

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention



★ FISCAL YEAR 2014 HIGHLIGHTS ★

VHA National Center for Health Promotion and Disease Prevention (NCP)

Office of Patient Care Services



“Keeping Veterans Well and Well-informed”



Albert Einstein once likened life to riding a bicycle, saying, “to keep your balance, you must keep moving.” 2014 was definitely a year of both movement and balance for NCP*staff, though it often felt more like we were on a fast-moving motorcycle than a bike.

During the past FY, we successfully sustained our ongoing HPDP initiatives, yet made the transitions associated with VA leadership’s new vision for Veteran care. Outlined in this report are the accomplishments of these efforts, which focused on a single-minded goal: to help VA clinicians provide, and patients receive, the highest standard of patient-centered preventive care.

As in previous years, NCP staff enhanced mature HPDP programs like MOVE!®, which will soon launch a mobile phone application (MOVE!® Coach) to help Veterans take charge of their weight and health when, where, and how they want. *TEACH* and MI training, now in year four of implementation, combined with broad-based HPDP and VHEI development and outreach, gave local HPDP and other staff the education, support, and guidance needed to best meet their patients’ needs.

Several pilots, such as VA’s DPP and National TLC, neared or achieved completion, and will add to the array of options available to improve Veterans’ well-being. The lung cancer screening demonstration project also initiated screening for high-risk Veterans in eight pilot sites. Importantly, the HLA debuted last spring to give patients a new online tool to determine, then make positive changes to improve, their overall health, and also reduce their risk of disease.

Additionally, we developed and fine-tuned a slew of new and improved clinician- and patient-facing tools and resources, some of which won awards. You can see the new Manage Stress Workbook, HL message Whiteboard videos, and VHL Web Tour, for example, on pages 16–18 of this report.

To realize these 2014 achievements, it took a variety of collaborations—in and out of VA—and everyone at NCP. Our team continued to grow, as several new staff joined us in Durham—Deputy Chief Consultant Dr. Jane Kim, Project Coordinator Kelcy Walker, and Dr. Susan Raffa, who took over for Dr. Ken Jones as National Director for Weight Management. And we again welcomed Preventive Medicine Residents from the University of North Carolina at Chapel Hill (Drs. Rachel Urrutia and Kristen Rogers) to train with us.

2015 promises new challenges as we strive to provide the patient-driven care, measurable improvements, and sustained value that our Nation’s Veterans deserve. But at our current pace, we’re excited to keep the momentum going in the new year!

Linda Kinsinger

LINDA KINSINGER, M.D., M.P.H.,
Chief Consultant for Preventive Medicine

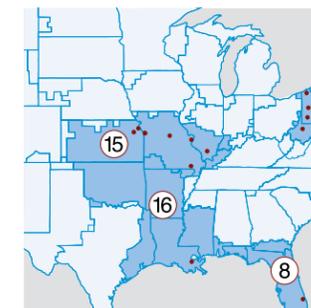
*All acronyms in this report are defined on page 19.

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photo courtesy of Jeffrey Bowen

Veteran Frank Smith III selects healthy food during the 'Cooking Matters' shopping tour that culminates the Central Arkansas Veterans HCS Cook Smart, Eat Smart Program.

MOVE!® WEIGHT MANAGEMENT PROGRAM FOR VETERANS

VETERANS AND THEIR CLINICIANS continue to benefit from the MOVE!® Program, now in its 8th year of national implementation. Key FY 14 accomplishments include:



- **MOVE!® Patient Handouts**—revised and enhanced; completed Spanish translation
- **25 new educational videos** for MOVE!® Coach and MOVE!®
- **MOVE!® Reference Manual**—updated
- **New weight management medication criteria on Lorcaserin (Belviq)**—provided national update
- **MOVE!11 Patient Questionnaire**—developed from the MOVE!23 Patient Questionnaire
- **MOVE!® Group Sessions**—updated to include most recent evidence from CPG and DPP
- **2014 VA/DoD CPG for Screening and Management of Overweight and Obesity**—contributed clinical expertise
- **MOVE!® Buddy Volunteer Implementation Manual**—completed and distributed
- **“Be Active and MOVE!®” CVT**—in a collaboration with TS and PM&RS, continued to help Veterans become more physically active to better manage their weight

Did You Know?

