

# Navy Environmental Health Center

## *Health Promotion & Prevention Efforts*

NADAP Summit  
June 19, 2002



*Think Populations,  
See Individuals*



# NEHC Mission

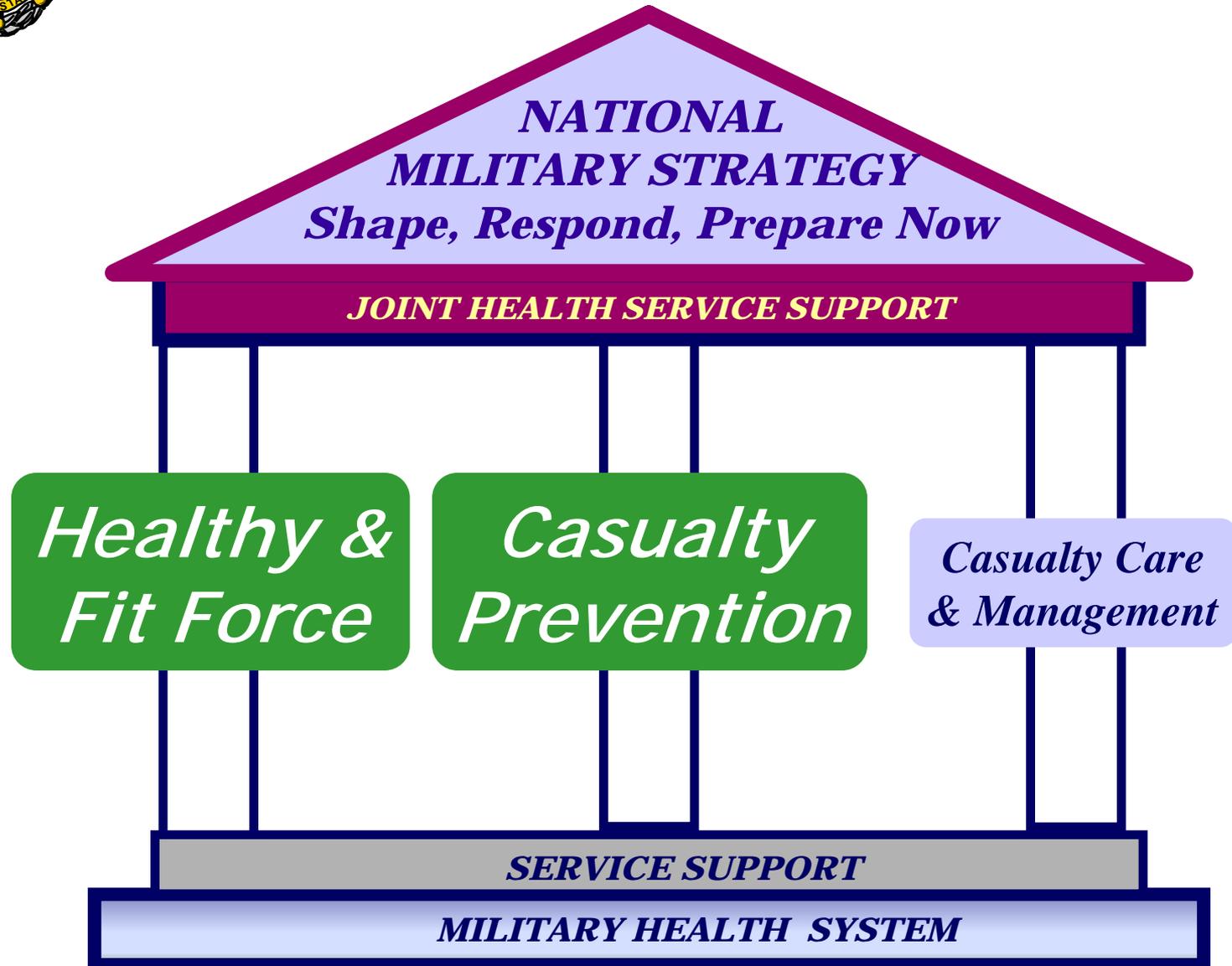
**Think Populations....**



**....See Individuals**

**Ensure Navy and Marine Corps readiness  
through leadership in prevention of  
disease & promotion of health**

# Force Health Protection



# Fill the Muddy Boots



**Readiness**

**Optimization**

**Integration = ROI**

# 10 Leading Health Indicators

- **Physical activity**
- **Overweight/obesity**
- **Tobacco use**
- **Substance abuse**
- **Responsible sexual behavior**
- **Mental health**
- **Injury/violence**
- **Environmental quality**
- **Immunization**
- **Access to health care**



