

Headquarters U.S. Air Force

Integrity - Service - Excellence

Air Force Initiatives



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Tele-Medical Nutrition Therapy(MNT)

- **Goal: Provide MNT care to all beneficiary populations across the Air Force Medical System**
- **Tele-MNT is provided by a Registered Dietitian Nutritionist (RDN)**
- **The RDN at a *hub* site provides services via video teleconferencing and telephone to MTF enrollees at both *hub* and *spoke* locations**
- **Challenges: spoke-site set-up processes and logistics**
- **Successes:**
 - **Ability to provide Tele-MNT at remote sites that don't have a RD or limited off base capability that wouldn't have been afforded this service**
 - **Setting up 3 spoke locations to date**
- **Outcomes/future initiatives**



Healthcare to Health (H2H)

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- **Goals of H2H:**
 - **Delay/prevent diabetes by:**
 - **Achieve/maintain weight loss, 5-7% of initial body weight**
 - **Increase physical activity, 2 ½ hours weekly**
 - **Increase healthy behaviors to prevent childhood obesity: awareness campaign, education**
- **Challenges: hiring and retaining contractors**
- **Successes:**
 - **1759 people lost 2.2% weight, with a sustained weight loss of 6.7% over a year**
 - **Statistically significant for lowering A1C, triglycerides, fasting blood glucose, abdominal circumference and increasing HDL**
 - **Awarded preliminary Diabetes Prevention Recognition Program**
 - **Education of 3000 families on healthy lifestyle**
- **Expansion to other bases to include joint bases**



Health Coaching

- **Goals:**
 - **Focus on modifiable health behaviors and assist providers and providing additional resources on management of disease states**
 - **Examining right mode of delivery**
- **Challenges: gap in service due to contractor turnover**
- **Successes:**
 - **Partnering with Population Health**
 - **Alleviating burden from providers to make behavior change**
 - **Onsite program performing at same level of graduation as incentive programs**
- **Outcomes/New Initiatives**



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Air Force Smart Fueling Initiative (AFSFI)

■ **Goals:**

- **To improve the availability and accessibility of healthier food while maintaining a financially sustainable food enterprise**
- **Deploy, promote and measure initiatives aimed to increase the consumption of healthier food**

■ **Successes:**

- **Team collaboration on changing nutrition environment**
- **Wing leadership support in making changes**
- **Testing mNEAT 2.0**

■ **Outcomes/future initiatives**



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New Health Promotion Program

- **Identified the need for a all inclusion program that focuses on sleep optimization, healthy weight, increase in physical activity, and prevention of initiation of tobacco use**
- **Will be fully operational next year, early adopters to start program in late Summer/early Fall**
- **High risk squadrons will be targeted based on data from the tri-service preventative health assessment questionnaire and anthropometric from the physical fitness test**



Filter Selection Scorecard Methodology

Commander's Health Scorecard

United States Air Force

NUTRITION

34.6%

Healthy Weight

33.6%

Consuming Adequate Fruits & Vegetables

64.0%

Consuming Sugar Sweetened Beverages

40.4%

Taking Potentially Harmful Supplements

PHYSICAL ACTIVITY

20.7%

With Fitness Restrictions

80.7%

Meets Guideline for Strength

81.2%

Meets Guideline for Cardio

SLEEP

45.6%

Adequate Sleep

5.9%

High Risk < 5hrs

8.1%

Sleep Affecting Performance

ADDITIONAL LIFESTYLE INDICATORS

70.6%

Perceived Good Health

9.5% **6.1%** **4.3%**

Smoking Smokeless e-Cig

17.0%

Potentially Excessive Alcohol Use

4.6

Total Estimated Workdays Lost Annually per Person Due to Modifiable Health Behaviors

Qtr: 2017 Q4 ; Component: All ; Grade: All ; MAJCOM: All ; Installation: All ; Unit: All ; AFSC Category: All ; Sub-Category: All ; DAFSC 3-digit: All