

Army Wellness Centers

Overview



- **Program Objective:** Provides integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and Family Members.
- **MTF:** Army Wellness Centers – 38 by 2017; HBI sites: Fort Bragg, Fort Sill, Fort Meade
- **Implementation Dates:** TBD
- **To reach local point of contacts, visit [Military Installations](#)**
- **Total Force Fitness Domains:** Physical Nutritional, Physiological, Behavioral, Social, Medical and Dental

Program Description



- First AWC site was developed due to a need as identified by the Community Health Promotion Council (CHPC)
- AWC's are standardized with the same equipment, programs, content, and training. All activity is charted in the Electronic Medical Record and Soldier Fitness Tracker. Standardization allows clients to PCS in different locations but pick up where they left off.
- Core programs include: health assessment review, healthy nutrition, physical fitness, stress management, tobacco education, and general wellness
- Patients may be referred to the AWC through a medical referral, unit referral, or self-referral

Evidence of Program Effectiveness



- **Fort Meade Challenge:** The Performance Triad action officer organized a fitness challenge with 85 MTF staff members, set up a sign up table in the lobby and encouraged people to join in teams. Teams were responsible for developing their own program components (such as squat breaks, salad days, etc.) and using the AWC resources
- 50% of clients with a follow-up assessment saw a decrease in BMI

Costs and Required Resources



- **Fort Meade:** 2 FTEs and use of dietician from the clinic (necessary resource)
- Additional facility/equipment costs vary

Lessons Learned



- AWC cannot purchase prizes
- Prominent and easy location is critical to success, mobility allows the AWC to get out and about and participate in activities like the Farmers Market
- Trade shows and participation in community activities helps market their resources; Telecom used for training their staff → cost savings
- Hire the right team with a variety of backgrounds and personality, this allows them to connect with a variety of clients
- Important to have good relationship with dietician at clinic (ie. Kimbrough Ambulatory Care Clinic at Fort Meade) to coordinate care and referrals
- Knowledge sharing between AWCs facilitates learning and continuous improvement (monthly calls for all AWCs to share best practices and provide updates. SharePoint site, client database)

Analysis of the effectiveness and resources at the AWC

Quantitative Evidence

BMI:

- 50% of clients with at least one follow-up BMI assessment saw a decrease in BMI
- 62% of clients with at least one follow-up BMI assessment, and with at least 30 days between assessments, saw a decrease in BMI

VO2 max:

- 60% of clients with at least one follow-up VO2 max assessment saw an increase in VO2 max

Fort Sill Snapshot: 14 random participants tracked over 2+ visits

- Average Weight Loss: 7%
- Average Decrease in Body Fat: 16%
- Average Increase in Fat Free Mass: 5%
- Average Decrease in BMI: 6%

Best Practices

- Marketing:** Communication through variety of channels is necessary
- Collaboration:** Working with the CHPC, MRW, DECA, and clinic are all ways to stretch budget, expand clientele, and cross market use of installation resources and health outlets
- Knowledge Sharing:** Regular, structured coordination among AWCs facilitates learning and continuous improvement
 - Monthly calls scheduled for all AWCs to share best practices. SharePoint site includes training hub, document repository
 - Staff takes extensive notes in client database to ensure continuity of care at various installations

Qualitative Evidence

Participation

Status	# of Unique Clients
Active Duty	12,939 (62%)
Family Member	4,186 (20%)
Civilian	1,981 (9%)
Reservist	466 (2%)
Retiree	565 (3%)
Contractor	125 (1%)
Other	54 (<1%)
Missing	589 (3%)
Total	20,905 (100%)

Installation Nuances

Fort Meade

- Larger civilian population → specific marketing efforts targeted to these individuals
- Complete integration with the medical facility and lots of referrals
- Dietician from the clinic is spread over 5 locations, spread very thin
- Strong partnership with MWR, assisted with Dump Your Plump this year, Strong Bands program, Bod Pod challenge (punch cards for monthly check ins), and Wellness Warrior Awards
- Elite Challenge: Challenge points system that goes through the summer

- Note: A 2% to 3% reduction in weight is associated with clinically significant improvement in risk factors for chronic disease Flechtner-Mors et al., 2000; Lalonde et al., 2002; Donnelly et al., 2009
- Note: It is estimated that a 1 MET increase in VO₂ max is associated with a 13% and 15% decrease in the risk of all cause mortality and CHD/CVD Kodama et al., 2009
- All data received by Army Public Health Command from their "Commander's Course" briefing material