# The Vision

## The Nation

- **Healthy People 2010**

*Healthy People in  
Healthy Communities*

## The Military

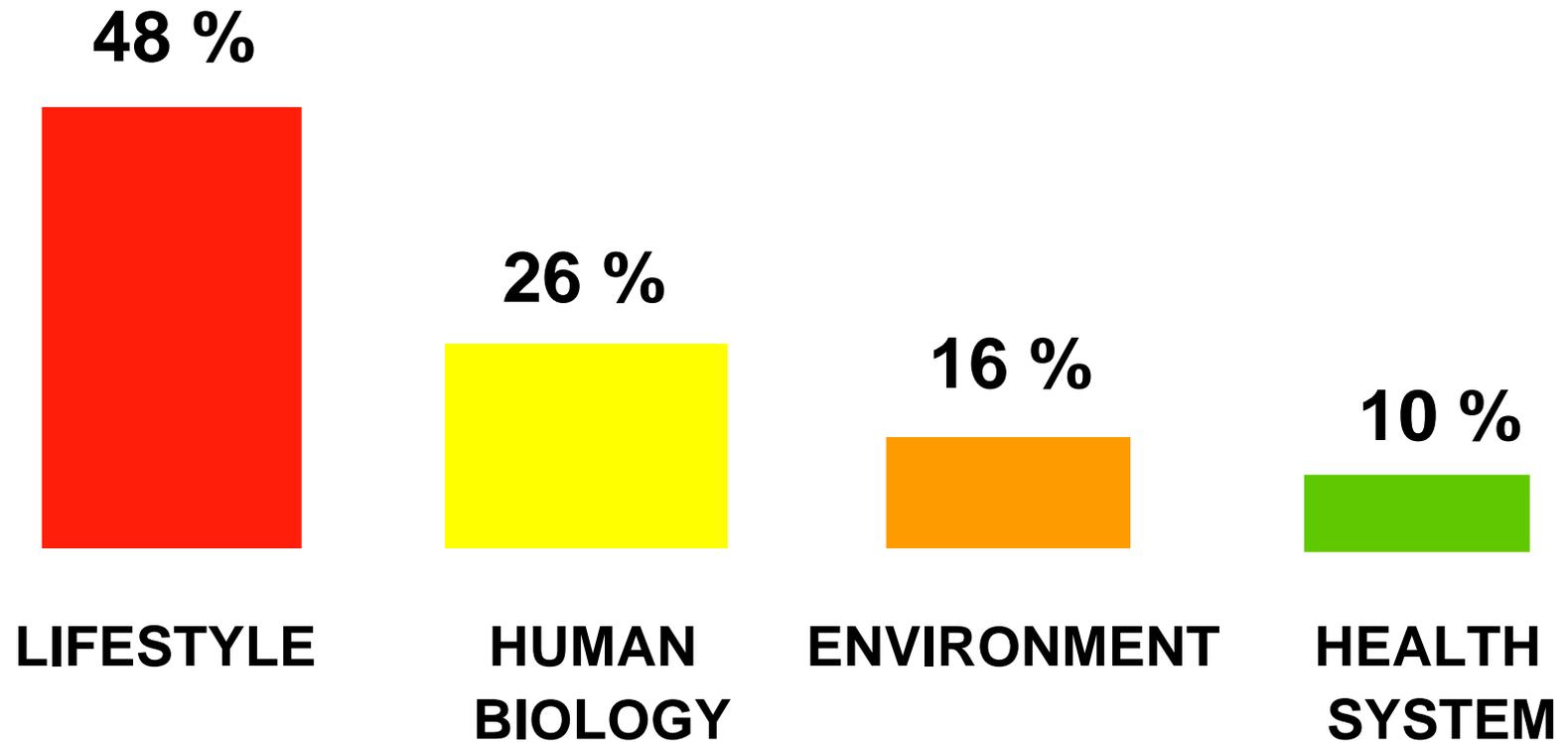
- **Force Health Protection**

*Healthy and Fit Force*

**How do we measure and track progress?**

**What do we know?**

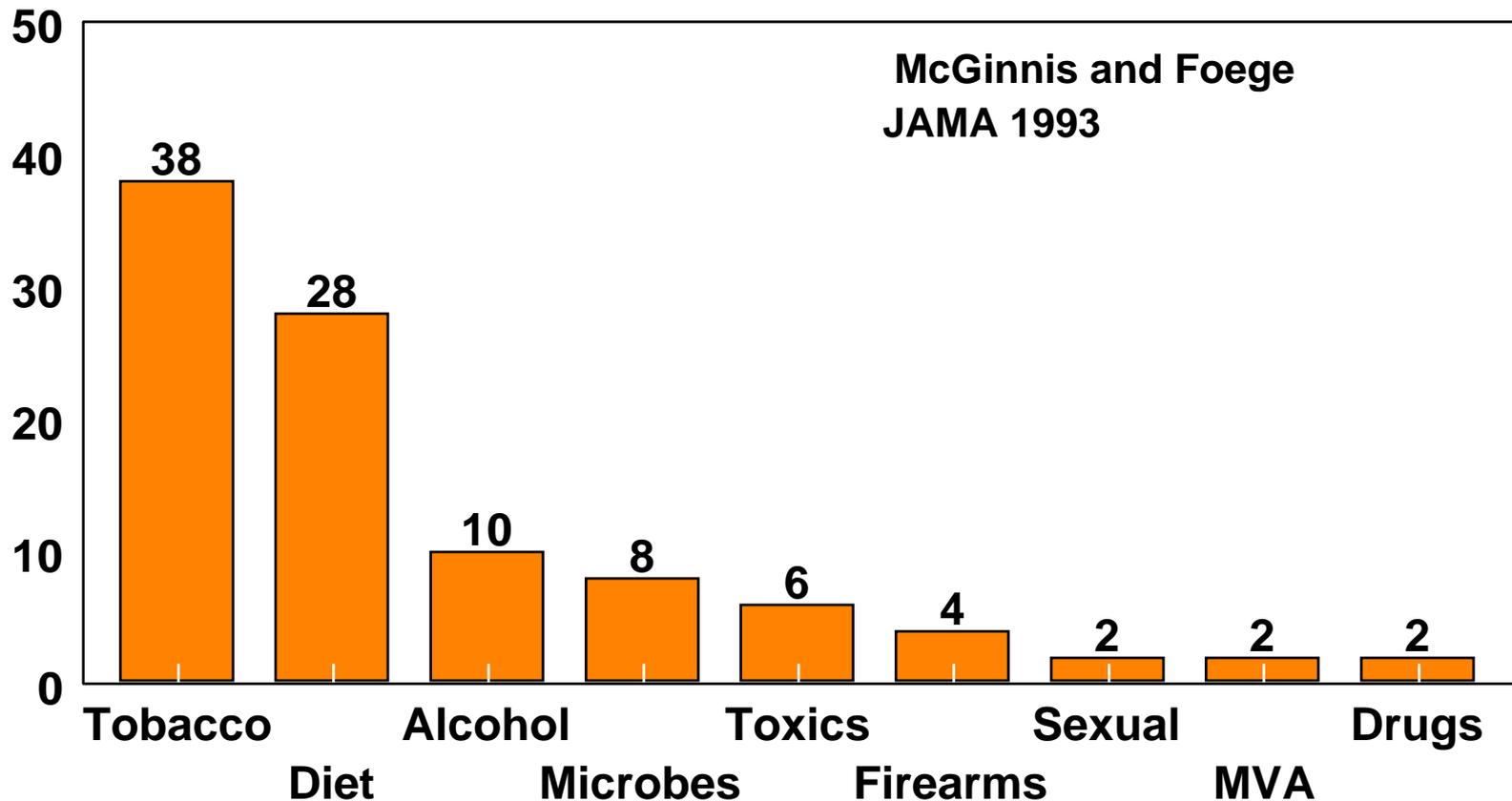
# IMPACT ON PREMATURE MORTALITY



CENTERS FOR DISEASE CONTROL

# Actual causes of death in U.S.

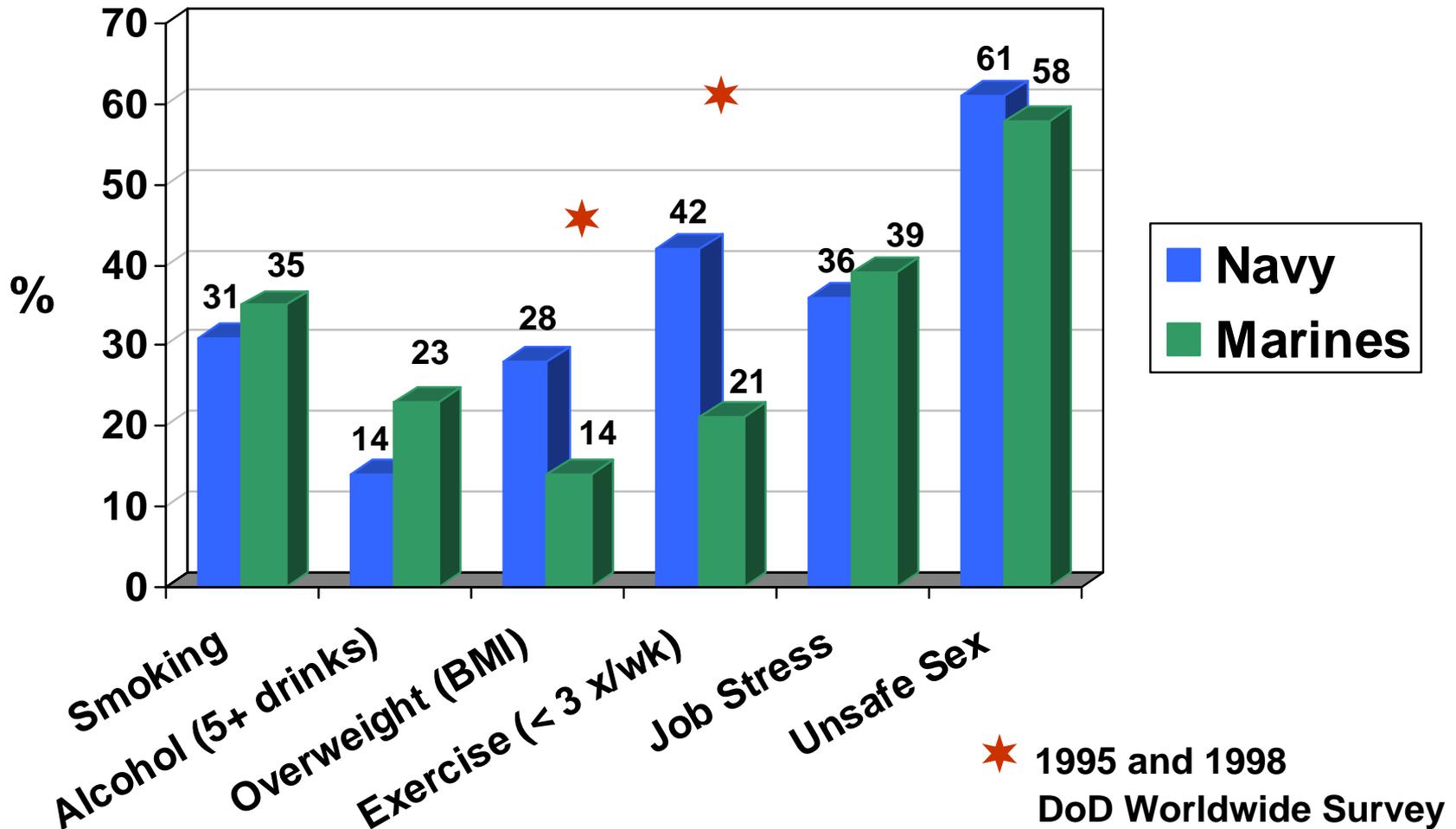
Percent of attributable deaths



# **Risk Factor Data Sources - Navy**

- **DoD World Wide Survey/Military Health Behaviors**
  - q 3 years; 2001 survey delayed
- **Cardiovascular (CV) Risk Factor Screening**
  - q 6 months with PRT ; yearly with PHA
- **Health Evaluation Assessment Review (HEAR)**
  - Improvements in progress
- **Health Risk Appraisal (Army Fit to Win HRA tool)**
  - Green H award
- **Lifestyle Risk Assessment (Fleet HRA)**
  - Web based NMIMC/NEHC product

# Navy and Marine Corps “Unhealthy” Habits and Behaviors



# **PRT Data to Measure Health?**

- **Twice yearly**
- **Total Population**
- **Existing Requirement (OPNAV)**
- **Includes:**

