

# ShipShape Program

## Overview



- **Program Objective:** The ShipShape Program is the official Navy weight management program that assists Active Duty and Reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight.
- **Implementation Dates:** Original ShipShape Program 2000-present; Revised ShipShape Program rolled out in January 2015
- **Total Force Fitness Domains:** Nutritional, Physical, Psychological, Behavioral

## Program Description



- Participants can be referred to the ShipShape Program by command fitness leaders (CFLs), primary care providers, or can self-refer to a ShipShape Coordinator at MTFs, shipboard commands, and other ashore facilities.
- The 8-session / 1-2 hours per session program is led by facilitators who work with participants to design individualized action plans that address the major components of nutrition, physical activity and mindset (psychological preparedness) and application of the concepts into daily living
- Includes a 6-month monthly contact follow up period after the completion of the initial 8-session program (NMCPHC collects 6 months data and continues to track individuals up to 2 years)
- Governed by OPNAVINST 6110.1 J and BUMEDINST 6110.16
- ShipShape facilitators are all trained by NMCPHC and have reach back to SME at NMCPHC

## Evidence of Program Effectiveness



- While facilitators are encouraged to provide weigh-ins at each session, they are required for Sessions 1 and 8 of the program and are reported on the ShipShape Program Roster and Reporting Form.
- Program reports dating back to 2009 are posted after review by BUMED.  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape-reports.aspx>

## Costs and Required Resources



- FTE: ~70 hours/ year. 2 classes per year, 8 sessions with 2 hours of instruction and 2 hours of prep per session
- ~\$400/year for supplies

## Lessons Learned



- At Pearl Harbor, ShipShape is held in the gym. Site leads have been able to boost attendance by making the class come either before or after a mandatory group fitness class in the mornings. This shift was done to target students with high drop-out rates and accompany the course with a fitness component.
- While content is designed for all beneficiaries, some facilitators limit enrollment to Active Duty members facing Body Composition Assessment (BCA) or Physical Fitness Assessment (PFA) failures, which encompasses BCA and PRT. Those individuals who fail the PRT are enrolled in FEP, but not necessarily ShipShape. Feedback from students and instructors have noted that blended groups of AD members facing end of career and retiree or dependents can be problematic.