sailors and Marines engage in behaviors that may adversely affect their health, and thus, their performance in the military. A healthy and fit force is a Force - most often affected by peer and social influence, leadership, policies, adequate knowledge and access to safer alternatives.

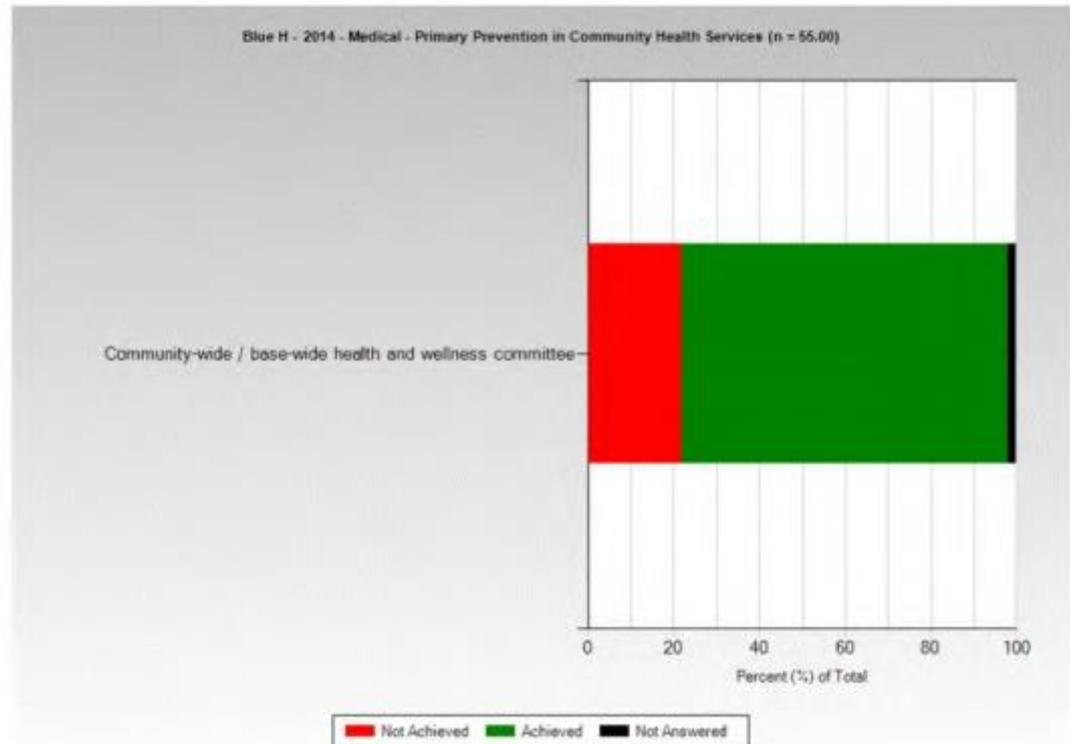
HRAs – All Blue H MTFs in 2013 – Civilian Staff



Key Consolidated 2013 Blue H Data Points

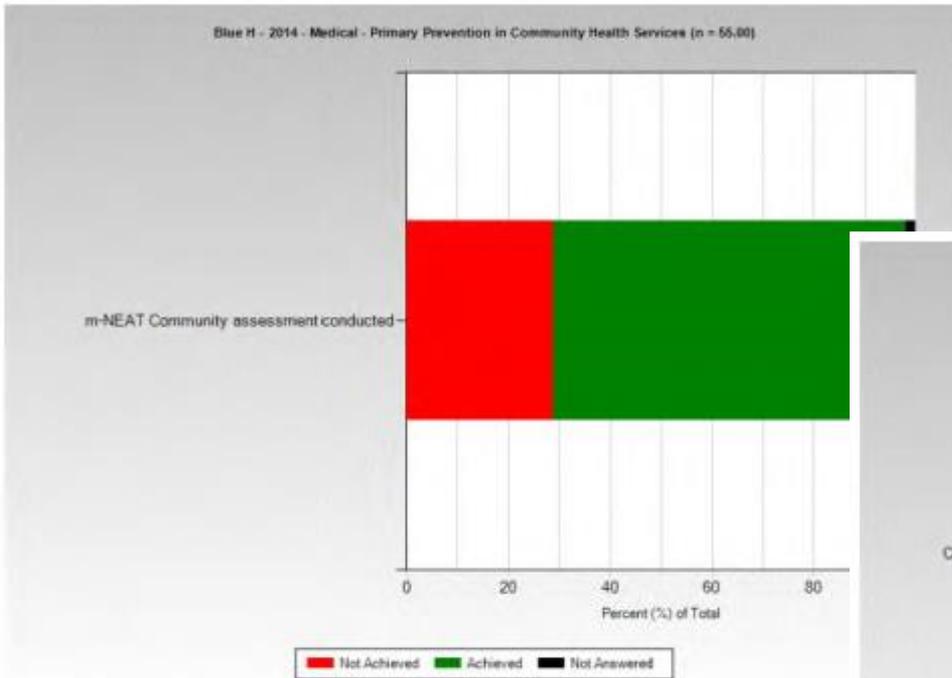


Community-wide/base-wide Health and Wellness Committee



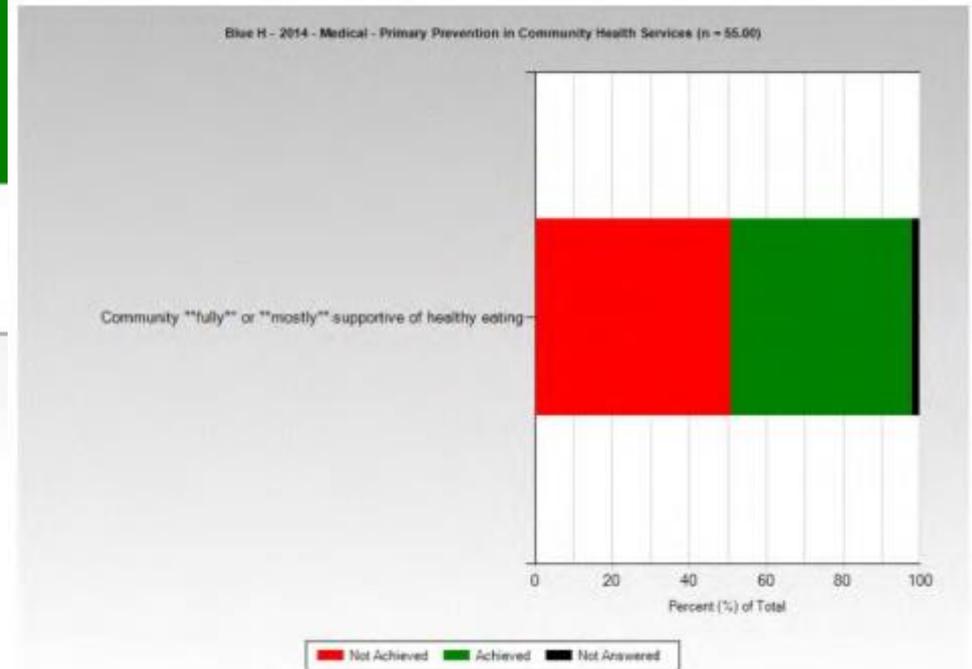
Category	No.	Question	Rank	Count	Total	% Total
Primary Prevention in Community Health Services	16.	Community-wide / base-wide health and wellness committee	Not Achieved	12	55.00	22.00
Primary Prevention in Community Health Services	16.	Community-wide / base-wide health and wellness committee	Achieved	42	55.00	76.00
Primary Prevention in Community Health Services	16.	Community-wide / base-wide health and wellness committee	Not Answered	1	55.00	2.00

