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Ser HPW/

From: Commanding Officer, Navy and Marine Corps Public Health Center
To: Chief, Bureau of Medicine and Surgery (M3/5)
Via: Commander, Navy Medicine Support Command

Subj: SHIPSHAPE WEIGHT MANAGEMENT PROGRAM METRICS

Ref: (a) OPNAVINST 6110.1J
(b) OPNAVINST 6100.2A
(c) BUMEDINST 6110.13A
(d) BUMED ltr 6100 Ser M3/5CCPH/E09UN093000557 of
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Encl: (1) ShipShape Program Metrics Report for Classes ending
Jul-Dec 2011

1. ShipShape is an evidence-based, eight week behavioral health program specifically designed for individuals who exceed Navy body composition assessment (BCA) standards. BUMED designated the Navy and Marine Corps Public Health Center (NMCPHC) as program manager for the ShipShape program to provide instructor training and to track program effectiveness. Per references (a) and (b), active duty members who exceed BCA standards may be referred for attendance in the ShipShape program. Per references (c) and (d), ShipShape is to be offered at all Military Treatment Facilities (MTF) and should be available to all beneficiaries. References (c) and (d) also direct reporting of semi-annual performance metrics to NMCPHC.

2. Enclosure (1) is the summary report of ShipShape Metrics for classes completed during the period Jul-Dec 2011. The report includes BCA status of active duty participants six months after completing the program.

3. My point of contact is Dr. Steven Heaston, who may be reached at: COMM (757) 953-0962, DSN 377-0962, or e-mail: steven.heaston@med.navy.mil.

M. J. MACINSKI

**ShipShape Program Metrics Semi-Annual Report:
Navy Medicine Classes Ending July-December 2011**

EXECUTIVE SUMMARY:

1. ShipShape is the Navy's official intervention program for weight management and is based on the most current evidence for effective weight management. OPNAVINST 6110.1J states that referral of members that fail to meet weight standards to ShipShape is highly recommended. BUMED directs that all Navy Military Treatment Facilities (MTF) offer ShipShape at least twice annually.

2. Certified ShipShape instructors are provided with a complete curriculum as well as guidance on how to effectively administer the program. Instructors are to report their program outcomes to NMCPHC six months after program completion. Negative reports are required. Six months is a reasonable standard to assess weight loss and compliance with Navy standards.

3. For ShipShape classes ending July-December 2011, 76% of FEP members completed the program. Of these, 47% (158/334) met the body composition assessment (BCA) standards at the 6-month follow-up [Table 2]. Twenty-five percent (85/334) were not in standards, and 28% (92/3334) were lost to follow-up. ShipShape availability at each MTF and metric reporting is summarized in Table 3.

4. Conclusions and Recommendations:

a. Some MTFs either did not report any data for this period or did not conduct any classes during this period. An Army dietician from Walter Reed NMMC is planning to provide the ShipShape program at that facility for all beneficiaries, including Navy FEP members.

b. Enrollment and program completion rates vary greatly by MTF, but should be uniformly high.

c. The key measure of effectiveness of ShipShape is the percentage of members that are within BCA standards six months after completing the program. Again, results reported by MTFs varied greatly. Overall, the average success rate was 48%.

d. A 28% "lost to follow up" rate may indicate a continued lack of coordination between MTF staff, participants, and commands or in some cases unavoidable operational commitments. Instructors should institute follow-up strategies recommended by NMCPHC to decrease these rates.

e. To increase participation, MTFs should strengthen partnership with local commands and command fitness leaders, ensure adequate numbers of staff are trained as ShipShape instructors, and make classes readily available to active duty, family members, and retirees.

Enclosure (1)

