



National Center for Health Promotion and Disease Prevention

FY 2022 HIGHLIGHTS



The **National Center for Health Promotion and Disease Prevention (NCP)** is a field-based national program office of the Office of Patient Care Services that strives to improve the quality of life for Veterans by providing VA clinicians with evidence-based health care practices.

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MOVE! Weight Management Program

MOVE! reached a major milestone in FY22 - more than 1 million Veterans have participated in MOVE!. As nearly one-third of MOVE! participants achieve clinically meaningful weight loss, this figure reflects significant health benefits for a large proportion of Veterans who received care in VHA. This year's publication of 42 [MOVE! Success Stories](#) highlights the motivation, empowerment, and gratitude expressed by Veterans participating in MOVE! and striving for both healthy weight and healthy living.



More than

1 Million Veterans

have participated in **MOVE!**



In FY22, MOVE! also focused on addressing weight stigma. This included the development of a national program plan to reduce weight bias and stigma, a national training that was attended by 800 VHA clinicians and staff, revision of MOVE! materials to reduce potentially biased language, and establishment of a central location for tools and resources.

Other highlights from this year include an update and publication of the MOVE! Directive (VHA Directive 1120.01), a new live MOVE! training also available as enduring training on TMS, collaboration with Employee Whole Health to streamline employee weight management options, and a successful VA Did That?! promotional campaign.



Seasonal Influenza and Infection: Don't Pass It On (IDPIO) Campaign

In FY22, IDPIO provided guidance and educational opportunities for both flu and COVID-19 through five national teleconferences. IDPIO also continued to update and develop new tools and resources to support prevention and vaccination campaigns. These resources, including Flu Data Dashboards, are hosted on the Flu SharePoint and the [Veteran-facing Flu website](#).

In FY22, IDPIO initiated its Mentorship Program. New Flu Coordinators were paired with experienced colleagues to establish rapport and receive guidance and support in planning, executing, and evaluating their facility flu campaigns. More than 50 coordinators participated in the program. IDPIO also began collecting Promising Practices from Flu Teams to share throughout VHA. 22 new practices were added this year and IDPIO will continue to update the list as more teams contribute.



TEACH and MI Training

In FY22, NCP held eight virtual facilitator trainings in Veteran-centered communication skills (Patient Education: TEACH for Success, Motivational Interviewing, Clinician Coaching), training 127 VA staff as facilitators in these programs. Overall satisfaction scores exceeded 4.5/5.0 for all eight of the Facilitator Trainings, indicating high support and effectiveness for disseminating these interactive trainings in a virtual modality.

NCP maintained flexibility for VA facilities to offer local TEACH for Success and Motivational Interviewing training in both face-to-face and virtual modalities.

2,000
clinical staff

were trained in Motivational Interviewing Session 1

2,304
clinical staff

were trained in TEACH for Success

1,185
clinical staff

were trained in Motivational Interviewing Session 2

Overall satisfaction scores exceeded 4.0/5.0 for these three trainings.



Health Promotion and Disease Prevention (HPDP)

In FY22, HPDP worked with Cerner Oracle to develop five documentation templates for the new electronic health record to be used by HLT members. Topics covered include tobacco cessation, sleep hygiene, pain management, and stress management.

Over 24,000 HealthLiving assessments were completed in 2022, bringing the total number of assessments completed to more than 167,000. The HLA was retired on September 30, 2022.

24,000+
Veterans completed
the **HealthLiving**
Assessment in 2022



Clinical Preventive Services (CPS)

In FY22, CPS completed 9 evidence-based VHA CPS Guidance Statements. Revisions include the following: Seasonal Influenza Immunizations, Aspirin to Prevent Cardiovascular Disease, Varicella Immunization, Hepatitis B Immunization, Herpes Zoster (Shingles) Immunization, Pneumococcal Immunization, Screening for High Blood Pressure and Screening for Chlamydia and Gonorrhea. A newly developed guidance statement is BRCA Related Cancer: Risk Assessment Genetic Counseling and Testing.

CPS also revised three NCP-sponsored national clinical reminders, including COVID-19 Immunization, Seasonal Influenza Immunization, Hepatitis B Immunization, and Herpes Zoster Immunization.

CPS provided high-quality precepting to 5 UNC Preventive Medicine Residents throughout their NCP rotations.

CPS ensured evidence-based updates to [Recommendations for Men](#) and [Recommendations for Women](#) (public-facing resources for Veterans).

Telephone Lifestyle Coaching (TLC)

In FY22, TLC continued to help empower Veterans to improve their health and lives. The program expanded from 36 to 42 sites across VHA and maintained its Veteran satisfaction score of 92%. More than 6,000 consults were placed, and just under 5,000 Veterans enrolled in the program, for an engagement rate of over 78%. All three figures reflect continued engagement and growth.

The most recent six-month post-enrollment aggregate outcomes of Veteran TLC participants reveals that 37% have lost the benchmark 5% of their starting weight. 63% of those focusing on improving physical activity have increased the amount of time they spend being active each week. For those working on stress management, nearly half reported lower perceived stress and just over two-thirds saw improvement in their coping skills.

Veterans Health Education and Information (VHEI)

In FY22, VHA announced that NCP will be the official owner of the Patient Centered Learning (PCL) Program, which will be closely aligned with VHEI. The development of PCL reflects VHA's continued efforts to uphold evidence-based health literacy strategies and promote productive interactions that result in health literate, activated, and empowered Veterans.

This year, VHEI finalized key deliverables and established core functions of the future PCL Program. One of these milestones was holding a Field Advisory Event in partnership with VA Health Services Research & Development (HSR&D) to develop the evaluation framework for the PCL Program. Close to 90 attendees from VHA, federal government partners, and outside organizations participated to provide subject matter expertise and key recommendations on this evaluation framework.

The Veterans Health Library (VHL)

The [Veterans Health Library \(VHL\)](#) continues to provide health information to help Veterans stay well and well-informed. In FY22, VHEI made updates to popular VHL patient education tools and resources. Efforts included updating 895 patient education health sheets to link to relevant VA programs and resources, as well as maintaining the COVID-19 Vaccine Shared Decision-Making Tool to support Veteran decision-making around staying up to date with COVID-19 vaccination. VHEI also updated its Diabetes, Asthma, and Chronic Lung Disease Interactive Workbooks to align with the latest evidence-based clinical guidance and 508 accessibility compliance. More than 75 online guides were also updated to include in-depth information on different health conditions and procedures. Finally, VHEI added new videos in key Veteran interest areas in Whole Health, Health Care Decision Making, Medications, and Genetic Testing for Prostate Cancer.



895
Health Sheets



75
Online Guides