**Exercise**

**Tobacco Use**

**HTN**

**Lipids**

**Diabetes**

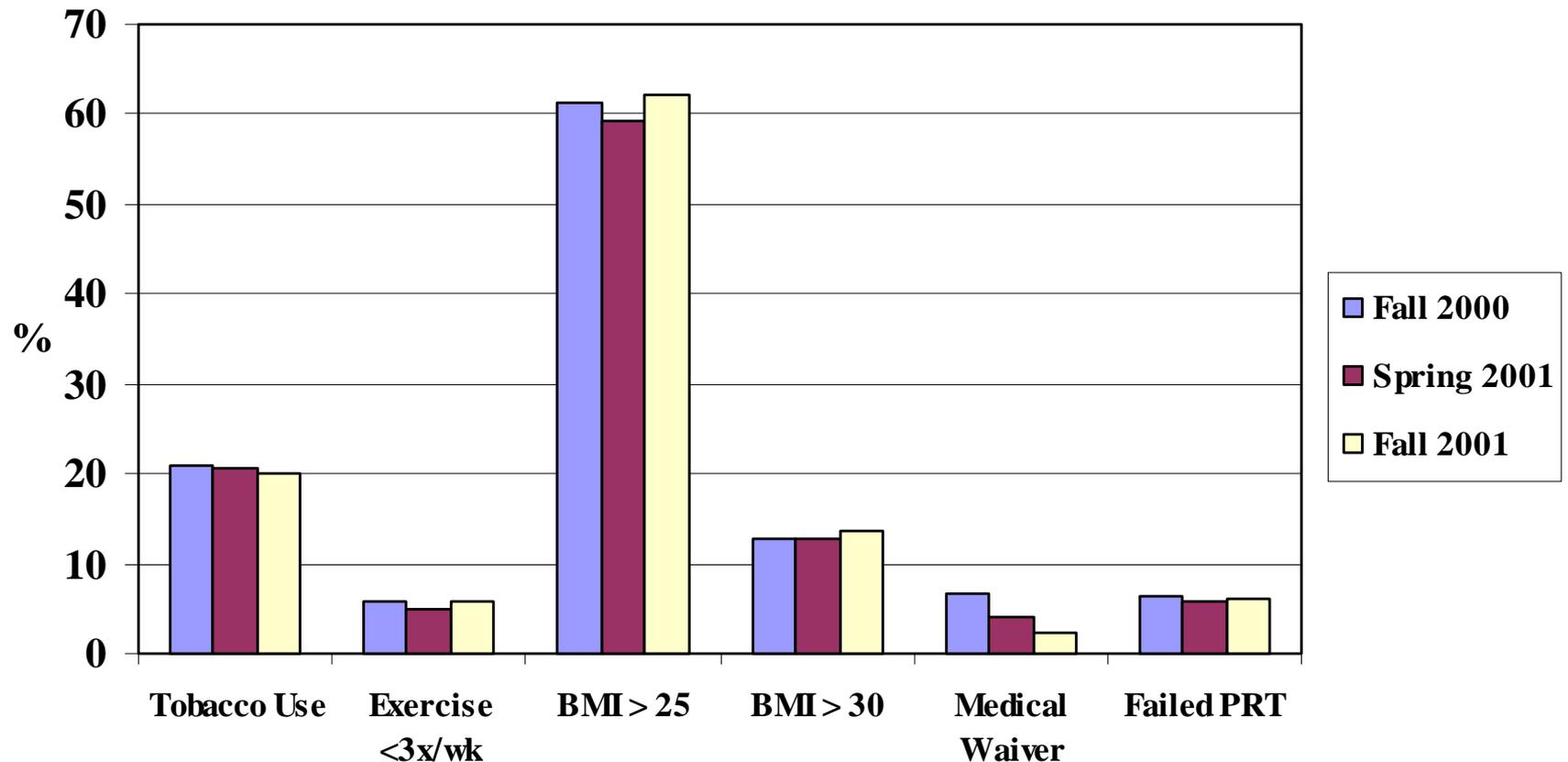
**Height/Weight**

**Medical Waiver**

**Test Result**

# HP#1 Goal: Reduce the number of behavioral risk factors of Navy and Marine Corps personnel.

**Metric: % AD who use tobacco, Exercise <3x/wk, BMI >25, BMI>30, Waived from PRT, Failed PRT**



# Physical Activity as a LHI

**Baseline: 15% of adults aged 18 years or > engaged in 30 minutes of moderate physical activity 5 or > days/week \***

**HP 2010 Target:**

**Increase the proportion of adults who engage in regular, preferably daily, moderate physical activity for at least 30 minutes/day to 30%**

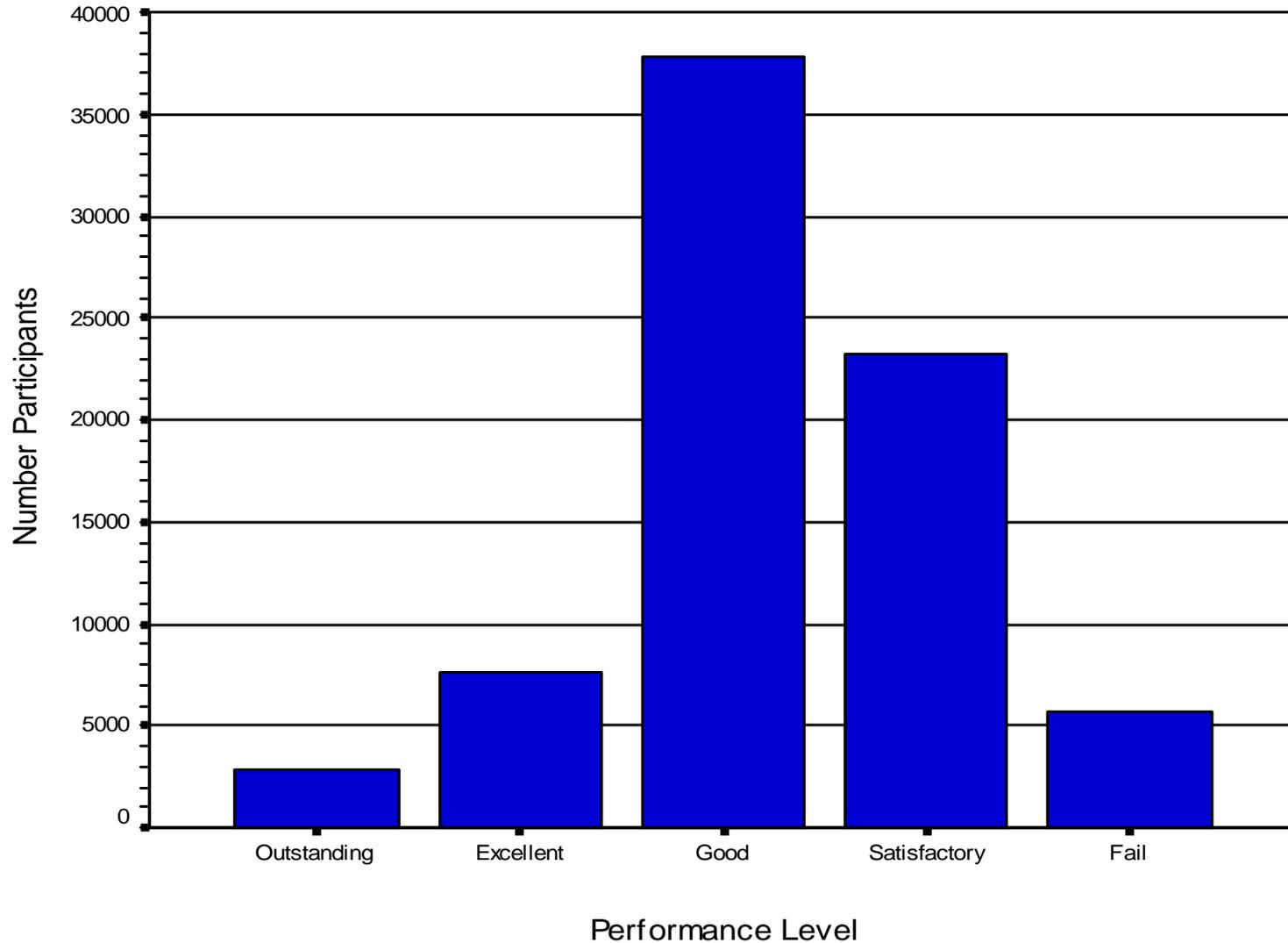
- 58% Navy exercise 3 or > times/week \*\***
- 79% MC exercise 3 or > times/week \*\***
- 81-93% report exercising 3-5X/week at least 30'' \*\*\***

\* The definition of moderate physical activity was changed in 1997. CDC, National Center for Health Statistics, National Health Interview Survey. 1990-99