Community “Fully” or “Mostly” Supportive of Healthy Eating



Category	No.	Question	Rank	Count	Total	% Total
Primary Prevention in Community Health Services	17.	m-NEAT Community assessment conducted	Not Achieved	16	55.00	29.00
Primary Prevention in Community Health Services	17.	m-NEAT Community assessment conducted	Achieved	38	55.00	69.00
Primary Prevention in Community Health Services	17.	m-NEAT Community assessment conducted	Not Answered	1	55.00	2.00

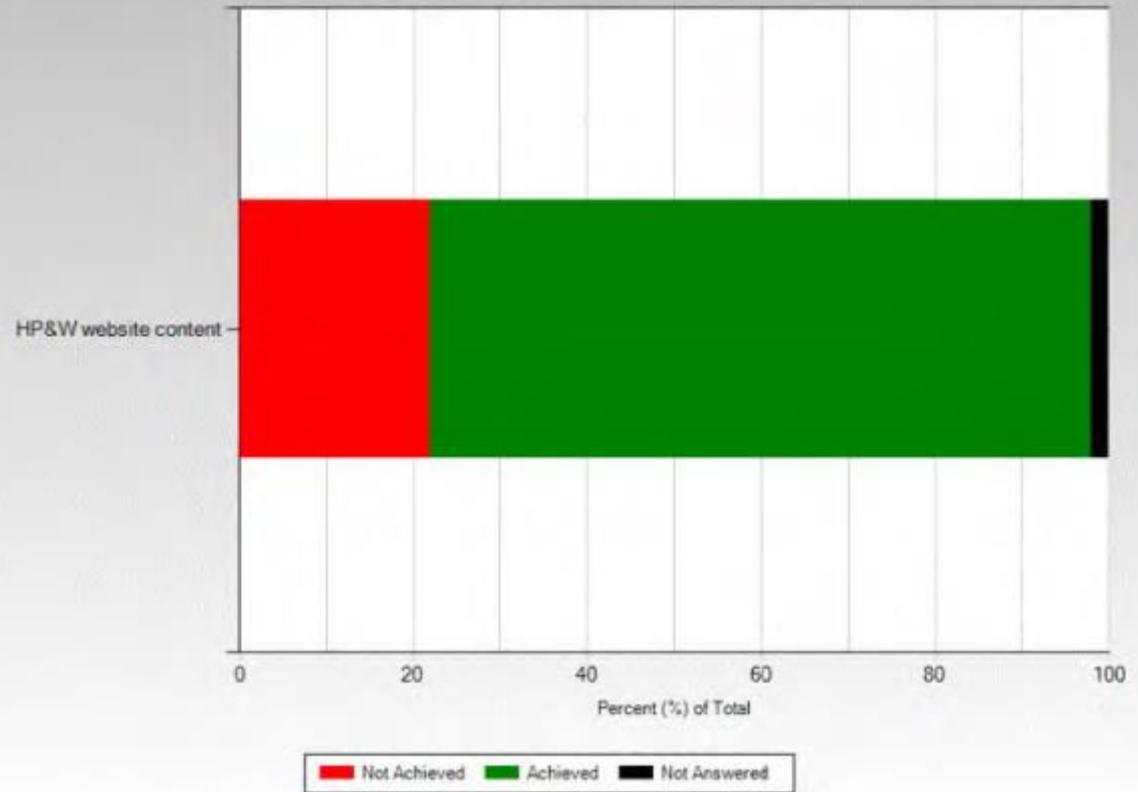
M-NEAT Community Assessment Conducted



Category	No.	Question	Rank	Count	Total	% Total
Primary Prevention in Community Health Services	18.	Community “fully” or “mostly” supportive of healthy eating	Not Achieved	28	55.00	51.00
Primary Prevention in Community Health Services	18.	Community “fully” or “mostly” supportive of healthy eating	Achieved	26	55.00	47.00
Primary Prevention in Community Health Services	18.	Community “fully” or “mostly” supportive of healthy eating	Not Answered	1	55.00	2.00

HPW Website Content

Blue H - 2014 - Medical - Primary Prevention in Community Health Services (n = 55.00)

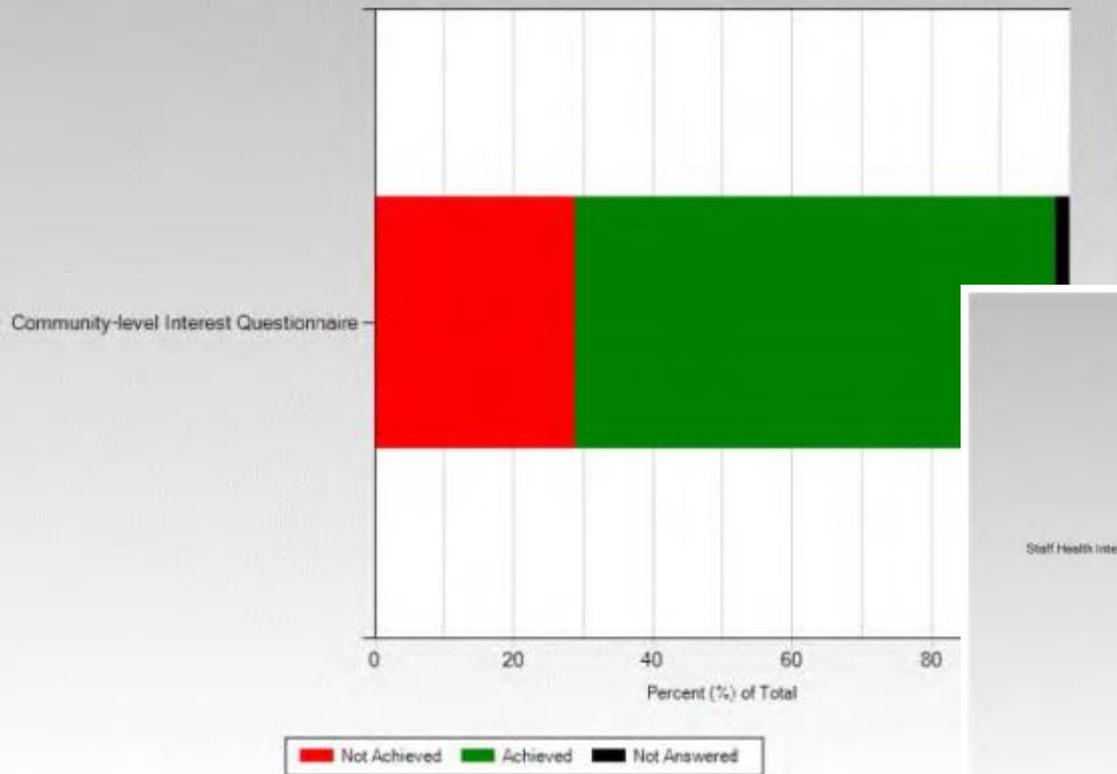


Category	No.	Question	Rank	Count	Total	% Total
Primary Prevention in Community Health Services	21	HP&W website content	Not Achieved	12	55.00	22.00
Primary Prevention in Community Health Services	21	HP&W website content	Achieved	42	55.00	76.00
Primary Prevention in Community Health Services	21	HP&W website content	Not Answered	1	55.00	2.00