MOVE!® staff presented research and educational information at a variety of national calls and meetings:

- *Society of Behavioral Medicine*
- PCS Grand Rounds
- *American Physical Therapy Association*
- *Connected Health Strategic Planning*
- *American Heart Association*—Million Hearts
- OI&T National Update

Providing Veterans with Personalized, Proactive, Patient-Driven Health Care

In FY14, new and ongoing Veteran-centered programs, training, educational resources, clinical tools, and initiatives helped NCP staff and field clinicians empower Veterans to achieve and maintain a healthier lifestyle.

MOVE! SUCCESS ▶▶▶



KEEPING A PROMISE: MOVE!® helped Veteran Dorothy Latson get accountable and lose over 45 pounds (Truman VA Hospital, Missouri)

SETTING GOALS, REACHING GOALS: Vietnam Veteran Macey Paynter lost 53 pounds—and kept it off—with MOVE!® (Durham (NC) VAMC)

FAST FACT



WHOLE NEW LEASE ON LIFE: 208 pounds lighter through MOVE!®, Veteran Lana King feels fully alive at age 50 (Las Vegas (NV) VAMC)



MOVE!® has enrolled over **585,000** patients since its inception.

{ as of September 2014 }

MOVE!® COACH MOBILE PHONE APPLICATION

DEVELOPMENT CONTINUED ON THE APP, which will launch in 2015 and offer Veterans a new way to participate in MOVE!®—when, where, and how they want.

- 19-week, self-guided program provides the personalized tools and guidance Veterans need to set, track, and achieve their dietary, physical activity, and weight management goals:
 - Specialized self-management guides, videos, games, and worksheets
 - Tools to monitor and meet personal health goals
 - Strategies to overcome common weight-management challenges
 - Links to additional handouts and helpful information
 - Diaries to track daily food intake, calories, physical activity, and weight loss
 - Calculators to determine calories consumed and used
 - Graphs and summary reports to track long-term progress



Did You Know?

During user testing in 2014, MOVE!® Coach became the first OI&T-developed app to be released in the Apple iTunes store.



- Effective, evidence-based resources help clinicians provide personalized weight care to Veterans

KEY MILESTONES:

- Hosted April training for National Field Test Leaders in 9 VISNs and 12 facilities
- Completed User Acceptance (summer) and National Field Testing (fall)
- Incorporated field test results into app



My HealthVet HealthLiving Assessment (HLA)

IN FY 14, NCP STAFF CONCLUDED development and testing of the HLA, an online health risk assessment that launched as scheduled in March 2014 via a link on MHV. Staff also developed educational, promotional, and planning materials for the HLA that assist Veterans and their health care teams in using the assessment.

At the end of September 2014, more than 17,000 participants had taken the HLA, which:

- Asks questions about the Veteran's **health history and habits**
- Creates a **personalized health report** summarizing recommended health changes, status, and risks
- Calculates the Veteran's "**health age**", which summarizes overall health status in one simple number

- Recommends **healthy changes** to reduce the health age—a Veteran can then calculate the impact of making these changes on his/her health
- Calculates **customized risks** for developing conditions such as heart disease, stroke, diabetes, and lung, breast, and colorectal cancers
- Helps the Veteran and health care team **work together towards health goals**

IN FY 15:

- New functionality will enable Secure Messaging-enrolled Veterans the option of sharing their HLA results with their PACTs by sending a Secure Message attachment
- HLA will be enhanced, and offer new and revised Veteran reports
- HLA will become accessible on mobile devices
- HLA clinical reporting will be developed for VHA staff
- HLA content will be updated to reflect changes in VHA policies and guidelines



What They're Saying About

HLA



"IT HELPED VETERANS...visualize the toll that poor health was taking on their well-being.... Many thought they were powerless to really change their health, but the HLA has shown them they are much more in control than they originally thought.... Patients see their health age and say things like, 'Whoa, I better do something about my health!' Some sense that they need to change, but may not know how; others don't fully realize how unhealthy their lifestyles are. Both the HLA and health age give them specific guidance to get healthier."

