Demonstration Application

COMNAVSURFLANT/COMNAVSURFPAC
GREEN "H" NOMINATION FORM FOR CALENDAR YEAR 2000

Formal Health Promotion training will prepare you to develop a HP Program and to understand the concepts requiring explanation on this application: COMMAND HP PROGRAM COORDINATOR ROLE, NEEDS ASSESSMENT, HEALTH RISK APPRAISAL, HP PROGRAM GOALS and ACTIVITIES, MEASURES OF EFFECTIVENESS, METRICS, EXECUTIVE/COMMAND SUMMARY REPORTS.
(And see CD hyperlink documents for further explanation)

Demographics/POC

Command	Hull No./Shore	Total Crew
USS AMPHIB (LSD X)	X	300
Health Promotion Coordinator (HPC) Formal HPC training is required; the HPC often is Medical Dept staff but can be non-medical personnel with training. This command elected to share the HPC position between 2 department heads.		**HPC Rank**
Don Dentist Mary Dee		LT, DC, USNR LT, MC, USNR

HPC Phone	HPC Fax	HPC Email
619-xxx-xxxx	**556-xxxx**	Dentoff@uss…… OR Medoff@uss…

Command Support

	Yes/No
Does your Command have a Health Promotion Instruction/SOP? SOP advised; to assist with development of a SOP for your command, consult with CPG3 Medical or other Green H Award command with a SOP.	Yes
Has your Command HPC had formal training? If not yet trained, consult with local HP experts for assistance with HP Program planning pending your scheduled training course.	Yes
If yes, formal training attended:	Health Promotion Director Course (Cooper Course) 15-19May 2000
Does your Command have a Health Promotion Committee? Must include >3 members of different ranks/rates and from different departments, as noted in this command's 14 person HP Committee. A Medical Dept member (at least one) must be assigned to your HP Program (as a HP Committee member or HP Coordinator).	Yes

If yes, list member's primary job.		
	LCDR xxxx	XO
	QMCM(SW) xxxx	Command Master Chief
	LT D. Dentist	**HP Coordinator** Oral Health, Command Fitness Coordinator
	LT M. Dee	**HP Coordinator** SMO, Preventive Medicine, Nutrition

HMC xxxx	Tobacco Cessation, Weight Management/Nutrition
SM1 xxxx	CFC Assistant, Weight Training, Weight Management/Nutrition
LT xxxx	Food Services Officer
LTJG xxxx	MWR Director
ENS xxxx	Athletic Director
LTJG xxxx	Public Affairs Officer
LTJG xxxx	Education Officer
LT xxxx	Safety Officer
BM1 (SW) xxxx	Command DAPA
PNC (SW/AW) xxxx	Stress/Anger Management

Command Goals

Goals are based on "needs assessment" results. Needs assessment data should already forwarded to your command TYCOM (see Green "H" INST). However, it is recommended that an "executive summary" of this data be attached to your Green H application. USS AMPHIB GOALS are based on "needs assessment" data sources (noted later on this application under "Health Risk Appraisal").

What were your health promotion goals for the past year? Goals are based on 'Needs Assessment' results; should be realistic and state expected outcomes when possible & should fulfill health NEEDS & INTERESTS of your population. Needs assessment data sources include professional observations, expert opinions, existing records, current health trends, needs analysis surveys, formal health risk profiles and/or health risk assessments (HRAs), such as the HEAR Survey. HRAs can be brief and focused or long and comprehensive. (See CD Module Part III for info on HRA resources and local HP experts for assistance.)

- Health Promotion/Preventive Health Services (per Interest Survey results):
  - Ensure availability to all USS AMPHIB crew and embarked personnel.
  - Conduct outreach to spouses and families whenever possible.
  - Ensure widespread awareness of Health Promotion Program/Preventive Services and ongoing Wellness Programs (sexual responsibility and pregnancy planning; sexual assault; STDs/HIV, alcohol & substance abuse, suicide, and safety topics including back injury prevention).
- Tobacco:
  - Reduce use onboard USS AMPHIB.
- Hypertension:
  - Reduce the number of crewmembers with uncontrolled high blood pressure.
- Physical Fitness:
  - Improve PRT scores; achieve 100% compliance with Navy Physical Readiness Program, including preparation for new standards.
  - Motivate crewmembers to make fitness an integrated part of their lifestyles.
- Women's Wellness:
  - Implement Women's Healthcare Program afloat; increase Awareness of Women's Health Issues.
  - Improve convenience of contraception availability.

