



SHIPSHAPE

Information Brief



DEFENSE CENTERS FOR PUBLIC HEALTH – PORTSMOUTH
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

May 2024



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 Defense Center for Public Health Center - Portsmouth (DCPH-P), as designated by BUMEDINST 6110.16B



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 DCPH-P 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
 - Access to the two online sessions is anticipated to be completed by July 2024
 - The remaining four sessions will be offered live, either in-person or virtually
- Prepare the ShipShape Roster and Reporting Tool
 - Provide results to DCPH-P annually



Course Structure

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