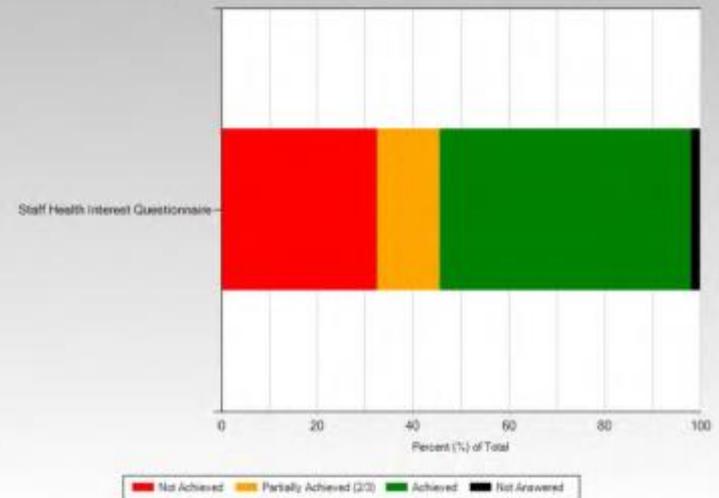
Community-level Interest Questionnaire

Blue H - 2014 - Medical - Primary Prevention in Community Health Services (n = 55.00)



Staff Health Interest Questionnaire

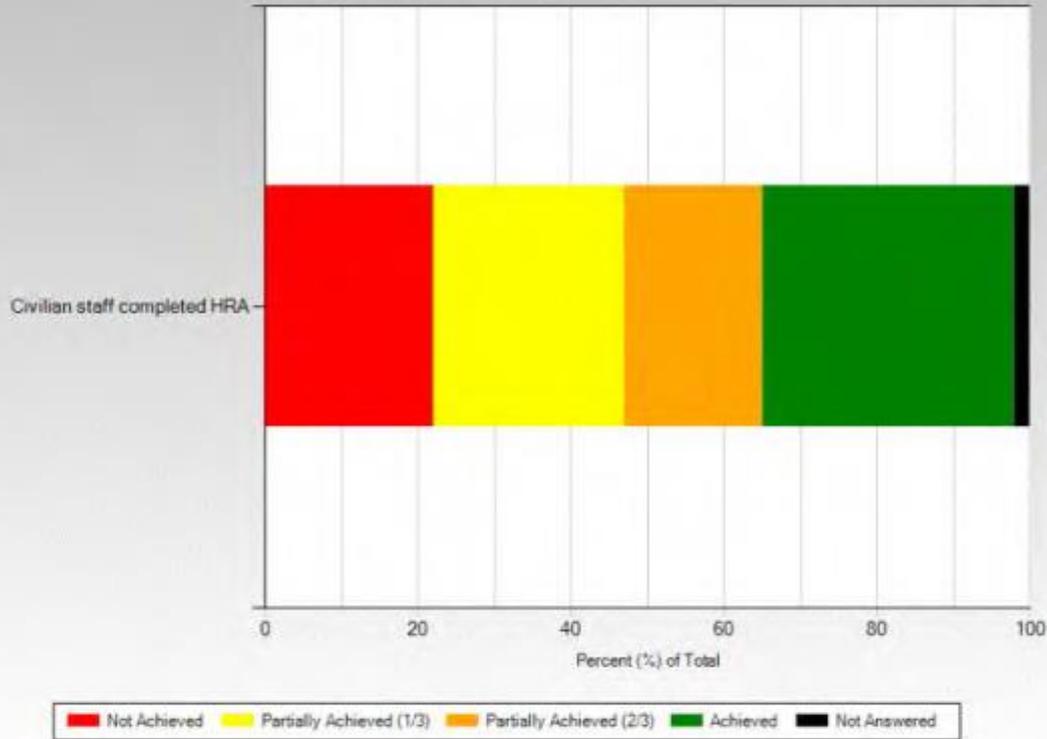
Blue H - 2014 - Medical - Staff Health Risk Assessment (n = 55.00)



Category	No.	Question	Rank	Count	Total	% Total
Staff Health Risk Assessment	37.	Staff Health Interest Questionnaire	Not Achieved	18	55.00	33.00
Staff Health Risk Assessment	37.	Staff Health Interest Questionnaire	Partially Achieved (2/3)	7	55.00	13.00
Staff Health Risk Assessment	37.	Staff Health Interest Questionnaire	Achieved	29	55.00	53.00
Staff Health Risk Assessment	37.	Staff Health Interest Questionnaire	Not Answered	1	55.00	2.00

Category	No.	Question	Rank	Count	Total	% Total
Primary Prevention in Community Health Services	25.	Community-level Interest Questionnaire	Not Achieved	16	55.00	29.00
Primary Prevention in Community Health Services	25.	Community-level Interest Questionnaire	Achieved	38	55.00	69.00
Primary Prevention in Community Health Services	25.	Community-level Interest Questionnaire	Not Answered	1	55.00	2.00

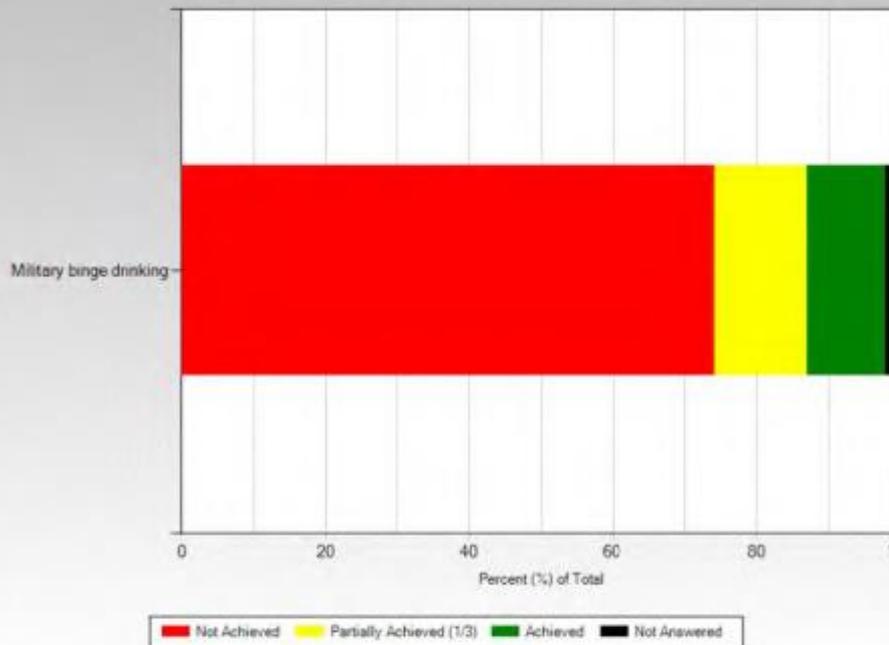




Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Risk Assessment	40.	Civilian staff completed HRA	Not Achieved	12	55.00	22.00
Staff Health: Risk Assessment	40.	Civilian staff completed HRA	Partially Achieved (1/3)	14	55.00	25.00
Staff Health: Risk Assessment	40.	Civilian staff completed HRA	Partially Achieved (2/3)	10	55.00	18.00
Staff Health: Risk Assessment	40.	Civilian staff completed HRA	Achieved	18	55.00	33.00
Staff Health: Risk Assessment	40.	Civilian staff completed HRA	Not Answered	1	55.00	2.00