\*\* 1998 DoD WW Survey

\*\*\* Fall 2001 PRT CV Risk Assessment

# PRT Performance Level Groups



# Overweight & Obesity as a LHI

**Baseline: 23% obese\* -- adults aged 20 years and older**

**HP 2010 Target:**

**Reduce the proportion of adults who are obese to 15%**

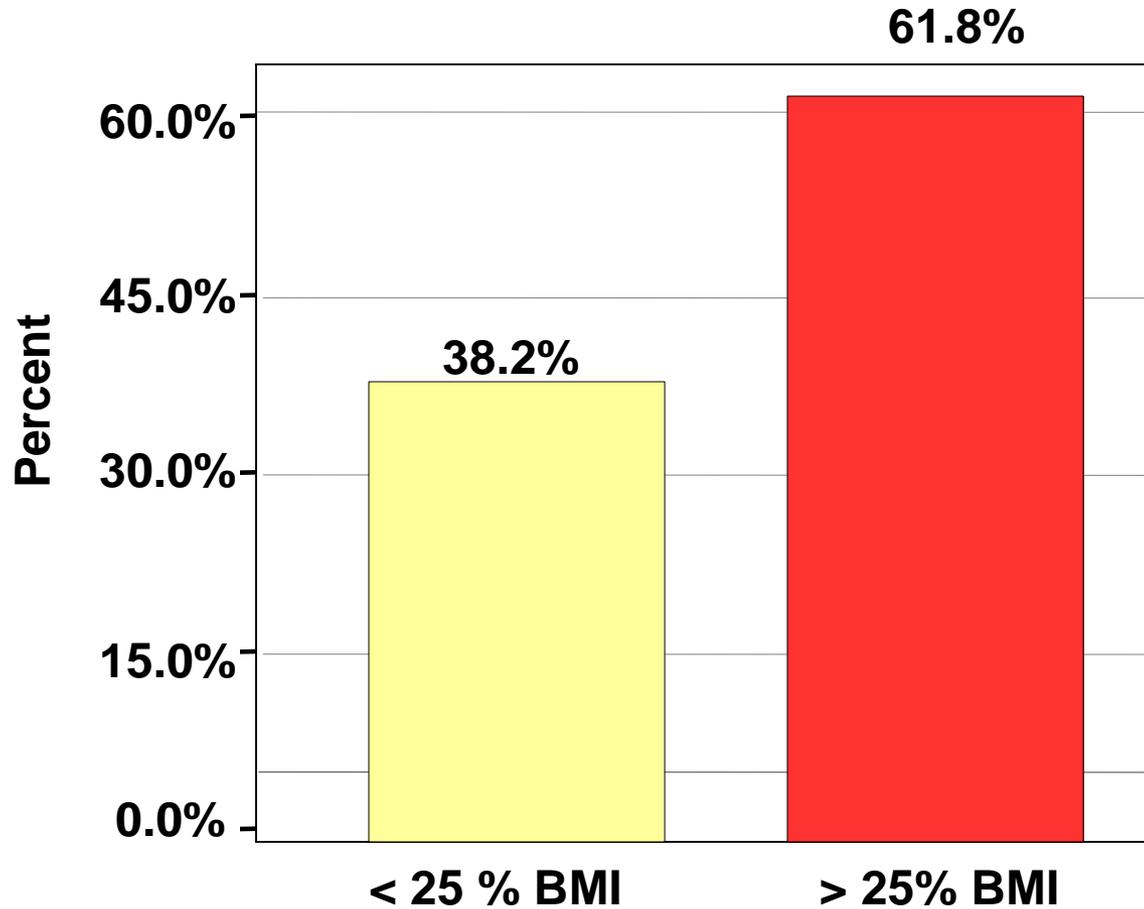
- **28% Navy are overweight (BMI >25)\*\***
- **14% Marine Corps are overweight (BMI > 25)\*\***
- **50% Navy are overweight (BMI > 25-29)\*\*\***
- **12% Navy are obese (BMI >30)\*\*\***

**\*Obesity is defined as a BMI of 30 kg/m<sup>2</sup> or >. Overweight is a BMI of 25-29.  
CDC, National Center for Health Statistics, National Health and Nutrition  
Examination Survey. 1988-94**

**\*\* 1998 DoD WW Survey (self-report Ht/Wt)**

**\*\*\* using Ht/Wt (measured) from Fall 2001 PRT data**

# Fall 2000 PRT Body Mass Index



**Body Mass Index**  
< 20 - Underweight  
20-25 - Normal  
25-30 - Overweight  
30-35 - Obese 1  
35-40 - Obese 2  
>40 - Extreme Obese 3

# Tobacco Use as a LHI

**Baseline: 24% adults aged 18 years or > smoked more than 100 cigarettes in their lifetime & smoked on some or all the days in the past month \***

**HP 2010 Target:**

**Reduce cigarette smoking by adults to 12%**

- **31% smokers in Navy \*\***
- **35% smokers in Marine Corps \*\***
- **21% Yes to “Are you a current tobacco user?” \*\*\***

\* CDC, National Center for Health Statistics, National Health Interview Survey. 1990-98

\*\* 1998 DoD WW Survey

\*\*\* Fall 2001 PRT CV Risk Assessment

# Substance Abuse as a LHI

Baseline: 17% adults aged 18 years or > who reported binge drinking in past 30 days\*; 6% who reported illicit drug use in past 30 days\*

