

WHAT IS BHMC?

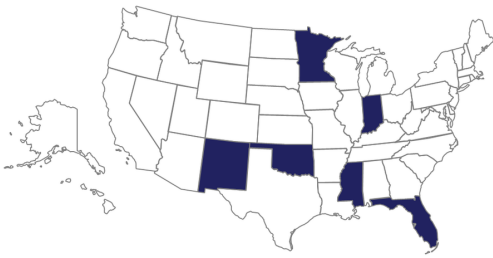
Building Healthy Military Communities (BHMC) is a strategic pilot that is aligned with the larger Department of Defense (DoD) initiative, Total Force Fitness (TFF) to enhance recruitment, retention, readiness, and resiliency of the Total Force. TFF views health, wellness, and resilience as a holistic concept where optimal performance requires a connection among mind, body, spirit and family, and social relationships.

BHMC's objective is to coordinate and integrate existing DoD, federal, state, regional, tribal, and local efforts in support of TFF across all branches in Active Duty and Total Reserve Components who are living in geographically dispersed areas.

BHMC initiatives enhance protective factors ahead of the point of crisis across eight (8) domains – Physical, Environmental, Medical/Dental, Nutritional, Spiritual, Psychological, Financial, and Social – which comprise the TFF framework.

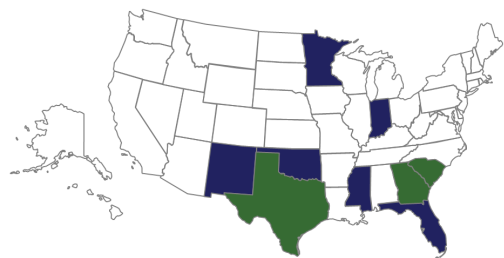
Phase 1 of BHMC was first piloted in 2016 in six (6) states: Florida, Indiana, Minnesota, Mississippi, New Mexico, and Oklahoma.

To build upon the successes and partnerships of Phase 1, Phase 2 of BHMC began in late 2021 and includes expansion into three (3) additional states: Georgia, South Carolina, and Texas.



PHASE 1

- Conducted Rapid Needs Assessments & identified Strategic Objectives
- Identified regional needs, solutions, and options to meet DoD priorities
- Developed & implemented State Action Plans
- Formed strategic relationships with key partners and regional authorities



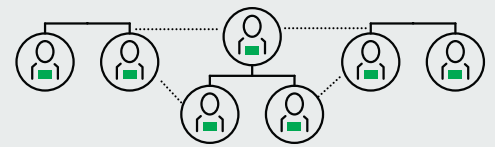
PHASE 2

- Continue implementing State Action Plans and strengthening/building partnerships
- Leverage innovative Data Tools & Analytics for growth and expansion
- Apply Best Practices & Lessons Learned from Phase 1 to three (3) new states
- Establish BHMC as a program of practice to scale nationwide

BHMC APPROACH

Each state is led by a State Coordinator (SC) who serves as a central hub to facilitate connections and awareness in their state between:

- **Collective DoD community**
- **Non-governmental organizations**
- **Community partners**
- **National, state, local, and tribal governments**



BHMC aims to improve military communities' health-related quality of life, SM retention rates, and readiness to deploy. The BHMC SCs build bridges between national, state, local partners to collaborate on how to serve military communities and to create one common agenda among stakeholders. These efforts increase a sense of belonging in the community and decrease negative health outcomes for military communities.

Readiness and resiliency happen locally and are greatly influenced by community characteristics. Collaborative approaches at the local level aide to address SM readiness and resiliency requirements that are community-based.

Strategic Guidance

- **Secretary of Defense** Lines of Effort 2 and 3: Grow DoD partnerships and improve efficiencies
- **U.S. Surgeon General's** National Prevention Strategy
- **States' Departments of Health** State Health Improvement Plans

Legislative Authorization

- **Senate Report 113-85**, p.191-92: Directed the DoD to develop a long-term strategy for aligning efforts to improve TFF
- **Senate Report 114-63**, p. 204: Directed the DoD to conduct a pilot to enhance recruitment, retention, readiness, and resiliency

Policy Authorization

- **Chairman of the Joint Chiefs of Staff Instruction** (CJCSI) 3405.01: Established the TFF framework, the holistic approach to building and maintaining health, readiness, and optimal human performance of the U.S. military

BHMC PHASE 1 IMPACTS

(*see bottom of page for data source access information)



Community Readiness Open Data Dashboard (CR-ODD)* of all 50 states and territories that highlights SM density and top public health risks, available for use by a variety of national, state, and local partners.



A BHMC Toolkit* that includes best practices and recommendations for military service providers to support crucial connections between DoD/other Federal agencies and state and local partners that can improve public health outcomes.



Ask the Question: Through Federal partnerships, the BHMC Team is in the process of adding a question to the CDC's Behavioral Risk Factor Surveillance System (BRFSS), specifically asking respondents about their military and/or veteran status.



Community Leadership: BHMC SCs are leading and/or a member of community, state, and county public health boards/working groups to articulate and advocate for regional needs of the military connected community in local strategic planning and Diversity, Equity, and Inclusion (DE&I) efforts.



Epidemiological maps have been built using publicly available data to determine top health risks in each county within pilot states, which has improved the DoD's ability to accurately forecast and allocate resources.



Implementation of targeted interventions helps senior level decision-makers better forecast, allocate, and provide resources to solve the toughest challenges facing geographically dispersed SMs and their families.

KEY NATIONAL PARTNERS

- National Association of County & City Health Officials (NACCHO)
- Consortium for Health and Military Performance (CHAMP)
- HHS Federal Office of Rural Health Policy (FORHP)
- National Association of Chronic Disease Directors (NACDD)
- Centers for Disease Control and Prevention (CDC)
- Robert Wood Johnson Foundation (RWJF)
- U.S. Department of Veterans Affairs (VA)
- National Park Service (NPS)
- National Park Trust (NPT)



Community Readiness Open Data Dashboard (CR-ODD) Tool

USERID: CRODD Password: mh-dashboard

Measuring Communities Database

Log In: NAT21BHMC

Building Healthy Military Communities Toolkit

<https://chronicdisease.org/page/bhmc/nacdd-action-on-military-health/>