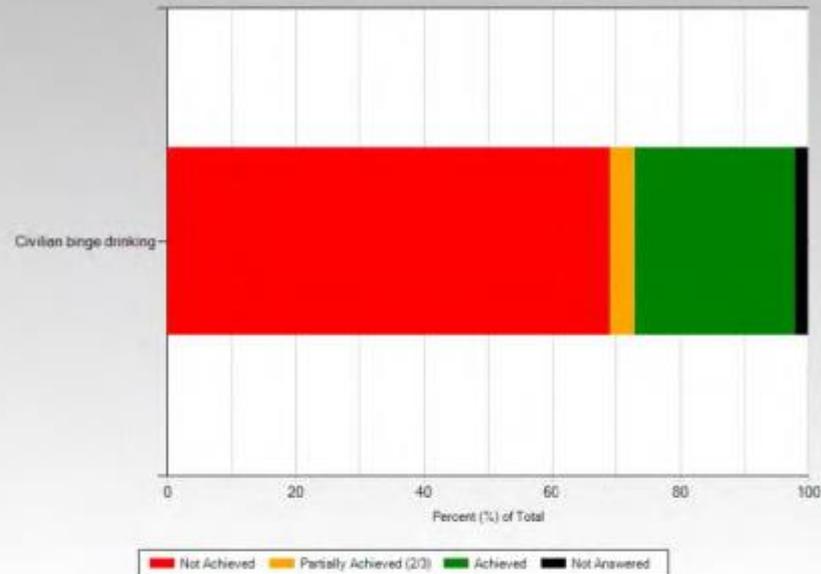
Civilian Staff Completed HRA





Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Alcohol Abuse	41.	Military binge drinking	Not Achieved	41	55.00	75.00
Staff Health: Alcohol Abuse	41.	Military binge drinking	Partially Achieved (1/3)	7	55.00	13.00
Staff Health: Alcohol Abuse	41.	Military binge drinking	Achieved	6	55.00	11.00
Staff Health: Alcohol Abuse	41.	Military binge drinking	Not Answered	1	55.00	2.00

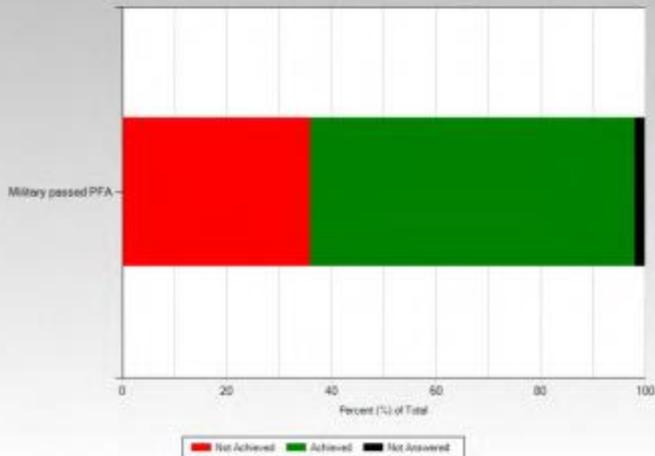
Staff Health: Alcohol Abuse



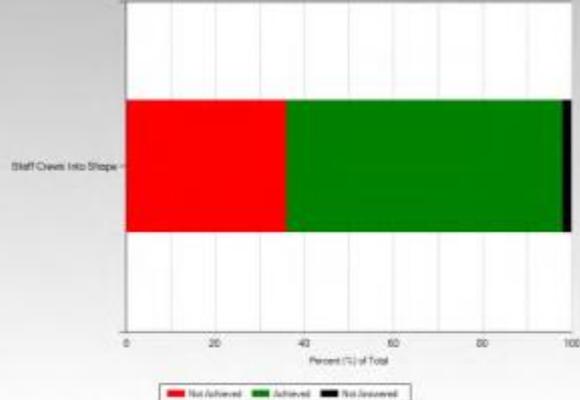
Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Alcohol Abuse	42.	Civilian binge drinking	Not Achieved	38	55.00	68.00
Staff Health: Alcohol Abuse	42.	Civilian binge drinking	Partially Achieved (2/3)	2	55.00	4.00
Staff Health: Alcohol Abuse	42.	Civilian binge drinking	Achieved	14	55.00	25.00
Staff Health: Alcohol Abuse	42.	Civilian binge drinking	Not Answered	1	55.00	2.00



Blue H - 2014 - Medical - Staff Health: Physical Activity (n = 64.00)



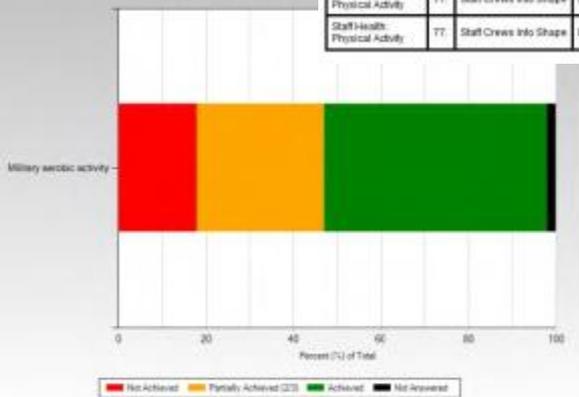
Blue H - 2014 - Medical - Staff Health: Physical Activity (n = 65.00)



Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Physical Activity	77	Staff Crews into Shape	Not Achieved	20	55.00	36.00
Staff Health: Physical Activity	77	Staff Crews into Shape	Achieved	34	55.00	62.00
Staff Health: Physical Activity	77	Staff Crews into Shape	Not Answered	1	55.00	2.00

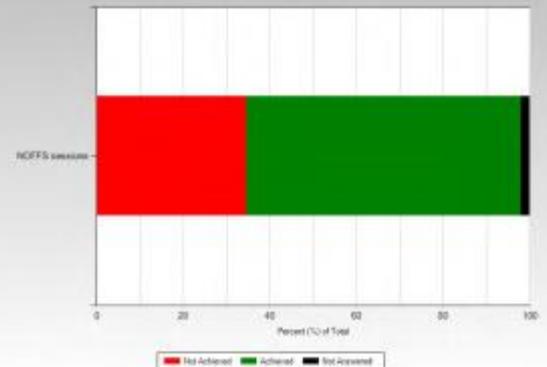
Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Physical Activity	64	Military passed PFA	Not Achieved	23	55.00	36.00
Staff Health: Physical Activity	64	Military passed PFA	Achieved	34	55.00	62.00
Staff Health: Physical Activity	64	Military passed PFA	Not Answered	1	55.00	2.00

Blue H - 2014 - Medical - Staff Health: Physical Activity (n = 65.00)



Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Physical Activity	65	Military aerobic activity	Not Achieved	10	55.00	18.00
Staff Health: Physical Activity	65	Military aerobic activity	Partially Achieved (2/3)	16	55.00	28.00
Staff Health: Physical Activity	65	Military aerobic activity	Achieved	26	55.00	54.00
Staff Health: Physical Activity	65	Military aerobic activity	Not Answered	1	55.00	2.00