## HP 2010 Target:

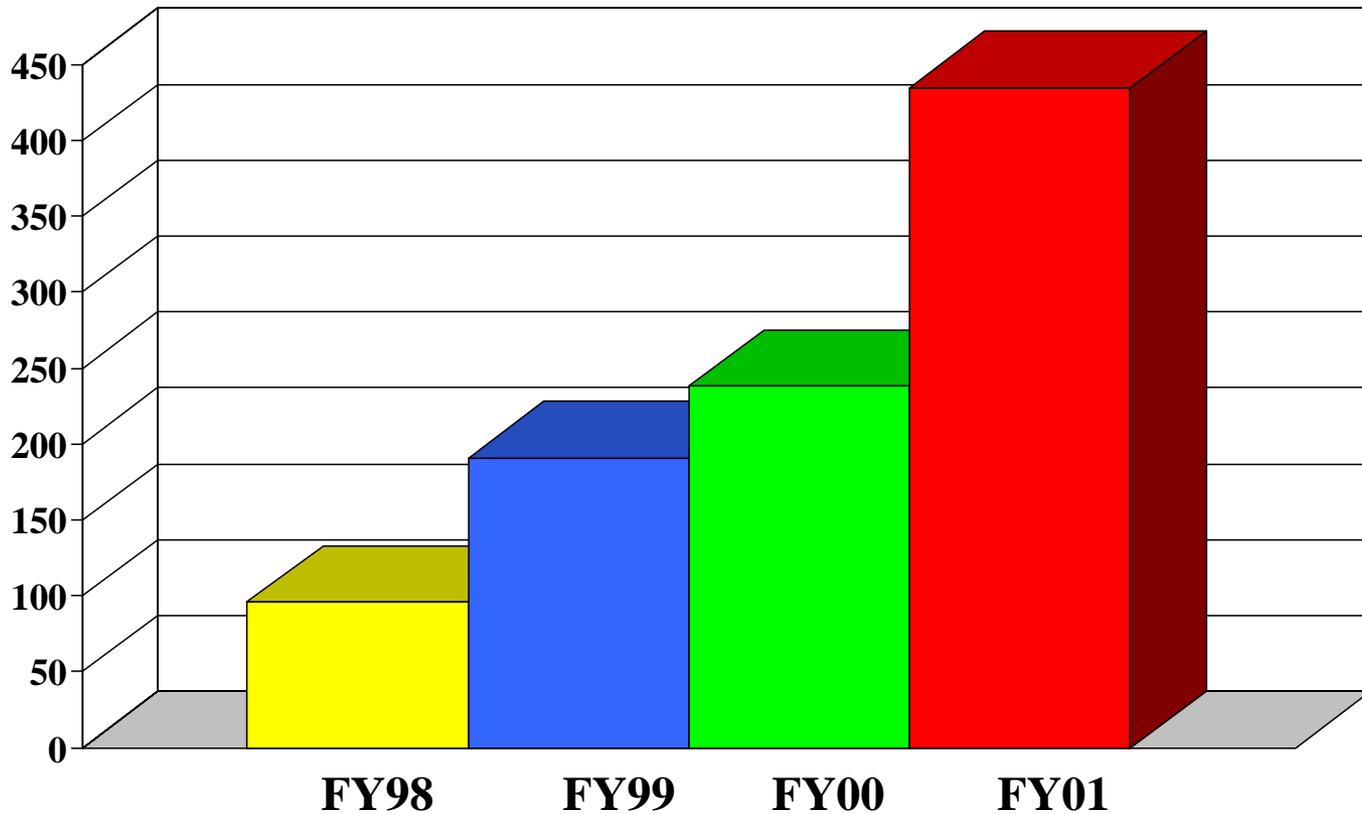
**Reduce the illicit drug use of adults to 2% and reduce binge drinking to 6%.**

- **14% binge drinking (> 5 drinks) in Navy \*\***
- **23% binge drinking (> 5 drinks) in Marine Corps**

\* Substance Abuse and Mental Health Services Administration, Office of the Assistant Secretary. National Household Survey on Drug Abuse. 1994-98

\*\* 1998 DoD WW Survey

# Ecstasy Positives – Navy AD



# Responsible Sexual Behavior as a LHI

Baseline: 23% sexually active women aged 18-44 years who reported condom use by partners \*

## HP 2010 Target:

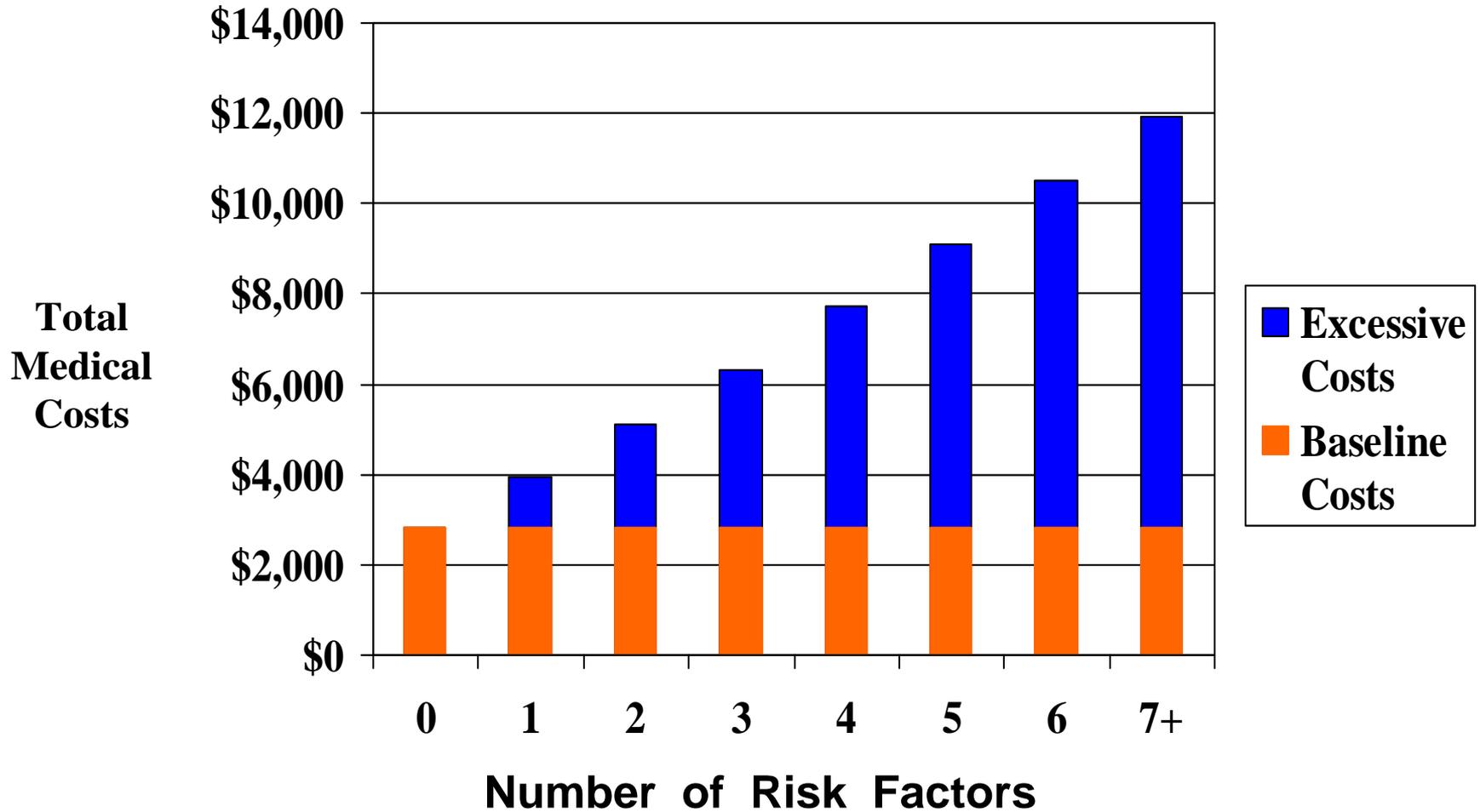
**Increase the proportion of sexually active adults who use condoms to 50%**