Table 1: Facilities Reporting for Courses Ending Jul-Dec 2011

Facility	Enrolled (AD FEP)	Completed (AD FEP)	% Completed (AD FEP)	Enrolled (Other)	Completed (Other)	% Completed (Other)	6-month Outcome Data for Active Duty Who Completed the Program (AD FEP)						
							W/in stnds	% W/in stnds	Out of stnds	% Out of stnds	Lost to FU	% Lost to FU	
National Capital Area													
WRNMMC at Bethesda													
NHC Annapolis	7	2	29%	1	0	0%	1	50%	1	50%	0	0%	
NHC Quantico	8	4	50%	2	0	0%	3	75%	0	0%	1	25%	
NBHC Sugar Grove													
NBHC Washington Navy Yard	7	4	57%	1	1	100%	1	25%	0	0%	3	75%	
NHC Patuxent River													
NCA Totals	22	10	45%	4	1	25%	5	50%	1	10%	4	40%	
Navy Medicine East													
NMC Portsmouth	20	12		0	0		4		1		7		
NBHC Little Creek													
NBHC Oceanna													
BMC Sewells Point	15	10	67%	5	2	40%	2	20%	3	30%	5	50%	
NHCNE Newport													
NBHC Portsmouth NH													
NHC Groton CT	20	17	85%				6	35%	5	29%	6	35%	
NH Pensacola	82	71	87%	10	8	80%	25	35%	34	48%	12	17%	
NHC Corpus Christi	11	11	100%	8	0	0%	9	82%	0	0%	2	18%	
NHC Charleston													
NHC Cherry Point													
NH Beaufort	3	2	67%	2	0	0%	1	50%	0	0%	1	50%	
NH Camp LeJeune	13	6	46%				3	50%	0	0%	3	50%	
NHC Great Lakes													
NH Jacksonville	86	51	59%	94	59	63%	25	49%	14	27%	12	24%	
NBHC King's Bay	34	26	76%	6	6	100%	22	85%	3	12%	1	4%	
NBHC Mayport	4	2	50%	21	21	100%	1	50%	1	50%	0	0%	
NBHC Key West	12	12	100%				4	33%	2	17%	6	50%	
NBHC Albany	2	2	100%				1	50%	1	50%	0	0%	
NH Guantanamo Bay													
NH Rota													
NH Naples													
NBHC Capo													
NH Sigonella	15	11	73%	3	3	100%	9	82%	2	18%	0	0%	
NBHC Bahrain	6	6	100%	5	3	60%	2	33%	0	0%	4	67%	
Navy Medicine East Totals	323	239	74%	154	102	66%	114	48%	66	28%	59	25%	
Navy Medicine West													
NMC San Diego	30	27	90%				18	67%	4	15%	5	19%	
NH Camp Pendleton													
NBHC Fallon													
NH Lamoore													
NBHC Port Hueneme													
NH Twentynine Palms													
NH Bremerton	20	18	90%				7	39%	5	28%	6	33%	
NHC Oak Harbor	20	19	95%	2	2	100%	8	42%	3	16%	8	42%	
NH Okinawa	20	20	100%	20	0	0%	6	30%	6	30%	9	45%	
NH Yokosuka													
NH Guam	2	1	50%	8	5	63%	0	0%	0	0%	1	100%	
NHC Hawaii													
Navy Medicine West Totals	92	85	92%	30	7	23%	39	46%	18	21%	29	34%	
NAVY TOTALS	437	334	76%	188	110	59%	158	47%	85	25%	92	28%	

Table 2: Historical trends - ShipShape: Through December 2011

Time Period	Number of Active Duty Participants Who Completed the Program	6-month Outcomes (Participants w/in Standards Who Completed the Program)	Percent
Jul-Dec 2005	262	90	34%
Jan-Jun 2006	203	101	50%
Jul-Dec 2006	272	107	39%
Jan-Jun 2007	167	56	34%
Jul-Dec 2007	380	145	38%
Jan-Jun 2008	359	131	36%
Jul-Dec 2008	344	101	29%
Jan-Jun 2009	295	141	48%
Jul-Dec 2009	337	115	34%
Jan-Jun 2010	270	111	41%
Jul-Dec 2010	271	144	53%
Jan-Jun 2011	342	161	47%
Jul-Dec 2011	334	158	47%
Totals	3836	1561	41%

Table 3: Reporting by Region		
NAVMED REGION	Shipshape available	Reported
<i>National Capital Area</i>		
NNMC Bethesda (WRNMMC)	Yes	No**
NHC Annapolis	Yes	Yes
NHC Patuxent River	Yes	Yes**
NHC Quantico	Yes	Yes
NBHC Sugar Grove	Yes	No
NBHC Washington Navy Yard	Yes	Yes
<i>East</i>		
NMC Portsmouth	Yes	Yes
NBHC Little Creek	Yes	No
NBHC Oceana	Yes	No
NBHC Sewell's	Yes	Yes
NH Pensacola	Yes	Yes
NHC Corpus Christi	Yes	Yes
NHCNE Newport	Yes	No
NHC Groton	Yes	Yes
NHC Portsmouth NH	Yes	No
NHC Charleston	Yes	Yes**
NH Cherry Point	Yes	Yes**
NH Beaufort	Yes	Yes
NH Camp Lejeune	Yes	Yes
NHC Great Lakes	Yes	No
NH Jacksonville	Yes	Yes
NBHC Mayport	Yes	Yes
NBHC King's Bay	Yes	Yes
NBHC Key West	Yes	Yes
NBHC Albany	Yes	Yes
NH Guantanamo Bay	Yes	No
NH Rota	Yes	No
NH Naples	Yes	No
BHC Capo	Unknown	No
NH Sigonella	Yes	Yes
NBHC Bahrain	Yes	Yes
<i>West</i>		
NMC San Diego	Yes	Yes
NH Bremerton	Yes	Yes
NH Camp Pendleton	Yes	No
NH Lemoore	Yes	No
NH Oak Harbor	Yes	Yes
NHC Hawaii	Yes	No
NBHC Port Hueneme	Yes	No
NH Twentynine Palms	Yes	No
NH Guam	Yes	Yes
NH Yokosuka	Yes	No
NH Okinawa	Yes	Yes
* New Program **No Classes Conducted ***Late Report		