— Former HPDP PM, VISN 21 —

"THE HLA IS A WONDERFUL, high-quality tool to assess the choices one makes in regards to his or her life goals. It includes more evidenced-based assessments than the usual, 'Did you eat your vegetables today?'"

— VAMC Director in VISN 10 —

"THIS YEAR AT 28TH ANNUAL National Disabled Veterans Winter Sports Clinic, event attendees were challenged to take the HLA and find out their Health Age. The computers were busy all week—attendees were discussing who had the lowest health age and what they were going to do to improve their health age! Hopefully, the HLA will keep Veterans motivated to keep working towards a healthier more active lifestyle—it's an amazing tool!"

The really great part is that it gives recommendations on what you can do to improve your personal health age. Our attendees loved this new tool and found it to be a realistic way to see where they are today in terms of health, and what they need to do to get to where they want to be tomorrow! Thanks for sharing the HLA with all of us!"

— Teresa Parks, Director, National Disabled Veterans Winter Sports Clinic —



STILL FROM "WHAT'S YOUR HEALTH AGE?," an HLA awareness video distributed via social media in August 2014.



NCP's Jay Shiffler, Dr. Linda Kinsinger, and Marty Larson (left to right) meet with former NFL Player Chris Draft (center) to discuss VA's lung cancer screening demonstration pilot efforts at the Durham (NC) VAMC.

NCP PILOT PROGRAMS AND STUDIES: FY 14

DPP PILOT

GOAL: Determine whether modest weight loss through dietary change and increased physical activity can prevent or delay the onset of Type 2 diabetes in Veterans

DESCRIPTION: Selected Veterans who are at risk for, but not diagnosed with, diabetes attend a series of group sessions and are given predetermined weight loss and physical activity goals

COLLABORATION: Diabetes QUERI • VA Ann Arbor (MI) HCS

LOCATIONS: Minneapolis VAHCS • Baltimore VAMC • VA Greater Los Angeles HCS

STATUS: Nearing completion

LUNG CANCER SCREENING CLINICAL DEMONSTRATION PROJECT

GOAL: Assess the feasibility of implementing VA-wide lung cancer screening program for Veterans at high risk for lung cancer

DESCRIPTION: Annual lung cancer screening with low-dose CT scans for people at high risk for lung cancer

COLLABORATION: Durham (NC) HSR&D • Veterans Engineering Resource Center, VA Pittsburgh HCS

LOCATIONS: New York Harbor VAMC • Durham (NC) VAMC • Charleston (SC) VAMC • Cincinnati VAMC • VA Ann Arbor HCS • Portland (OR) VAMC • San Francisco VAMC • Minneapolis VAHCS

STATUS: Ongoing; qualitative and quantitative data are being collected for comprehensive evaluation. As of September 2014, more than 1,000 Veterans had been screened.

GATEWAY TO HEALTHY LIVING PILOT

GOAL: Better connect Veterans to clinical programming that helps address the multiple health behaviors that are linked to health and well-being

DESCRIPTION: Building on well-developed HL messages, tools, and resources, develop entry point for Veterans who wish to receive basic information, motivational support, and collaborative goal setting to help with self-management for healthy living. Participants will receive self-management support to help with goal setting and problem solving.

COLLABORATION: HPDP field staff, PCPs, and Veterans; National Program Offices including PACT, ONS, NFS, OPCCT, MHS, Women's Health

LOCATIONS: Proposed for 5–6 facilities

STATUS: Initial planning and model development; pilot will begin in FY 15

Achieving Measurable Improvements in Health Outcomes

NCP's studies, pilots, and ongoing programs are driving qualitative and quantitative improvements and successes in preventive health care for Veterans.



DR. LINDA KINSINGER discusses the launch of VA's Lung Cancer Screening Clinical Demonstration Project at Walter Reed National Military Medical Center's Lung Cancer Screening Day in November 2013.

