Air Force Nutrition Initiatives

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MFLN Intro

Military Families Learning Network

Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities

militaryfamilieslearningnetwork.org

Today’s Presenters

Air Force Medical Support Agency Health Promotion

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Ms. Linda Granado, MPH, CHES

Ms. Amy Schryver, MS, CHES
Objectives

1) Discuss AF programs available for addressing population health and wellness concerns.

2) Explain the Health and Readiness Optimization (HeRO) Strategy.

3) Discuss the goals of the HeRO Strategy.

Air Force Nutrition Initiatives

Population health and wellness initiatives

- mNEAT 2.0
- Go For Green 2.0
- Best S.E.L.F.
- Healthcare to Health
- Operational Support Teams
- Special Warfare Human Performance Teams
- Air Force Smart Fueling Initiatives
- HeRO Strategy

Health Promotion At Work
Dining Facility Go 4 Green

Questions?

HeRO Strategy

• Mission: To Improve the health status of active duty members to positively influence mission readiness and force protection
• Promotes evidence based strategies in addressing nutritional fitness, physical activity, sleep optimization, and tobacco free living
Key Areas

1. Raising Airmen’s awareness and knowledge of nutritional fitness, PA, sleep optimization, and tobacco; and understanding of how they affect mission readiness and performance
2. Creating environments that encourage healthy behaviors and make them the easy choice for all Airmen
3. Providing resources/referrals for highest at-risk populations (i.e. clinical linkages)
4. Evaluating short, intermediate, and long term outcomes to assess the improvement of health behavior change in Active Duty Airmen

Raising Awareness & Knowledge

All AD Airmen will know and understand their health indicators; why unhealthy behaviors are detrimental to the mission and how to improve overall health and performance to remain mission ready

• Strategies:
  1. Increase awareness & knowledge of Nutrition/PA/Sleep/Tobacco
  2. Empower AD Airmen to improve their behaviors (increasing self-efficacy & skills)

• Activities:
  1. Educational Series
  2. Challenges promoting healthy behaviors
  3. Worksite campaigns
  4. Healthy eating demonstrations/taste tests
  5. Marketing materials

Promoting Healthy Behaviors

All AD Airmen will work, live, and play in environments where healthy behaviors are promoted and making healthy choices the easy choice

• Strategies:
  1. Increase availability and access to healthy foods, PA, sleep optimization and discourage unhealthy behaviors such as tobacco use and supplement use
  2. Increase access to services that support healthy behaviors by strengthening community linkages

• Activities:
  1. Healthy worksite policy letters, implementing healthy meetings, healthy snack bars, quiet rooms, stairwell toolkits, walking map guides, worksite marketing materials promoting healthy behaviors
  2. Partnerships/collaborations with USAF Services, DeCA, Fitness Center to promote HeRO activities and encourage healthy behaviors
Clinical Linkages
All AD Airmen will have access to the right resources to achieve and maintain an optimal health status and meet mission readiness standards
- **Strategies:**
  1. Ensure all AD Airmen have access to clinical services and resources
  2. Improve referral process for those high risk populations
- **Activities:**
  1. Facilitate clinical and community linkages that enable Airmen to access the services they need through referrals & integration of Prev Med, BHOP, TeleMNT, Dental, AOP, Sleep clinics, etc. into the worksites
  2. Provide targeted interventions in smaller group settings or if possible, individual basis (e.g. Wt Mgmt program, Food First campaign)

HeRO Strategy Intended Outcomes

### Increase
- BMI standards
- F/V consumption
- Physical Activity
- Sleep

### Decrease
- Sugar sweetened beverage consumption
- Potentially harmful supplement use
- Tobacco use

HeRO Strategy Intended Outcomes

- Knowledge, Self-Efficacy, Awareness
  - Strategies to obtain PA
  - Improve nutrition choices
  - Recognizing effect of sleep on health & performance
  - Implementing sleep optimization strategies
  - Prevent initiation of tobacco use