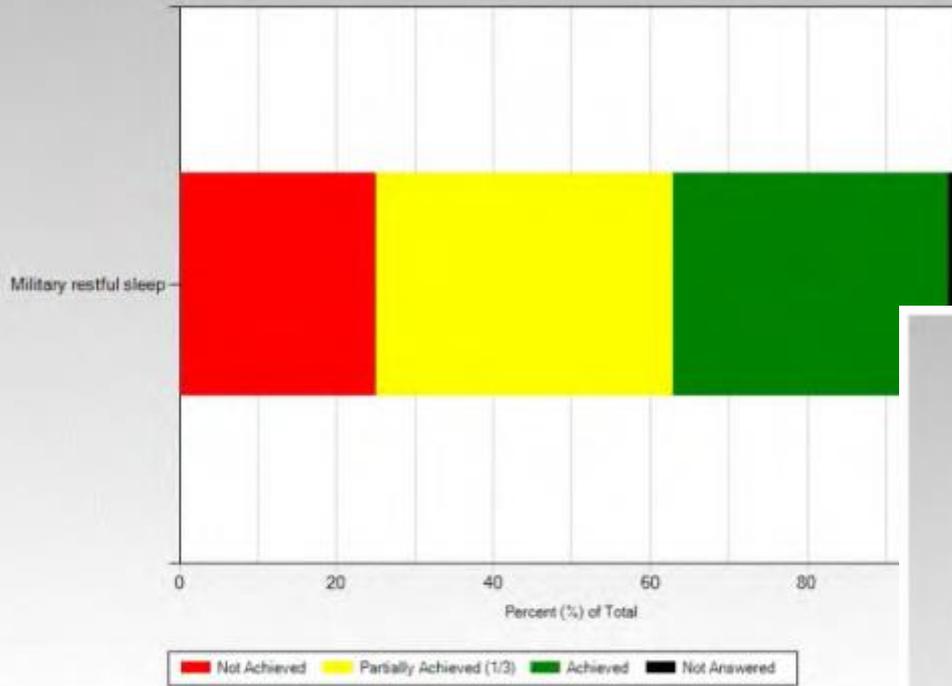
Blue H - 2014 - Medical - Staff Health: Physical Activity (n = 65.00)



Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Physical Activity	73	NORPS sessions	Not Achieved	19	55.00	35.00
Staff Health: Physical Activity	73	NORPS sessions	Achieved	36	55.00	64.00
Staff Health: Physical Activity	73	NORPS sessions	Not Answered	1	55.00	2.00

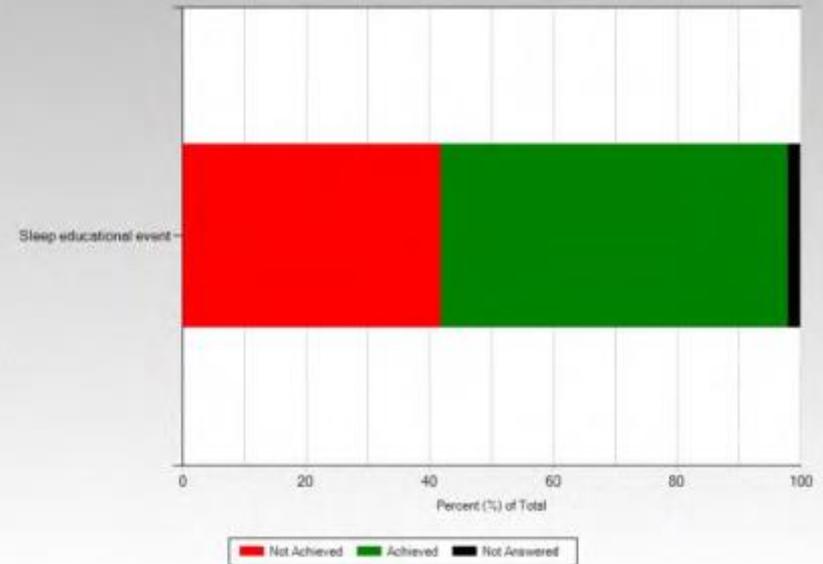
Staff Health: Physical Activity





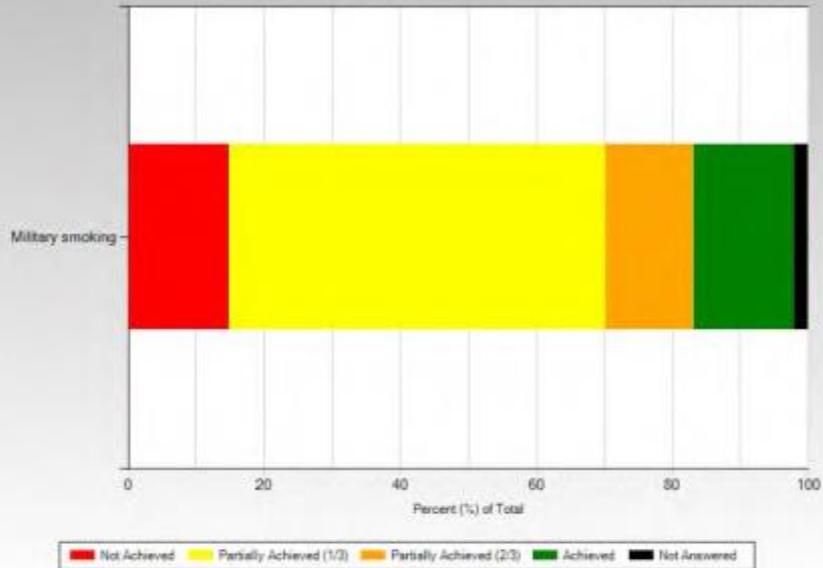
Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Psychological Health	90.	Military restful sleep	Not Achieved	14	55.00	25.00
Staff Health: Psychological Health	90.	Military restful sleep	Partially Achieved (1/3)	21	55.00	38.00
Staff Health: Psychological Health	90.	Military restful sleep	Achieved	19	55.00	35.00
Staff Health: Psychological Health	90.	Military restful sleep	Not Answered	1	55.00	2.00

Staff Health: Psychological Health



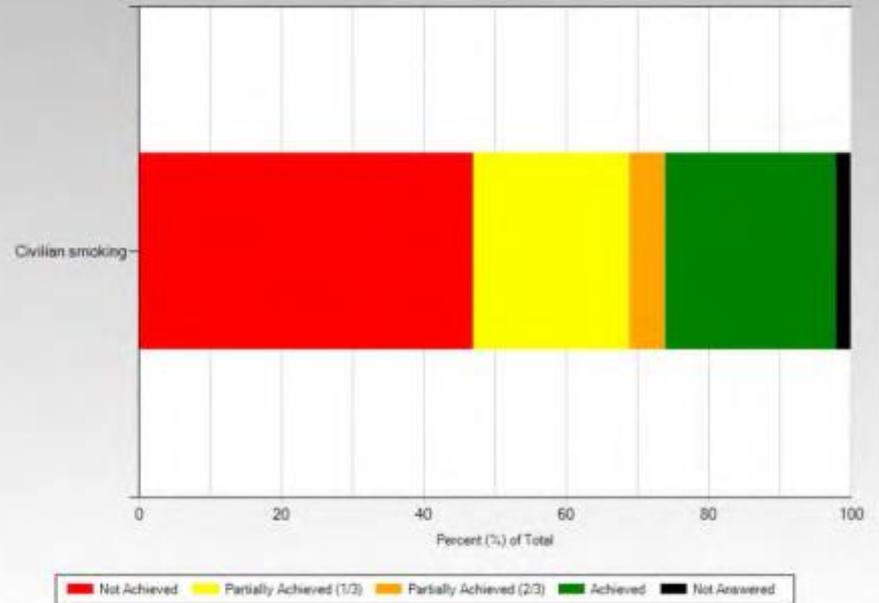
Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Psychological Health	93.	Sleep educational event	Not Achieved	23	55.00	42.00
Staff Health: Psychological Health	93.	Sleep educational event	Achieved	31	55.00	56.00
Staff Health: Psychological Health	93.	Sleep educational event	Not Answered	1	55.00	2.00