- **39% condom use during last intercourse – Navy \*\***
- **42% condom use during last intercourse - Marine Corps \*\***

\* CDC and Prevention, National Center for Health Statistics: National Survey of Family Growth. 1995. Data on males aged 15-49 will be collected in 2003

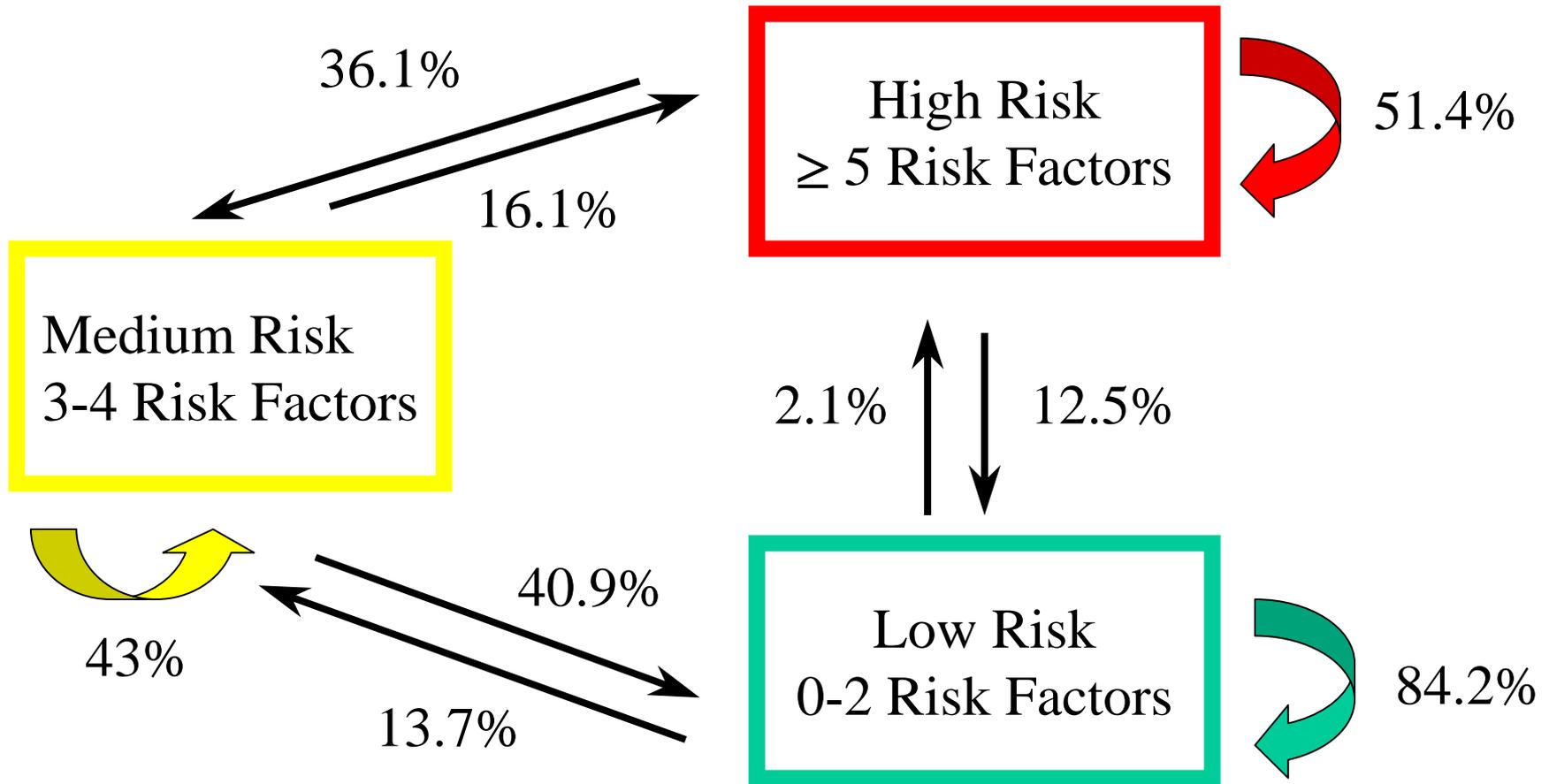
\*\* 1998 DoD WW Survey

# High Risk is High Cost !



Source: Dee Edington, PhD, University of Michigan, 2001

# Low Risk Maintenance: Keep Low Risk, Low Risk !





# NEHC Health Promotion & Population Health Directorate

- ✓ **Global Directorate offering MTF and operational support**
- ✓ **Over 600 pages of information, resources, presentations, links**
- ✓ **Home pages for each program element**
- ✓ **Contact with program managers for specific needs/guidance**





# Products, Services, Training

- **NEHC HP/PH WebPages**  
**<http://www-nehc.med.navy.mil/hp/>**
- **FRIDAY FACTS**  
**[FridayFacts-request@nehc.med.navy.mil](mailto:FridayFacts-request@nehc.med.navy.mil)**
- **HP Starter Kit**  
**<http://www-nehc.med.navy.mil/hp/starterkit.htm>**
- **Lifestyle Risk Assessment (Fleet HRA)**  
**<http://www-nehc.med.navy.mil/hp/pophealth/Lifestyles.htm>**

# Training Opportunities

- **Health Promotion Director (HPD) Course**
  - 4 ½ days
  - Twice a year
- **Health Promotion Basics Course**
  - 2 days
  - Training teams
- **DoD Pop Health/HP Conference**
  - 9-16 Aug 02 in Baltimore
- **NEHC Occupational Health & Preventive Medicine Workshop**
  - 8-16 May 03 in San Diego

# Health Promotion From the Mess Decks Course

## Nutrition

- Provides Added Nutrition Info for Mess Specialists
- Recipe Modification & Preparation
- Marketing Healthy Lifestyles
- Offered at Food Management Teams worldwide