- Safety:
  - Decrease the number of lost workdays due to injuries.
- Stress:
  - Decrease the number of crewmembers who report a high stress level.
  - Eliminate suicide attempts/success.
  - Foster spiritual and emotional welfare of crew and their families
- Alcohol:
  - Eliminate/reduce alcohol incidents.
- Sexual Responsibility:
  - Eliminate/reduce incidence of sexually transmitted diseases, unintended pregnancy, sexual assault.

What activities did you undertake to accomplish these goals?
ACTIVITIES address the specific GOALS stated above.
One popular program strategy is the "wave" approach:

- **AWARENESS activities for those not yet aware they are at risk for a health problem (i.e., POD notes).**
- **EDUCATION activities for those ready to learn how to stay healthy, prevent problems, make changes in life habits to improve health (i.e., one hour Stress Management group class).**
- **INTERVENTION activities for those ready to change unhealthy life habits (i.e., Hypertension Management Workshops series for those diagnosed with high blood pressure).**

- Health Promotion/Preventive Health Services:
  - Posted Family Service Center schedule courses and services offered.
  - "Health Fair" June 2000, onboard for crew and families with representatives from Family Services, Nutrition, Dental Health, Sports and Fitness. Blood pressure screening held and lectures given on injury prevention, stress, and diet.
  - Prevent 2000 training conducted for 60 personnel E-4 and below.
  - Quarterly command-wide training with lectures & videos for hazing, STDs, sexual harassment, sexual assault, suicide awareness, traffic safety/drinking & driving.
  - Hypertension & cancer risk screening at every annual dental exam with referral to medical for appropriate follow-up evaluation and care.
- Tobacco:
  - "Ending Tobacco Addiction" courses provided.
  - Posters over entire ship and manned information table in the smoking area on the day of the Great American Smokeout.
- Hypertension:
  - BP measured at Annual Dental Exam, Five Year Physicals, every Medical/Dental Dept visit; if elevated, referred to Medical for appropriate evaluation/treatment as required.
  - "Health Fair" noted above.
- Physical Fitness:
  - Captain's Cup sports competition held over one month with participants from all divisions. Included publicizing of NAVSTA Holiday 5k Run.
  - Mock PRT held in July for entire command to allow personnel to judge performance by new standards and work towards higher achievement.
  - Mandatory PT for all hands at least 2x/week before Oct PRT. Continuing mandatory PT for all participants out-of-standards or with marginal performance.
  - New onboard Fitness Center/Weight Room currently under installation with better space and equipment.
  - USS AMPHIB's very own Athletic Gold Club: members who scored 280 or higher (or "outstanding" on the new PRT scoring table) on the official PRT won the Gold Club T-shirt, a CO endorsed certificate, head-of-the-line privileges for the messline and a gift certificate to the ship's store.
  - "Health fair" (noted above)

- Women's Wellness:
  - Developed a Women's Healthcare Program in conjunction with area clinics and a visiting nurse practitioner, prior to WESTPAC 2000, to expedite required pre-deployment exams and improve access to women's health services.
- Safety:
  - Environmental Stand Down (SEP00) and Safety Stand Down (NOV00).
  - Plan-of the-Day Notices with Health Promotion Safety topics daily
  - "Health Fair" (noted above)
  - Quarterly command-wide training (noted above)
- Stress:
  - Weekly Spousal Support Group help by command for education and discussion. Suicide prevention and Family Service Center lectures also given to Spousal Support Group.
  - Bible study held and church services made available. Lay readers provided when chaplains were not aboard.
  - "Health Fair" (noted above)
  - Quarterly command-wide training (noted above)
- Alcohol:
  - DAPA: Four personnel completed DAPA course.
  - ADAMS (Alcohol and Drug Abuse Managers/Supervisors) Course
  - Classes on Alcohol Effects and Consequences offered quarterly
  - Quarterly command-wide training (noted above)
- Sexual Responsibility:
  - Monthly presentations for All Hands on site TV on sexual responsibility and pregnancy.
  - Contraceptive advice available at all times in Medical and seminars held for embarked personnel. Baskets of condoms were placed outside on Medical for easy access; more provided to Marine health providers for distribution.
  - Quarterly command-wide training (noted above)

