



SHIPSHAPE

Information Brief



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION



Objectives

- Provide Background on the ShipShape Program
- Address ShipShape Program Facilitator requirements
- Discuss the ShipShape Program Structure
- Propose ShipShape Program implementation at the command



What Is the ShipShape Program?

- The ShipShape Program is the official Navy weight management program
 - Assists active duty and reserve military service members, beneficiaries and government civilians with making healthy behavior changes to lose weight
- The program consists of six sessions (two online and four live group sessions)
- Sessions focus on four important components for weight loss:
 - Mindset
 - Nutrition
 - Physical activity
 - Sleep
- The ShipShape Program is administered at various commands by certified ShipShape Program facilitators and is managed by the Navy and Marine Corps Public Health Center (NMCPHC), as designated by BUMEDINST 6110.16



Why Choose the ShipShape Program?

- The ShipShape Program was developed based on research, industry best practices and analysis of current trends in fitness, weight loss, nutrition and stress management
- There is no out-of-pocket cost for participants to complete the program
- The program is led by certified facilitators who:
 - Work with the participants to help design individualized action plans
 - Will be available for six months of support and guidance throughout the program to provide participant-driven follow-up at monthly intervals
- Program participants are:
 - Expected to follow up with facilitators after each session
 - Encouraged to follow up with facilitators after program completion

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Goal: Equip participants with the skills and resources necessary to jumpstart a healthier lifestyle.
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ShipShape Facilitator Requirements

- Adhere to the program methodology and curriculum provided by NMCPHC and present all aspects of the core content
- Project the number of offerings required to meet the demand of the population served to include all of the sessions:
 - The introductory (*Steps to Success*) and concluding (*Preparing for the Future*) sessions are online and self-paced
 - Currently, due to circumstances outside of our control, access to the two online sessions is not available for use as of January 2023. We are working to update the sessions and make them available to all facilitators as soon as possible.
 - The remaining four sessions will be offered live, either in-person or virtually
- Prepare the ShipShape Roster and Reporting Tool
 - Provide results to NMCPHC twice a year



Course Structure

- Steps to Success → Self-paced introductory online session
 - Shaping Our Environments for Success
 - Fueling for Health and Performance
 - Power Up! Physical Activity and Healthy Eating
 - Stress Management and Relaxation
- Hold group meetings with a certified facilitator (can be taken in any order based on availability)
- Preparing for the future → Self-paced concluding online session
 - Post-program follow-up → Monthly, initiated by participant

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Program sessions are completed within 30-60 min each week; however, modifications can be made based on command and/or participant requirements with NMCPHC concurrence.
Participants must complete all sessions within six months.
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ShipShape Implementation

- All military treatment facilities (MTFs) are required to conduct ShipShape classes at least **three** times a year
- Non-MTF commands are encouraged to implement the ShipShape Program at their command to improve fleet access
- Items to consider for program implementation:
 - Complete ShipShape Facilitator Training
 - Future ShipShape Program training schedule will be posted online on the [Warfighter Wellness SharePoint Training page](#).
 - Coordinate with the command fitness leader (CFL) to assess the demand at your location by determining the number of body composition assessment (BCA) failures
 - Develop a comprehensive schedule for administering the ShipShape Program while addressing the command's operational requirements
 - Consider dates/times
 - Include location



ShipShape

Questions?