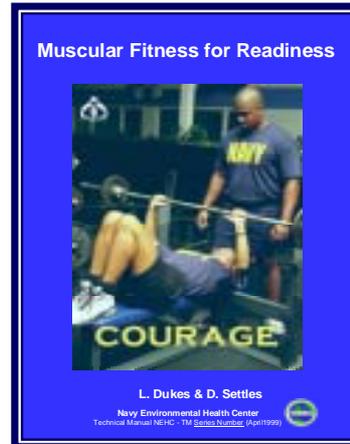
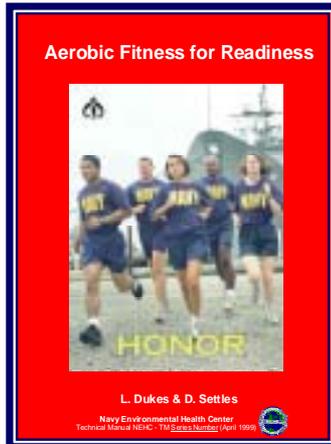
# Shipshape

- **BUMED approved weight management program**
- **10 week course coordinated through MTF HP programs**
- **Covers nutrition, stress management, exercise & behavior modification**
- **Open to all personnel**

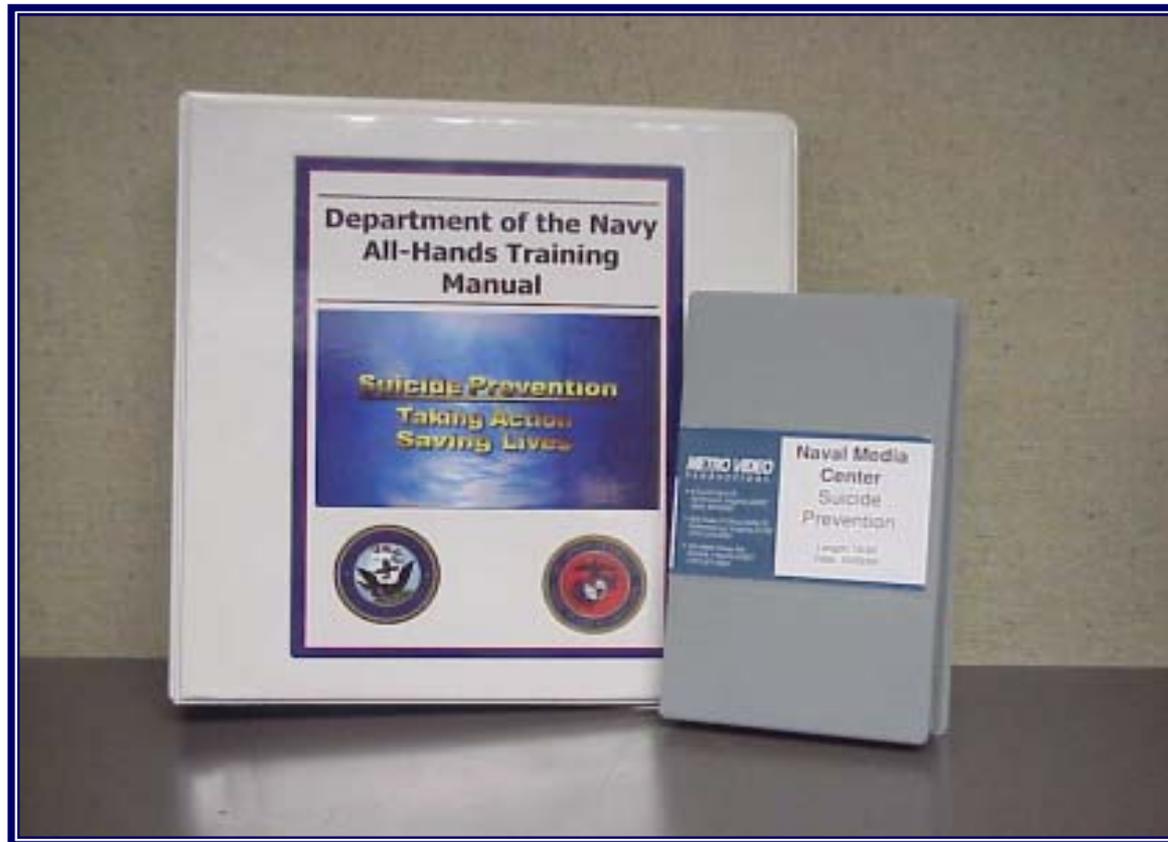
# Physical Fitness & Injury Prevention

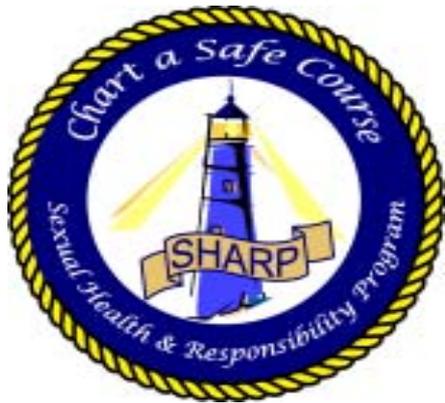
## NEHC Fitness Resources:

- ✓ 12 Fitness Posters
- ✓ Physical Fitness Training Kits
- ✓ PRT Guides
- ✓ Wellness Center Implementation Guide



# All-Hands Suicide Prevention Training Kit





# **Sexual Health and Responsibility Program (SHARP)**

- **Navy-wide SHARP Area Coordinators**
- **Instructor training through self-study**
- **Newsletter “SHARPNews”**
- **Ready-to-print “SHARP Facts”**
- **Ready-to-use Briefings**
- **SHARP Website**
- **CD ROM “SHARP Toolbox 2000”**
- **Prevention Counseling Course**

# **NEHC Health Promotion Command Excellence Awards**

- **Established 1995 by NEHC**
- **Navy and Marine Corps commands with comprehensive, population based, HP Programs**
- **Three levels: Gold, Silver, Bronze**
- **Application & criteria updated each year**

# Initiatives: Current & Future

- **Data Collection and Analysis**
  - **PRIMS**
  - **PEB**
  - **Injury**
- **Individual Medical Readiness (IMR)**
- **DoD STAR Tobacco Research Program**
  - **Systems approach**
  - **Navy and Marine Corps sites**

# Initiatives: Current & Future

- **Preventive Health Assessment (PHA)**
  - **OPNAV 6120.3**
  - **Consolidated, annual face to face visit**
  - **Fleet HRA (Lifestyle Risk Assessment)**
  - **PHNS module in SAMS**
- **Population Health Support**
- **Health Promotion Advisory Board**
- **Update OPNAV 6100.2 (Feb 92)**
  - **Health Promotion Program**

# ADCOs and DAPAs



**You  
promote  
health &  
wellness !**

**Your leadership  
is critical to  
developing a  
fit and healthy  
force.**

# Navy Environmental Health Center

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