How did you measure the effectiveness of these goals?
Effectiveness is measured in 2 ways:
PROCESS EVALUATION - "qualitative" measure of the methods & processes used to achieve the outcome; describes the specific activity (i.e., attendance/attrition logs, participant evaluation forms, satisfaction surveys).
OUTCOME EVALUATION - "quantitative" measure of change that results from program activities; requires baseline and follow-up measures [i.e., self-reported pre/post test behavior changes, measurement of risk factors (as BP, cholesterol), number of "doc" visits).
*****Document outcomes as METRICS where possible*****
Evaluation plan should include systematic data collection and reporting structures, staff involvement and a timeframe for review.
Quarterly or 6 month reviews (i.e., for tobacco cessation) are suggested; some program goals require long time periods to demonstrate significant change. ***This fact plus a transient military population make some HP Program activities difficult to quantify and evaluate.***

- Health Promotion/Preventive Health Services:
  - Current Family Service Center schedule courses and services posted in galleys, Medical, berthing areas – crewmembers self-refer (anecdotal responses were positive; no other specific data).
  - "Health Fair" June 2000, attendance per sign-in sheets: 189 crewmembers, 56 family members.
  - Quarterly command-wide training with lectures & videos for hazing, STDs, sexual harassment, sexual assault, suicide awareness, traffic safety/drinking & driving (attendance rosters showed 80-94% crew attended each training evolution)
  - Hypertension & cancer risk screening at every annual dental exam with referral to medical for appropriate follow-up evaluation and care (hypertension outcome noted below; no immediate cancer risk follow-up required, all patients counseled about smoking/cancer risks)

- Tobacco:
  - 85 smokers identified using PRT screen data; 30 attended smoking cessation workshops, 18 attended entire 4 class series, 12 stayed quit after 6 months, 7 remain quit after 9 months, per follow-up surveys.
  - Great American Smokeout – 30 participants gave up tobacco for 24 hours.
- Hypertension:
  - Health Fair June2000 attendance and documented BP values:
    - 74 crewmembers had BP screening, 19 were elevated and referred to Medical, following evaluation, 11 were diagnosed with high blood pressure, started treatment and remain normotensive to date; 8 had normal exams/no treatment required.
  - Annual Dental, FiveYear Physical, and Dental/Medical sick-call visit BP screens:
    - 28 crewmembers have been identified with high BP readings, all evaluated, 19 with hypertension started on treatment, 14 normotensive to date, 5 remain with uncontrolled BP; all are followed in Medical.
- Fitness:
  - Physical Readiness stats/comments noted below.
  - Captain's Cup 5k Run - had most participants of any large command (per registration sign-in sheets).
- Women's Wellness:
  - Women's Annual Exam/pap smear readiness is tracked in SAMS; increased from 87% to 98% this year.
  - Medical Dept visits for contraception refills and new-starts increased by 20% following appointment streamlining ease for "Family Planning" appts (appt log data analyzed).
  - "First" Mammogram screen ordered for 5 women; annual screens ordered for 4 (previously not tracked).
- Safety:
  - no serious accidents/injuries resulting in significant lost worktime (per work injury reports)
- Stress:
  - No suicide gestures or attempts over last year (per Command/Medical reports).
  - Weekly Spousal Support Group attendance average 12 – 17 per session (per attendance roster).
  - Bible study /church services "well attended" (no attendance roster; feedback via lay ministers, visiting chaplains).
- Alcohol:
  - Per command-wide DAPA statistics – 21 reported alcohol related events, all were referred for counseling or rehabilitation. Decreased by 7% from last year.
  - 33 personnel completed ADAMS (Alcohol and Drug Abuse Managers/Supervisors) Course (attendance roster).
- Sexual Responsibility:
  - Reported STD rate decreased during WESTPAC 2000 by 40% from WESTPAC 1998. Annual HIV rates onboard USS AMPHIB for 2000 are less than 1% (per PMT and Medical records).
  - Pregnancy rate unchanged ~ 14% of female crewmembers; no requests for emergency contraception; total female crew has increased by 20% over last year (per Medical Dept data).
  - No episodes of male or female sexual assault reported this yearper Medical Dept and Command reports).
- General: Exact numbers of those with elevated blood pressure and reported STD hx/risk behavior, ETOH abuse, tobacco use are noted in log books and flagged for follow-up interview or exam in 6 months.

Physical Readiness

	Spring PFA Cycle	Fall PFA Cycle
# of PFA Failures:	4	7
# out of Standards:	6	7
# placed on Remedical PRT	9	21

** Worth noting is the small change in numbers of failures despite the strengthened PRT standards for the Fall cycle. Individualized weight management programs and nutrition referrals were conducted by Medical where appropriate.

