

Wellness on Wheels (WOW) Mobile Health Van

Overview



- **Program Objective:** Mobile health van with equipment, information and tools that allows the staff to travel from site to site across the multiple military bases and docks, offering information about wellness, heart health, stress education, tobacco cessation, and more
- **MTF:** Pearl Harbor, Naval Health Clinic Hawaii (NHCH)
- **Implementation Dates:** 2003-2009, 2012-present
- **To reach local point of contacts, visit [Military Installations](#)**
- **Total Force Fitness Domains:** Physical Nutritional, Physiological, Behavioral, Social, Medical and Dental

Program Description



- Primarily targeting the active duty, but open to all, the van allows the NHCH to bring services like immunizations, blood draws, nutrition coaching, body fat measurement, physical assessment screening and health promotion education, to the workplace and deck plate
- The vehicle can go to all commands including those pier side leading to a drastic uptick in accessibility and ease of access, especially for submariners
- One of the most popular services offered is the “resting metabolic test,” which lets people know their appropriate daily calorie consumption. After the initial test in the van individuals are required to come in for a follow-up 4 weeks later.
- The vehicle is a moving advertisement, highly requested and used to attend fairs, clinics, and pull up to locations for easy access close to work

Evidence of Program Effectiveness



- **Purpose:** Program began with the goal to see “more wellness visits at local clinics versus sick visits” – CAPT Joseph Moore
- **Response:** The USS Tracy docks at Pearl Harbor but is far from the main clinic and has individuals struggling with body composition. The van means sailors don’t have to leave the ship, but still receive necessary health and wellness information, tools, and care.
- **Reaction:** In May 2014, at fully functional capacity, **wellness visits increased by over 30% from the previous year; number of individuals reached by van on monthly basis varies from 50-200+**

Costs and Required Resources



- **Cost:** Wellness Vehicle - \$60K, all other materials borrowed from NHCH
- **Staff:** Health and wellness nurse & 2 Corpsman

Lessons Learned



- Often times MWR doesn’t merge their programs, resulting in disparate programs for medical, nutrition and fitness. Everything should be combined and interrelated, and the customer of one service should know about all the other programs/resources available, true healthcare → health
- Having a dietician on hand that wasn’t confined to the clinic (in this case Tripler) and geographically far away, would great increase the usage and demand, limiting need for private care
- Simple resources, such as a color printer at the gym, would go a long way for installations to improve marketing, awareness, and time wasted

Wellness On Wheels in Action

Evidence of Program Effectiveness



From left) Tracy Navarrete, health promotion director for Naval Health Clinic Hawaii, staff member Linda Chamizo and Hospital Corpsman 2nd Class Rory Farrell demonstrate some of the displays and monitoring equipment available outside the "Wellness on Wheels" van

Reach

- **2014:** 530 people completed classes, 383 completed Resting Metabolic Rate testing, 42 Health Fairs were held
- Open to a very large population, they have even done Boy Scout events, but the shore and fleet commands are the biggest target population
- Van used to promote other programs such as ShipShape, MWR fitness classes
- Promoting a "topic of the month" keeps things fresh, exciting and relevant

Testimonial

"In our day and age we need to be mobile, visible, and out in the life space. Sitting at your desk all day is not promoting health"

*-Tracey Navarrete,
WOW Manager*

"The benefit of the [metabolic] test is that it is not generalized. It is specific to the individual and should be the baseline of a diet plan. Within 15 minutes, we can go over the result, and what it means, whether your metabolism is fast, slow or normal. The goal is to help you meet your fitness and health goals."

-Hospital Corpsman 2nd Class Rory Farrell

Media & Marketing

Media:

- [WOW local news article](#)
- [Navy News article](#)

Marketing

- PAO will get the word out, monthly calendar to give people a heads up about where they will be
- Lots of partnerships and they can get off base, they park in the parking lot and people will stop by
- Goes on all the runs for MWR (they talk about hydration and fruits/veggies), parked out in the fitness center so lots of people will ask for the van to come make visits, they can run AC

Access

There are a only handful of people that will come to the fitness center and thus use the resources available there. When the van shows up at the commissary , NEX, or dock they can reach new individuals who aren't otherwise seeking out places where health resources are readily available. They can pull up onto the pier and the sailors and submariners can just come out and get everything done. This has been the perfect solution to improving access and outcomes for active duty and beneficiaries in a geographically, widespread installation.