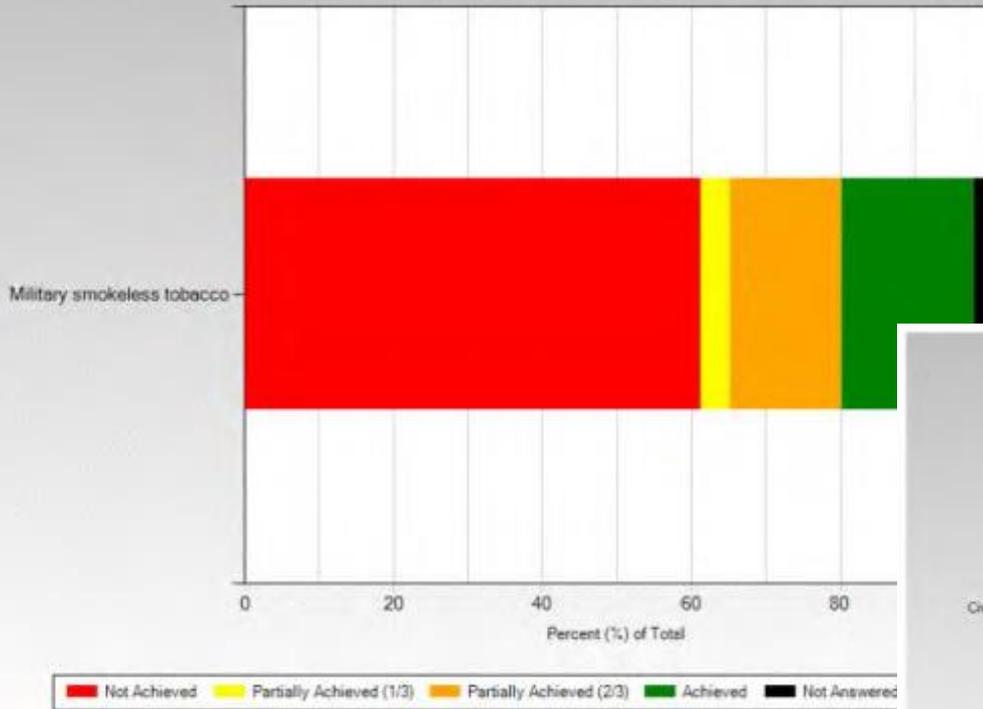
Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Tobacco Use	103.	Military smoking	Not Achieved	8	55.00	15.00
Staff Health: Tobacco Use	103.	Military smoking	Partially Achieved (1/3)	31	55.00	56.00
Staff Health: Tobacco Use	103.	Military smoking	Partially Achieved (2/3)	7	55.00	13.00
Staff Health: Tobacco Use	103.	Military smoking	Achieved	8	55.00	15.00
Staff Health: Tobacco Use	103.	Military smoking	Not Answered	1	55.00	2.00

Staff Health: Tobacco Use

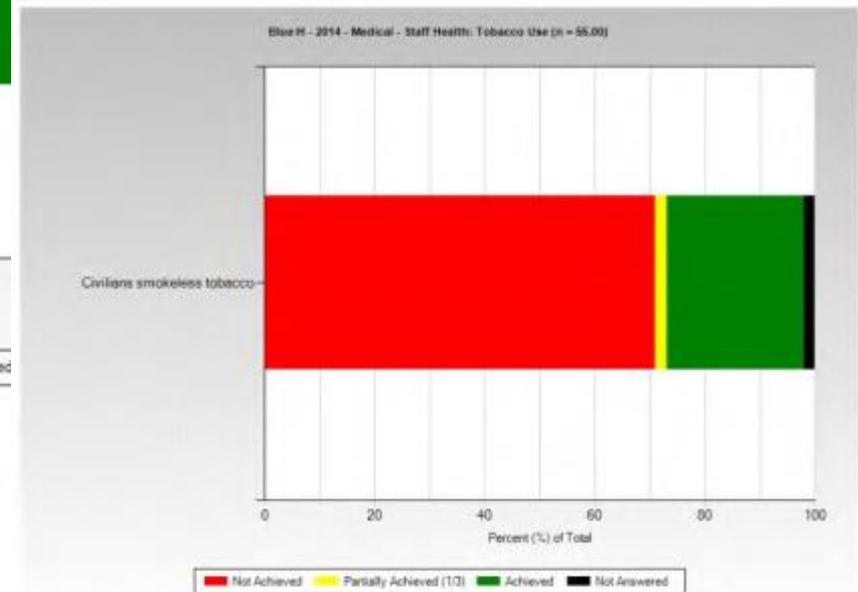


Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Tobacco Use	104.	Civilian smoking	Not Achieved	26	55.00	47.00
Staff Health: Tobacco Use	104.	Civilian smoking	Partially Achieved (1/3)	12	55.00	22.00
Staff Health: Tobacco Use	104.	Civilian smoking	Partially Achieved (2/3)	3	55.00	5.00
Staff Health: Tobacco Use	104.	Civilian smoking	Achieved	13	55.00	24.00
Staff Health: Tobacco Use	104.	Civilian smoking	Not Answered	1	55.00	2.00





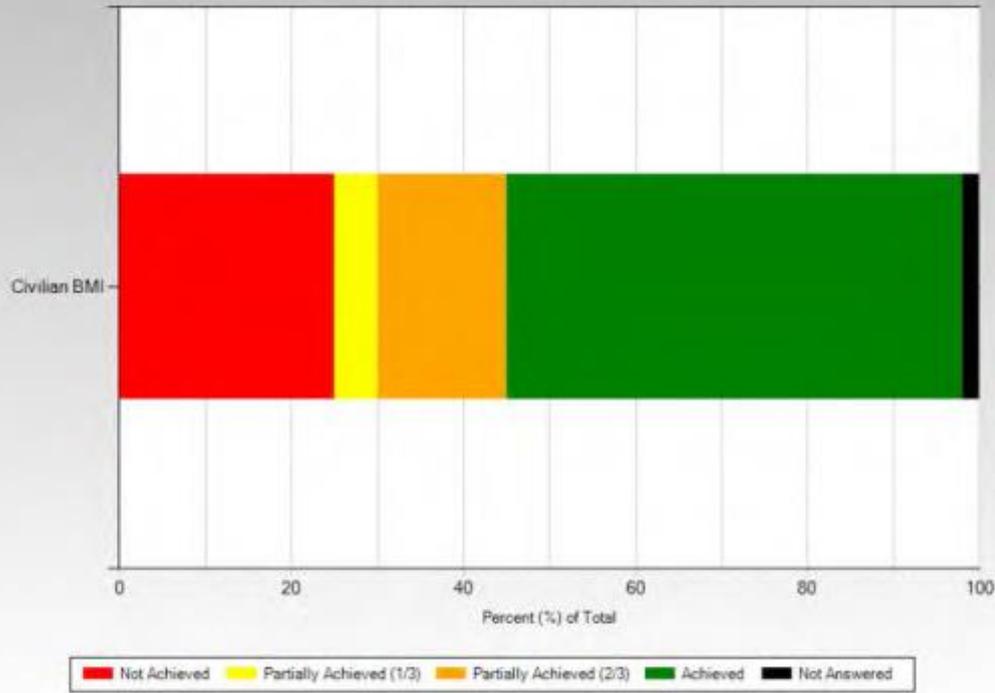
Staff Health: Tobacco Use (cont.)



Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Tobacco Use	106.	Military smokeless tobacco	Not Achieved	34	55.00	62.00
Staff Health: Tobacco Use	106.	Military smokeless tobacco	Partially Achieved (1/3)	2	55.00	4.00
Staff Health: Tobacco Use	106.	Military smokeless tobacco	Partially Achieved (2/3)	8	55.00	15.00
Staff Health: Tobacco Use	106.	Military smokeless tobacco	Achieved	10	55.00	18.00
Staff Health: Tobacco Use	106.	Military smokeless tobacco	Not Answered	1	55.00	2.00

Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Tobacco Use	107.	Civilians smokeless tobacco	Not Achieved	39	55.00	71.00
Staff Health: Tobacco Use	107.	Civilians smokeless tobacco	Partially Achieved (1/3)	1	55.00	2.00
Staff Health: Tobacco Use	107.	Civilians smokeless tobacco	Achieved	14	55.00	25.00
Staff Health: Tobacco Use	107.	Civilians smokeless tobacco	Not Answered	1	55.00	2.00





Staff Health: Weight Management

Category	No.	Question	Rank	Count	Total	% Total
Staff Health: Weight Management	115.	Civilian BMI	Not Achieved	14	55.00	25.00
Staff Health: Weight Management	115.	Civilian BMI	Partially Achieved (1/3)	3	55.00	5.00
Staff Health: Weight Management	115.	Civilian BMI	Partially Achieved (2/3)	8	55.00	15.00
Staff Health: Weight Management	115.	Civilian BMI	Achieved	29	55.00	53.00
Staff Health: Weight Management	115.	Civilian BMI	Not Answered	1	55.00	2.00

Key 2013 Quality Assurance Findings

- HRA Completion %
- (Mis)Use of MTF's UIC by PHA patients
- Crews Into Shape



Key Criteria Changes for 2014

2013 Med 14:

Old: "Primary Care and Specialty Providers can provide tobacco cessation counseling and medications to patients without referring to Health Promotion, SARP, in accordance with the DoD/VA Clinical Practice Guidelines on the Management of Tobacco Use"

New: Primary Care and Specialty Providers screen, diagnose and treat for tobacco dependence in accordance with the DoD/VA Clinical Practice Guidelines on the Management of Tobacco Use.

Source of data: Tobacco Clinical Champion.

How to calculate:

Old: CO conclusion: Yes means that all credentialed providers may prescribe the full range of DOD/VA and the Public Health Service approved nicotine replacement therapies and other medications; and all patients can access these at no cost with provider counseling. Quit-lines, web-based, self-help programs and individual or group counseling are accessible but are not required for access to NRT and other medications.

New: Tobacco Clinical Champion conclusion. 'Yes' means screening for tobacco use is occurring at clinical appointments (via check-in process/paperwork or by the provider themselves).

"Credentialed Provider" includes MD, DO; NP; PA; working in a primary care setting in MTFs; may include IDCs on ships and similar settings.

2013 Med 17:

Old: The MTF offers group-level AND / OR individual level tobacco cessation services that meet population needs.

New:

1. The MTF offers group-level tobacco cessation services that meet population needs.

Source of Data: Health Promotion Director/Coordinator/Tobacco Cessation Program Manager.

How to calculate: Group tobacco cessation offerings MUST meet these minimum conditions:

a) Conducted at least 2 groups in the last 12 months AND

b) Offered at a variety of times and days to meet the needs of the population

OR

c) the community-level Health Interest Questionnaire indicates tobacco group sessions meet population needs in terms of capacity, time and place

2. The MTF offers individual-level tobacco cessation services that meet population needs .

Source of Data: Health Promotion Director/Coordinator/Tobacco Cessation Program Manager.

How to calculate:

a) Individual counseling is offered by more than health promotion staff (such as healthcare care members) AND

b) It includes moderate to intense counseling (i.e. must be at least 2 sessions of at least 30 minutes each).



Key Criteria Changes for 2014 (cont.)

2013 Med 18

Old: Tobacco cessation metrics were reported to NMCPHC for the most recently concluded 6-month period (Jan-Jun or Jul-Dec)

New: Tobacco cessation metrics were reported to NMCPHC 2x in the most recent full calendar year.

Source of Data: Health Promotion Director/Coordinator and Tobacco Program Manager

2013 Med 19

Old: SHIPSHAPE metrics were reported to NMCPHC for the most recently concluded 6-month period (Jan-Jun or Jul-Dec)

New: SHIPSHAPE metrics were reported to NMCPHC 2x for the period Jan-Jun of the award year.

2013 Med 25

Old: Did the MTF conduct a community-level awareness level activity to promote the National Alcohol Screening Day web-based resources? Yes=3 points.

New: Did your command provide an awareness level activity to promote the National Alcohol Screening Day web-based resources in December or at any time during the year? 1 point per event. Max 3 points.

2013 Med 26

Old: In addition to any tobacco cessation/prevention activity reported in the above criterion, did the MTF ALSO conduct other community-level activities (outside the MTF), IN PARTNERSHIP with another base agency, from the list of resources provided herein? 2, 4 or 6 points.

New: Did your command provide an education/motivation level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year?"

How to Calculate: 3 points each activity. 6 points max. activities:

- Great American Smokeout
- Great American SpitOut
- World No Tobacco Day
- New Year's Day
- Kick Butts Day
- Display- free-standing or at a health fair
- One session presentation by a SME
- Showing a video
- Sponsoring a fun run with a focus on tobacco prevention/cessation



Key Criteria Changes for 2014 (cont.)

2013 Med 27:

Deleted: Has the MTF coordinated development and distribution of a local "help directory" of services in your community?

2013 Med 28:

Old: Has a community-wide / base-wide health and wellness committee been established AND did meeting minutes demonstrate the group met at least 3 times during the year? – 10 points; mandatory for Gold Star

New: 20 points, but NOT mandatory for Gold Star.

2013 Med 29 and 30:

Old Med 29: Has the MTF conducted a m-NEAT (aka CHOW) Community assessment and communicated results to appropriate food managers? Yes=3

Old Med 30: Has the MTF conducted a m-NEAT (aka CHOW) Community assessment and communicated results to appropriate food managers? Yes=3

New 29 (combined 29 and 30): Was an m-NEAT assessment (of access to healthy food choices) completed this year for the COMMUNITY? Based on total score from m-NEAT COMMUNITY Assessment:

- "fully supportive" (of access to healthy food choices) = 8 points
- "mostly supportive" (of access to healthy food choices) = 7 points
- "partially supportive" (of access to healthy food choices) = 6 points
- m-NEAT assessment complete but "not supportive" = 5 points

2013 Med 32

Regarding "The MTF or HP&W website offers the minimum mandatory content OR links to the NMCPHC-HPW 'Additional Resources' page":

Replaced links to Regional TMA/Tricare Benefits = Healthy Living North, South and West with Tricare Healthy Living <http://www.tricare.mil/HealthyLiving/>

Changed link for President's Fitness Challenge to: <https://www.presidentschallenge.org/informed/news.shtml>

2013 Med 39

Old: Does your facility have at least 2 trained (minimum 1-day training course) tobacco cessation facilitators on staff?

New: Does your facility have at least 2 trained tobacco cessation facilitators (attended required one-day classroom tobacco cessation facilitator course offered by NMCPHC staff or other NMCPHC approved regional trainers OR attended other training pre-approved by NMCPHC)?

Recommended and approved Tobacco Cessation Facilitator training for the Navy include (minimum one full-day training course):

- American Lung Association Freedom from Smoking Facilitator Training
- Navy MTF Health Promotion Tobacco Cessation Facilitator Training

(NOTE - this removes Tobacco Dependence Treatment Specialist Training- UMDNJ, Mayo Clinic, UMass Medical School; Univ of Arizona, Quit Smart Training.)



Key Criteria Changes for 2014 (cont.)