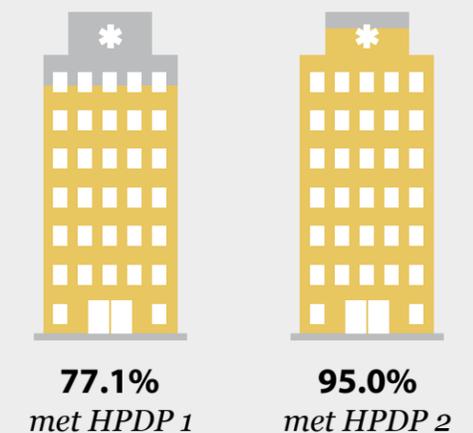
FAST FACTS

HPDP 1 AND 2 METRICS

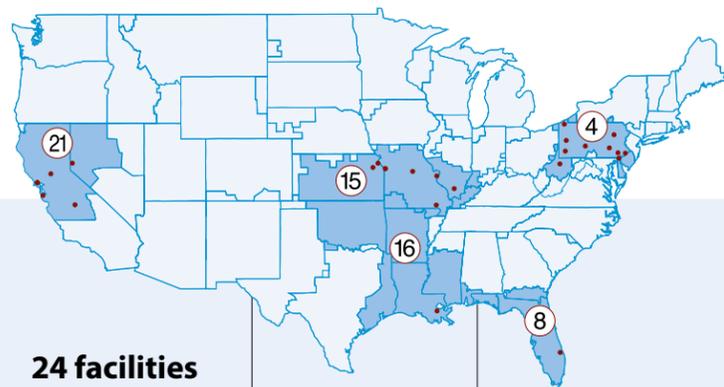
These T21 measures support the shift from transformation to sustainment of HPDP Programs, and reinforce core program requirements outlined in VHA Handbook 1120.02:

- **HPDP 1:** Composite measure of facilities' attainment of each of the 7 sub-elements, HPDP 3–9
- **HPDP 2:** Measure of facilities' maintenance of facility-level HPDP Committee or Sub-committee

FY 14 RESULTS



NATIONAL TLC PILOT



24 facilities in 5 VISNs, November 2011–December 2013

17% of participants were women

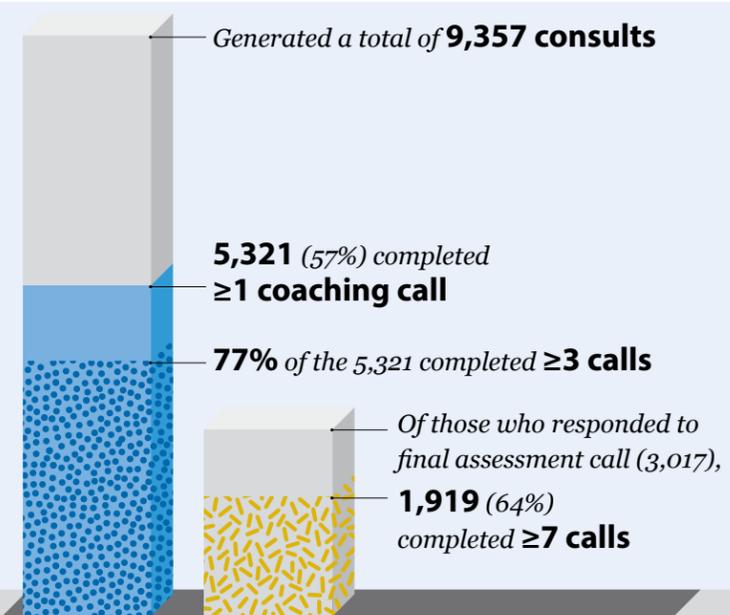
Age range of participants: 20–92



Majority chose to work on **weight management (50%)** and **tobacco cessation (44%)**

EVALUATION OF THE TLC PILOT FOUND that a high-quality telephone lifestyle coaching program to support Veterans in improving health behaviors was:

