Air Force Initiatives

Lt Col Jennifer B. Harward MS, RD
Deputy Chief, Health Promotion
7 May 2018
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)

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 AIC, 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
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
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
Identified the need for a full 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.
## Commander's Health Scorecard

**United States Air Force**

<table>
<thead>
<tr>
<th>NUTRITION</th>
<th>PHYSICAL ACTIVITY</th>
<th>SLEEP</th>
<th>ADDITIONAL LIFESTYLE INDICATORS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>34.6%</strong></td>
<td><strong>20.7%</strong></td>
<td><strong>45.6%</strong></td>
<td><strong>70.6%</strong></td>
</tr>
<tr>
<td>Healthy Weight</td>
<td>With Fitness Restrictions</td>
<td>Adequate Sleep</td>
<td>Perceived Good Health</td>
</tr>
<tr>
<td><strong>33.6%</strong></td>
<td><strong>80.7%</strong></td>
<td><strong>5.9%</strong></td>
<td><strong>9.5%</strong></td>
</tr>
<tr>
<td>Consuming Adequate Fruits &amp; Vegetables</td>
<td>Meets Guideline for Strength</td>
<td>High Risk &lt; 5hrs</td>
<td>Smoking</td>
</tr>
<tr>
<td><strong>64.0%</strong></td>
<td><strong>81.2%</strong></td>
<td><strong>8.1%</strong></td>
<td><strong>6.1%</strong></td>
</tr>
<tr>
<td>Consuming Sugar Sweetened Beverages</td>
<td>Meets Guideline for Cardio</td>
<td>Sleep Affecting Performance</td>
<td>Smokeless</td>
</tr>
<tr>
<td><strong>40.4%</strong></td>
<td></td>
<td></td>
<td><strong>4.3%</strong></td>
</tr>
<tr>
<td>Taking Potentially Harmful Supplements</td>
<td></td>
<td></td>
<td>e-Cig</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>17.0%</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Potentially Excessive Alcohol Use</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>4.6</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total Estimated Workdays Lost Annually per Person Due to Modifiable Health Behaviors</td>
</tr>
</tbody>
</table>

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