- Environment/Worksite
  - worksite healthy living policies
  - healthy snack bars
  - implement healthy living environmental changes
Health Intervention Pyramid

HeRO Strategy Plan

Standard
- Education Sessions 2 x Quarter
- Cooking Demos 4 x year
- Challenges 2 x year
- Tobacco Campaigns 2 x year
- Marketing Materials
- Policy/Environmental Toolkits

Integration of Clinical Services
- TeleMNT, AOP, Dental, etc.
- Wt mgmt. program & Food First Campaign
- Referrals

Implementation Process
Example of Strategy Implementation

<table>
<thead>
<tr>
<th>HeRO Report</th>
<th>Health &amp; Wellness Improvement</th>
<th>United States</th>
<th>Total Inpatient Health Care Inpatient</th>
<th>Total Outpatient Health Care Outpatient</th>
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<tbody>
<tr>
<td>NUTRITION</td>
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<tr>
<td>34.8%</td>
<td>Healthy Weight</td>
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<td>31.4%</td>
<td>Consuming Adequate Fruits &amp; Vegetables</td>
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<td>62.7%</td>
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<td>39.4%</td>
<td>Taking Essential Nutrient Supplements</td>
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<td>PHYSICAL ACTIVITY</td>
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<td>21.6%</td>
<td>Walking - 15 Minutes</td>
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<td>80.5%</td>
<td>Meeting Recommended Intensity</td>
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<td>80.7%</td>
<td>Sleep Efficiency</td>
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<td>SLEEP</td>
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<td>45.4%</td>
<td>High Night Sleep Time</td>
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<td>8.0%</td>
<td>Sleep Efficiency</td>
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<td>ADDITIONAL INDICATORS</td>
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<td>70.3%</td>
<td>Physical Activity</td>
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Questions?

HeRO Evaluation Measures

- Outcomes
  - Short Term
  - Intermediate
  - Long Term

- Process

- Impact
Evaluation Questions Answered

• Which populations are “at risk” for poor health behaviors and what is the potential impact on the unit?

• What is the effectiveness of Air Force - Health Promotion (HP) programs in improving the health indicators related to physical activity, nutritional fitness, sleep optimization, and tobacco use?

• How does base level implementation of standardized, evidence-based strategies lead to improvements in health indicators?

HeRO Report
Purpose and Importance

• Health promotion surveillance tool of population health
• Identifies “at risk” populations with poor health behaviors
• Provides current & future targets for health improvements

<table>
<thead>
<tr>
<th>NUTRITION</th>
<th>PHYSICAL ACTIVITY</th>
<th>SLEEP</th>
<th>ADDITIONAL LIFESTYLE INDICATORS</th>
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<tbody>
<tr>
<td>44.5% Healthy Weight 35.6% Conserving Nutrient Foods &amp; 62.3% Conserving Sugar-Sweetened Beverages 42.1% Taking Prescription Medications</td>
<td>21.7% With Fitness Restrictions 79.7% Meets Guidelines for Strength 79.6% Meets Guidelines for Cardiac</td>
<td>35.6% Adequate Sleep 9.8% High Risk - Obs 13.0% Sleep Affecting Performance</td>
<td>64.9% Preventing Local Health 7.0% 3.9% 3.1% Staying Active with Injury, Exercise, Activities, and Preventative Excessive Alcohol Use</td>
</tr>
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Questions?
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Evaluation & Continuing Education

MFLN Nutrition and Wellness is offering 1.0 CPEU for today’s webinar.

Please complete the evaluation at: https://vce.az1.qualtrics.com/jfe/form/SV_6ihHZ1K1f74gDNH

Nutrition and Wellness Upcoming Event

• AVOIDING BURNOUT: BUILDING RESILIENCE THROUGH RELATIONSHIPS
  • Date: June 25
  • Time: 11:00 am Eastern
  • Location: https://militaryfamilieslearningnetwork.org/event/34431/

For more information on MFLN Nutrition and Wellness go to:
URL https://militaryfamilieslearningnetwork.org/nutrition-and-wellness/
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