- Successful in reaching a diverse group of Veterans with multiple chronic conditions
- Effective in helping Veterans make positive health behavior changes
- Well-received by Veteran participants and staff



TLC OUTCOMES



WEIGHT MANAGEMENT

- 5% reported **≥10% weight loss**
- 20% reported **5–9% weight loss**



TOBACCO CESSATION

Of those who were smokers at baseline and responded to the final assessment, **40%** reported being abstinent



PHYSICAL ACTIVITY

Increase in weekly physical activity by an average of **21 minutes**



VETERAN SATISFACTION

- Overall program: **85%**
- Coaching calls: **88%**
- Would recommend to others: **94%**

OVERALL HEALTH STATUS: 29% reported positive change

VEGETABLE AND FRUITS: 33% reported positive category change in no. of servings

DIET HEALTH RATING: 28% reported positive change

COMPOSITE HEALTH BEHAVIOR SCORE: Increase in positive health behaviors from average 1.9 (initial) to 2.2 (final) (range: 0–4)

What They're Saying About

National TLC Pilot

"WE HAVE A PATIENT WHO'S BEEN ADMITTED FREQUENTLY—he's an obese man with comorbidities in addition to severe heart disease, and he hasn't been proactive about his health care. He agreed to a referral to the TLC Program and really benefitted from it.... He told me that he felt that the program had helped him take control of his weight. We think TLC is a very valuable program."

—Case Manager at the VA Sierra Nevada HCS—

What They're Saying About

TEACH Training

"TEACH OFFERS A NEW INSIGHT to long-told principles and techniques... [and] a different perspective on the ways our actions impact not only our patients, but everyone we interact with. The program provides simple changes that we can make to improve the way we practice. After participating in the program and facilitating a... class, I have seen a difference in the way I communicate with others... especially in the way I listen..."

—Ayeesha Z. Khan, Pharm.D., Clinical Pharmacist for Inpatient Psychiatry, Haley Veterans' Hospital—

by the numbers:

TEACH

76 Total TEACH facilitators trained in FY 14

695 Local TEACH courses offered in FY 14

472 Total TEACH facilitators trained since 2010

5,331 Approximate participants in local TEACH courses in FY 14

33,000+ Total participants in local TEACH courses since the 2010 launch of the T21 initiatives

Did You Know?

VISN 20 sponsored a Network-wide TEACH Facilitator training for 16 clinical and education staff from 7 of its facilities within the VISN. NCP staff provided on-site consultation and overall guidance.

by the numbers:

MI

310 Total MI Facilitators Trained since 2010 (through August of 2014)

717 Total National EES-supported MI Courses (May 2013 through September 2014)

6,479 Total participants in National EES-supported MI Courses (May 2013 through September 2014)

by the numbers:

CLINICIAN COACHING

28 TEACH and MI facilitators trained in Clinician Coaching, Facilitation, and Presentation Skills

240 TEACH and MI facilitators trained in Clinician Coaching, Facilitation, and Presentation Skills for TEACH and MI Facilitators Course since 2011

FAST FACTS

NCP AND TEACH

- NCP provides guidance and leadership on VHEC-, HBC-, and HPDP PM-led training program
- VHECs serve as facilitators/facility leads for local programming
- NCP supports VHECs, HBCs, and HPDP PMs by providing tools to assist them in integrating skills into the clinical practice of PACT staff and other clinicians, such as

- **TEACH Observational Checklist**—feedback to clinicians who request assistance in using skills
- **TEACH Self-Evaluation Assessment**—PACT members evaluate their individual use of health education, health coaching, and communication skills following TEACH training
- **10-Step Health Coaching Process Using the My Health Choices Tool**—strategies for applying the Veteran-centered health coaching strategies featured in TEACH
- **Clinician Guide to SMART Goals**—SMART (Specific, Measureable, Action-oriented, Realistic and Time-based) goals for each of the 9 HL Messages
- **Moving Veterans to MOVE! Tool**—PACT clinicians are given a summary of 5 key steps to shaping a productive and supportive conversation about participating in the MOVE! program





Veteran Rodney Breaux (center) prepares a meal with Faith Anaya (left; Univ. of Arkansas Cooperative Extension Service) and Central Arkansas Veterans HCS HPDP PM Nora Baltz, as part of the Cook Smart, Eat Smart Program.

photo courtesy of Jeffrey Bowen

What They're Saying About

NCP

"Just wanted to let you know that HPDP staff are working hard out in the field here and it is making a difference. Thank you for all the support you provide to us!"