2013 Med 55/57 and Fleet 25/26

Old: Med 55/Fleet25: Did the command OFFER members an opportunity to participate in an alcohol abuse awareness event other than the National Alcohol Screening Day (such as a Drunk and Drugged Driving lecture, health fair, or health display)? Med 57/Fleet26: Did the command conduct an awareness level activity to promote the National Alcohol Screening Day web-based resources?

New:

1. Did the command conduct an awareness level activity to promote responsible drinking or alcohol abuse awareness during National Alcohol Screening Day (April) or Impaired Driving Prevention Month (December) or at any other time during the year ?
2. Did your command provide an education/motivation level activity on the topic of responsible drinking during Impaired Driving Prevention Month (December) or at any time during the year?

2013 Med 56 and Fleet 27

Old: Have your command DAPA, military supervisors, CO and XO completed the appropriate level of drug and alcohol abuse training?

New: Have your command DAPA, military supervisors, CMC, Chief of the Boat, CO and XO completed the appropriate level of drug and alcohol abuse training?

2013 Med 75 and Fleet 45

Old: Old: Has your command conducted a nutrition awareness event during March or September (preferably) or at any other time this year? Yes = 6.

New:

1) Did your command provide an awareness-level activity on the topic of nutrition during March (Nutrition Month) or July (Fruits and Vegetables Month), or at any time during the year? Awareness Activities include providing POD/POW Notes, displaying posters, distributing articles in newsletters, bulletin boards, distributing educational materials, etc. Score: 1 Point per event max of 3 points.

How to calculate:

- Posters = 1 point
- Articles in newsletters = 1 point
- Bulletin Boards = 1 point
- Distributing educational materials = 1 point

2) Did your command provide an education/motivation-level activity on the topic of nutrition during March (Nutrition Month) or July (Fruits and Vegetables Month), or at any time during the year? Education/motivation level activities include providing a display either free-standing or at a health fair, one-session presentation by a Dietitian or other qualified Nutrition expert, showing a video, sponsoring a fun run with a nutrition education component, offering a challenge (excluding Crews into Shape), such as the 30-Day Fruits and Veggies Challenge, Healthy Recipe Contest, etc. Score: 3 Points per activity for a max of 6 points.



Key Criteria Changes for 2014 (cont.)

2013 Med 74 and Fleet 44:

Old: Is the worksite "fully" or "mostly" supportive of healthy eating (based on the overall score from the m-NEAT Worksite Assessment)? Yes=6

New: Was an m-NEAT assessment (of access to healthy food choices) completed this year for the worksite? Based on total score from m-NEAT Worksite Assessment:

- "fully supportive" (of access to healthy food choices) = 6 points
- "mostly supportive" (of access to healthy food choices) = 5 points
- "partially supportive" (of access to healthy food choices) = 4 points
- m-NEAT assessment complete but "not supportive" = 3 points

2013 Med 76 and Fleet 46

Old: Did at least 97% of your MILITARY members pass the PFA?

New: "How to compute" add "MOST RECENT PRT Cycle"

Change PRA to "PRT – only (physical activity portion of PRA)"

2013 Med 94 and Fleet 64

Old: Ships and commands with operational/deployable billets only - Command has written indoctrination policy that all female sailors newly assigned have been offered an opportunity or referral to ensure she is satisfied with her current form of contraception (if any). (Note - commands with no operational billets should take the maximum score for this criterion).

New:

- Medical: Deleted
- Fleet: Ships Only (all others take the points as if in compliance): Ship medical departments will ensure all female sailors newly assigned have been offered an opportunity or referral to ensure she is satisfied with her current form of contraception (if any).



Key Criteria Changes for 2014 (cont.)

2013 Med 97 and Fleet 67

Old: Have at least 75% of MILITARY members completed the current year GMT on sexual assault prevention and sexual harassment grievance procedures during the FY2014? Yes = 3

New: 6 points max: 3 each for sexual assault prevention AND sexual harassment grievance procedures

2013 Med 123 and Fleet 90

Old: Med 123 and Fleet 90: Did your command conduct a tobacco use cessation/prevention awareness activity by setting up a display, distributing educational handouts, or conducting a tobacco use cessation/prevention awareness events?

New: Split into 2 criteria: awareness and education/activity.

1. "Did your command provide an awareness level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year?" 3 points max. 1 point per event.

- Posters = 1 point
- Articles in newsletters = 1 point
- Bulletin Boards = 1 point
- Distributing educational materials = 1 point

2. "Did your command provide an educational-level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year?" 6 points max. 3 points per event.

Great American Smoke-out

Great American Spit-out

"Quit Tobacco – Make Everyone Proud"

2013 Med 125 and Fleet 91

Old: For self-help tobacco cessation resources, How to Calculate = CO Conclusion.

New: CO Conclusion - Resources such as Clearing the Air, Be Tobacco Free, manuals, quitline information, and other materials such as brochures and factsheets should be readily available. All forms of tobacco should be addressed. Resources should not exclusively be for quitting smoking.

2013 Med 126 and Fleet 92

Old: Are at least 70% of MILITARY members within Navy standards for body composition? Scoring: 70-79%=1; 80-89%=2; 90-100%=3

New: Scoring: 70-79%=1; 80-89%=3; 90-100%=6



Key Criteria Changes for 2014 (cont.)

2013 Med 127 and Fleet 93

Old: Did your command conduct a weight management awareness or education/motivation-level activity by setting up a display, distributing educational handouts, or conducting a healthy weight event during Healthy Weight Month of January (preferably) or any other time?

New: Split into 2 criteria:

1. Did your command conduct a weight management awareness level activity during Healthy Weight Month of January (preferably) or any other time? Awareness activities include providing POD/POW Notes, displaying posters, distributing articles in newsletters, bulletin boards, distributing educational materials, etc. Score: 1 Point per event max of 3 points.

How to calculate:

- Posters = 1 point
- Articles in newsletters = 1 point
- Bulletin Boards = 1 point
- Distributing educational materials = 1 point

2. Did your command conduct a weight management education/motivation-level event during Healthy Weight Month of January (preferably) or any other time? Education/motivation level activities include providing a display either free-standing or at a health fair, one-session presentation by a qualified expert, showing a video, sponsoring a fun run with a weight management education component, offering a challenge (excluding Crews into Shape). 3 points per event; max 6 points



The MTF HP-Committee and Leadership Support

- Include committee requirement in command HP policy, then write a charter.
- Official committees have written charters
- Include reporting process (who signs minutes?)
- Determine who will preside over meetings
- Base the charter upon policy and clarify the scope
- Keep enough detail in meeting minutes for clarity
- Include program fliers and reports in minutes
- Keep the committee alive



The Community-Level HP Committee

- Get on the CO/XO calendar soon after change of command
- Get on the “tour schedule” through PAO
- Work to get on agenda for base leadership meeting
- Write a draft installation HP policy or borrow one
- Communicate the benefit to leaders
- Policy language should not sound heavy-handed
- Place a generic list of members in policy. Then pursue the right people and ask them to serve.



Discussion and Questions



Get help or ask additional questions

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Blue H website:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>



Continuing Education

- NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive 1 Category 1 CECH but only when viewed during the live webinar. If you are a CHES and you viewed the live webinar, E-mail your name and CHES number to: Melissa.cazaux@med.navy.mil
- If you have viewed the recorded version of the webinar online and would like to request Cat. II CECH, download the certificate for this webinar from the NMCPHC Webinar website, complete it and send it to the NCHEC, Inc. for 1 Cat. II CECH



- The slides and audio will be archived on the NMCPHC webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>
- Thank you for joining us and if you have any questions, please email Bob MacDonald at michael.r.macdonald@med.navy.mil