Health Risk Appraisal

A 'Health Risk Appraisal' is one of many different types of Needs Assessment. Some examples are: **If a "HEAR" survey-type HRA tool was used by your command, this is where you would state that "HRA surveys were distributed to crewmembers during check-in/INDOC and 198 were complete" for example. "Results analyzed and report forwarded to TYCOM; executive summary attached to this application."** **Another example: "200 crew completed the self-administered 'Health Mirror' computer generated HRA from the Foundation Federal Health Services website (http://fhfs.com) "Healthy Living" page; HRA then forwarded to medical for review and follow-up data analysis. Results forwarded to TYCOM; executive summary attached to this application."** **Other source options for data:** • **Annual Birthdate Medical Record Review** • **Semi-annual PRT screening data**	Use of the HEAR survey on USS AMPHIB has been discontinued and no local forms are available at this time. For now, we rely on: • **Annual Dental Exam** - blood pressure reading, reported STD history, tobacco usage, alcohol consumption are documented in the dental record (tobacco use entered in the DENMIS program as well). • **Five Year Physical** - same data and documentation • **Every Medical and Dental Dept visit** - same data and documentation • **Command reports** (i.e., DAPA, Preventive Medicine, injury, Medical Dept stats such as pregnancy rates, sexual assault, suicides) • **Verbal survey** querying health interests for HP programs during each sick-call check-in. • **"Healthy People 2010" Objectives** and **Navy/DoD HP Program** areas of primary concern (tobacco, blood pressure, physical fitness, safety, nutrition, stress/suicide, substance abuse, STDs/HIV, sexual responsibility/pregnancy). Exact numbers of those with: • elevated blood pressure • STD hx/risk behavior • ETOH abuse • tobacco use are noted in log books and flagged for follow-up interview or exam in 6 months. All patients were individually counseled, monitored, and referred as needed.
Number of crew with assessments completed:	Data for all 300 crew was acquired using at least one of the methods noted above. Data analysis summary has been forwarded to our TYCOM, per INSTRUCTION; executive summary attached to this application.

Wellness Program

All "yes" answers should have associated comments in previous sections of this application.

Does your command have a formal means of crew education/counseling and monitoring the following wellness programs?

Program	Yes/No
Hypertension	Yes
Anger/Stress Management	Yes
Substance Abuse	Yes
Suicide Awareness/Prevention	Yes
Sexually Transmitted Diseases	Yes
Pastoral Care Services	Yes
Injury Prevention	Yes
Men's/Women's Health	Yes (at this time, no specific Men's Health Program)
Nutrition **(Note 1)** **Should have been addressed in prior sections but was not**	Yes
Tobacco Cessation	yes

If Yes for Tobacco Cessation:		
	What type of program:	"Ending Tobacco Addiction" 4 wk course
	# of participants:	30
	# successful quitters:	Second course is currently in progress. Seven people have remained tobacco-free since the Spring course.

Note 1: NAVSUP cycle menu review scores based on the standards published in the P-486 will be consulted.

Dental Readiness

Dental readiness will be determined from quarterly readiness data received by Fleet/Force Dental as reported to local Dental Clinics (IDC ships) and Force Dental (ships with Dental Departments). Per SECNAVINST 6600.5, minimum standard for dental readiness is 85 percent.
** USS Amphib Dental readiness for each quarter was above 95%

Best Practice

Describe a specific program your command has in place that could be instituted fleet wide to better the health of our sailors and marines.

Health Fair/Health Promotion Resources:
Half day program onboard the USS Amphib featured representatives from Family Services, Nutrition, Women's Health, Oral Health, and Sports and Fitness; gave the sailors a chance to ask questions directly to experts in the various fields. Fair highlights included blood pressure screening and lectures on various subjects such as injury prevention, stress, and diet. There was a raffle for various prizes in which participants entered by finding answers to different health-related questions. Distributed "Virtual Health Coach" resource (www.mdpr.org) for self-analysis of personal lifestyle habits and "health coaching" toward improved healthy behaviors; interactive, fun.

Health Information Newsletters:
Several excellent, professional, non-commercial weekly Health information newsletters are available for on-line self-subscription by anyone. These are offered to all crewmembers via their shipboard email service specific to their area of interest and particular health needs. Info at these sites referenced during pt education during Medical Dept visits. Most popular are:

1. A comprehensive Women's Health resource for patients and providers - The National Women's Health Information Center (www.4woman.gov) - sponsored by US Dept of Health and Human Services; current health information and materials from federal agencies and respected private-sector organizations.
2. A comprehensive Men's Health resource for patients and providers - same site as above; The National Women's Health Information Center (www.4woman.gov) has a section devoted to Men's Health.