—HBC Katherine Quinn "K.Q." Mogensen, M.S.N., FNP-BC, Mann-Grandstaff VAMC (Spokane, WA)—

FY 14 KEY COLLABORATIONS



Aligning Resources to Deliver Sustained Value to Veterans

NCP partnered with internal and external stakeholders to develop clinical tools, guidance, and training to support and achieve HPDP goals in FY 14 and beyond. These resources continue to help VHA staff enhance Veterans' current and future quality of care and quality of life.



VETERAN LARRY KARLIN gets physically active at the VA's 2014 National Veterans Summer Sports Clinic, which was attended by NCP staff.

VHEI

The VHEI Program continues to provide guidance, support, and resources to **enhance the VHEI programs and services offered to Veterans**. In FY 14, staff focused on updating the VHA VHEI Core Program Requirements Handbook, expanding the online VHL, collaborating with VACO program offices on new programs and resources for Veterans, supporting the network of VHECs in VA facilities, and enhancing VHECs' skills in managing facility VHEI Programs.



Characteristics of Veteran-Centered Health Education

VHA-WIDE INITIATIVES

- Collaborated with PBM and other VACO clinical program offices to develop **health-literate prescription labels** to be used in VHA in early FY 15
 - Provide easy-to-understand information for taking medications for maximum benefit
 - Encourage use of *Teach-Back* method to help pharmacists communicate clearly when teaching Veterans and their family members about medications
- Partnered with Primary Care and Mental Health in Clinical Operations and PCS, the Office of Specialty Care, TS, OPCCT, ONS, and HSR&D to create a **VHA-wide approach to self-care/self-management (SC/SM) programs**
 - Work groups currently creating toolkits on SC/SM Core Principles, Diabetes, Congestive Obstructive Pulmonary Disease, and Pain Management
- Created Veteran- and family-facing components of the **HHS-VA national initiative to reduce adverse drug events** for diabetes medications
 - Provide information about the drugs, and encourage Veterans and family members to engage their providers and health care teams to select appropriate treatment goals and develop a safe and personalized treatment plan

HPDP: NATIONAL OUTREACH

- **National Disabled Veterans Winter Sports Clinic** (March/April, Snowmass, CO)—NCP Staff provided opportunities for Veterans to take the HLA, and promoted the HLA by leading an educational session, "What's YOUR Health Age?," with record attendance
- **National Veterans Summer Sports Clinic** (September, San Diego, CA)—NCP Staff promoted the 9 HL messages, HLA, VHL, and MOVE!®

HPDP: STAFF SUPPORT

Through **monthly national calls**, acknowledgment and dissemination of **success stories**, **technical consultation**, and **training activities and meetings**, NCP continued to guide and support HPDP staff, programs, and committees in enhancing care at VA facilities.

- **Prevention Sub-Initiative**—coordinated with OSI and PCS to plan for transition to sustainment; included a 5-year budget and work projections to ensure that the T21 work is sustained and incorporated within NCP
- **NMOC Site Assessments**—Staff served on interdisciplinary planning team; contributed the Prevention and Health Education sections of the capabilities assessment and scoring tool; and participated in pilot site visits and assessments as VHA Liaison
- Attended and presented at **HPDP Program Meetings in VISNs 17 and 23**

VHEI PROGRAM DEVELOPMENT

In conjunction with VHEI Program Handbook updates, VHEI national program staff created a **new initiative for organizational development of the national VHEI Program**

- **Goal**—build a shared understanding among VHECs of the Program's values, vision, mission, and goals, and how the updated Handbook supports their work
- **Methods**—convene VHEC small groups to identify and discuss their personal and work-related values, how their work expresses VA's ICARE values, and visions of future VHEI Programs
- **Future**—complete the processes of articulating and disseminating VHEI Program values, vision, mission, and goals in FY 15

