

Executive Summary

The Phase 1 Navy Current Practices and Initiatives Report was developed for the purpose of providing an overview of Navy injury prevention current practices and initiatives to the Navy Musculoskeletal Continuum of Care Advisory Board (MCCAB), 10 – 11 August 2010.

The Navy Injury Prevention Current Practices and Initiatives Report was commissioned to identify the Department of the Navy Injury Prevention Current Practices and Initiatives from the year 2000 to 2010. 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.

The enclosed report is Phase I of a multi-phase project and provides a baseline compilation of injury prevention efforts. The ongoing phases will provide a more comprehensive collection of the current injury prevention efforts. The report presents information on injury prevention from four sectors including the 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) and motor vehicle accidents.

Method of collection for this report included a quantitative analysis which was compiled through email and telephone communication. Acquiring information for the report was a lead project for Ms. Kristin Low, Old Dominion University Intern / Masters in Public Health (MPH)/ Health Promotion and Education Program. The MPH Internship was conducted at Navy and Marine Corps Public Health Center (NMCPHC), Portsmouth, VA. The project was headed by Ms. Diana Strock, MAT, ATC, Program Manager, Physical Fitness & Injury Prevention, NMCPHC / Advisor, Human Performance and Public Health, Center for Personal and Professional Development.

In June, 2010, an initial cover letter (See Appendix I) describing the purpose of the project and a survey, which provided a format for quantitative analysis (See Appendix II), was solicited to over 2,500 individuals throughout the Department of the Navy and Marine Corps. Though minimal feedback was received in completion of the surveys, the project generated a valuable survey tool that can be used for the reporting and evaluating of musculoskeletal injury prevention practices and human performance programs throughout the Department of the Navy. Compilation of this information identifies that the Department of the Navy's current practices are not being evaluated effectively for the purpose of identifying "best practices".

These current practices and initiatives focus on a wide variety of settings and circumstances in all service branches. These practices, projects, and ideas should be considered as indicative of the richness of prevention activity underway in the Department of the Navy. To take maximum advantage of this activity, this report provides a forum through which these projects can receive wider recognition.

These programs should not be considered to be models to be emulated, best practices and/or proven to be cost-effective because they have not undergone a formal qualitative evaluation. The innovations should be viewed more for their potential for local use rather than considered to have inherent, proven benefits to be adopted throughout the Department of the Navy.