

## Appendix I

E-mail Subject Line: IDENTIFYING DEPARTMENT OF THE NAVY INJURY PREVENTION CURRENT PRACTICES & INITIATIVES

Dear \_\_\_\_\_,

Injuries are the largest health problem facing U.S. military forces in peacetime and combat operations. Resulting in over 1.8 million medical encounters across the military services, injuries affect more than 800,000 individual service members (AJPM, Jan 2010). In 2008, there were 743,547 injury-related musculoskeletal conditions among active duty, non-deployed service members, with an injury rate of 628 injuries per 1,000 person-years.

There is a great opportunity to improve readiness and reduce overall system costs by focusing on the prevention of musculoskeletal injuries. Many commands have developed innovative, successful programs for reducing injuries however, these programs often remain command specific. The Navy's Musculoskeletal Continuum of Care Advisory Board (MCCAB) is seeking to identify best practices, allowing access to these programs Navy-wide.

Best practices may focus on a wide variety of areas, including the following:

- Military unique settings (e.g. physical training, tactical exercises)
- Work related activities (e.g. lower back problems)
- Non-work related injuries(e.g. sports/recreational activities)
- Motor vehicle accidents

In support of MCCAB's initiative, the Navy is currently collecting information for the 2<sup>nd</sup> edition of Navy Current Practices and Initiatives in Injury Prevention. The latest edition hopes to include information on injury prevention as well as provide examples of successful physical training programs between 2000 and 2010.

The Injury Prevention section of the Health Promotion Division at the Navy and Marine Corps Public Health Center (NMCPHC) needs your help in the creation of a comprehensive 2<sup>nd</sup> edition. Attached you will find a survey used for reporting and evaluating musculoskeletal injury prevention practices and human performance programs. If you have a program, we would appreciate your support through the completion of this survey.

Please return completed surveys to Ms. Diana Settles Strock, MAT, ATC, Program Manager for Injury Prevention, NMCPHC by July 15, 2010. Results from the survey will be published in the 2<sup>nd</sup> edition of Navy Current Practices and Initiatives in Injury Prevention. If you have additional questions regarding the survey, please contact Ms. Kristin Low, Assistant Project Manager for Identifying Navy Current Practices and Initiatives in Injury Prevention.

We greatly appreciate any feedback you may be able to provide during the "information gathering" phase of this project. Thank you very much for your assistance and we look forward to receiving your survey.

Very Respectfully,

Navy and Marine Corps Public Health Center – Lead Agent

Navy Musculoskeletal Continuum of Care Advisory Board — Policy Recommendations