VHEC NETWORK SUPPORT

- **Monthly conference calls** about NCP, VHA, and VACO initiatives, especially related to VHEI
- **Showcase of VHEC successes** in developing facility VHEI programs
- **Consultation and technical assistance** to VHECs and key VHEI stakeholders
- **Health education programs and resources** designed for VHA clinical staff and Veterans
- **Collaboration opportunities** for local VHECs, HPDP PMs, and HBCs with PACTs and other facility staff
- For the fourth consecutive year, accepted a **PCS consultation with The Joint Commission (TJC)**. The consultations offer education for the field, strategies, resources, and tools to help facilities meet TJC patient education standards that help patients engage with their providers/health care teams to create personalized treatment plans and navigate complex health care delivery systems

VHEC PROFESSIONAL DEVELOPMENT PROGRAM

- The FY 14 program theme, **Building the Facility VHEI Program**, was directly connected to the organizational development processes and revisions to the VHEI Handbook
 - Webinar showcased the work of 2 VHECs who've established strong VHEI Programs in their facilities; provided tools for other VHECs to help strengthen their programs



WORKING TOGETHER: MOVE!® team at G.V. Sonny Montgomery VAMC (Jackson, MS), (left to right): Registered dietitian/nutritionist JoAnn Calcote, TeleMOVE! Care Coordinator Steve Baley, Clinical Nutrition Section Chief Alex Ebel, Employee Wellness Coordinator Donald Breckenridge, Psychologist/HBC Mirella Auchus, and TeleMOVE! Coordinator Angela Bailey (seated).

What is VHEI?

- A coordinated approach to planning, delivering and evaluating evidence-based Veteran-centered health education programs, services, and resource materials for Veterans and, as appropriate, their family members/caregivers
- Provides health education programs, services and information in preferred learning modalities that meet the health literacy and numeracy needs of Veterans and family members/caregivers to help them:
 - Enhance their quality of life through HPDP and effective strategies to manage chronic conditions
 - Actively partner with providers and health care teams and share health care decision making
 - Engage needed family and social support systems
 - Develop self-management and coping skills
 - Access and appropriately use VHA health care resources across the continuum of care

TOOLS AND RESOURCES



WEB

- Redesign of NCP's Internet page completed in winter 2013–14



CONFERENCE CALLS

- **National 'Bright Spot' calls**—20+ presentations—covering HPDP teams' local improvements to MOVE!®, VHE programs, and Clinical Preventive Services—were featured during 4 monthly calls in December
- **Clinician Coaching Follow-up Training Calls**—quarterly support to clinical staff who completed this training
 - Building relationships between field coaches
 - Sharing resources, such as NCP- and locally-developed tools and videos
 - Facilitating group coaching opportunities



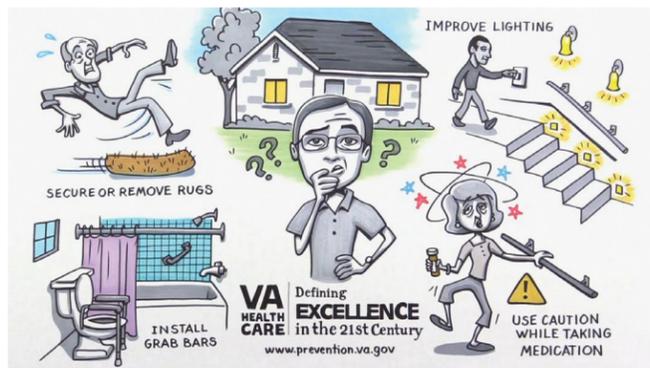
TOOLKITS FOR VHECS

- **VHEI Program Requirements**—detailed requirements descriptions, examples of facility strong practices, suggestions for additional strategies and processes, and checklists and other tools to help VHECs build strong facility VHEI Programs
- Two toolkits are in development—1) facility policy for the VHEI Program, and 2) ensuring Veteran-centeredness in all aspects of the facility VHEI Program



HL MESSAGES

- **Be Safe**—began expansion to include prevention of self-harm and intimate partner violence; to be completed in FY 15
- **Manage Stress**—expanded and updated resources
 - *Manage Stress Workbook*, which includes new *Pleasant Activities Tip Sheet*
 - Companion CD of Mindfulness-based relaxation recordings (with Workbook)
 - Recordings and linkage to other relaxation resources (e.g., *Breathe2Relax* app)



SCREENSHOTS from NCP's HL message Whiteboard videos on preventing falls (top) and safe driving.



VIDEOS

- **Whiteboards**—developed to support the HL messages Safe Driving and Prevent Falls
- **2014 Clinician Coaching Video Series**—developed with EES to demonstrate the Veteran-centered health education/health coaching skills that are featured in NCP's Clinician Coaching, Facilitation, and Presentation Skills for *TEACH* and MI Facilitators training program.
 - 5 Vignettes depict PACT clinicians using health coaching skills, the *My Health Choices* tool and other resources to guide and empower clinical staff to address Veterans' health behaviors
 - Post-Training Questions, STAR Model, Skill Practice Using Role Play, Distressed Clinician, and Engaging a Clinician Leader

I NEED TO TAKE BETTER CARE OF MYSELF

MY HEALTH AGE IS 10 YEARS OLDER

What They're Saying About

NCP's New Videos



"Just got a chance to review [NCP's] new video, "A Better Way to Live: Goal Setting Series." It's fantastic! Really illustrates the concepts and tools we are working to share, with actual, usable examples for the clinicians—it's a great tool for us to use as coaches! Very well done, many thanks to each of you for your work to promote all the best for the Veterans and VA employees!"

—VHEC in VISN 19—

What They're Saying About

HealthPOWER!



"Nicely done and informative. I do appreciate your work!"

—HPDP PM, Gulf Coast Veterans HCS—

"I print out HealthPOWER! for our VHE committee and for our HPDP quarterly meeting. It always has great info!"

—VHEC in VISN 22—

"Emailing the newsletter with hyperlinks to individual stories is great... I can quickly scan the topics and click for the article, thanks!"

—MOVE!® Coordinator in VISN 12—

"I enjoy the newsletter, and I use it as an advertising/awareness tool for the HPDP program at our facility. I often print a few hard copies and leave them in reading areas for staff."

—HBC, VA Northern Indiana HCS—

What They're Saying About

NCP's Manage Stress Workbook



"In my opinion the... Workbook, put out by NCP, is one of the best resources I have found. It is specific and concrete in recommending tracking and identification of stressful triggers, while promoting mindfulness in ways that are broadly applicable to all Veterans (those diagnosed with mental health issues or not), and all staff."

—Local Recovery Recorder, VISN 9—

Did You Know?

Drs. Michael Goldstein, Associate Chief Consultant, and **Peg Dundon**, National Program Manager for Health Behavior, helped develop the content of the **Tobacco Cessation Module of 'DocCom'**, an effective new online program offered by EES and available to help HPDP staff improve their patient-centered communication and clinician coaching skills.

SELECTED RESEARCH ARTICLES BY NCP STAFF:

Arigo D, Hooker S, Funderburk JS, **Dundon P**, Dubbert P, Evans-Hudnall G, Catanese S, O'Donohue J, Dickinson E, DeMasi C, Downey S, and DeSouza C. Provider and staff perceptions of veterans' attrition from a national primary care weight management program. *Primary Health Care Research & Development*. 2014; March 3:1–10

Kinsinger LS, Atkins D, Provenzale D, Anderson C, and Petzel R. Implementation of a new screening recommendation in health care: The Veterans Health Administration's approach to lung cancer screening. *Annals of Internal Medicine*. 2014;161(8):597–598

Allcock M, Haynes-Maslow L, Carr C, **Orr M**, **Kahwati LC**, Weiner BJ, **Kinsinger L**. Training veterans to provide peer support in a weight management program: MOVE!. *Preventing Chronic Disease*. 2013; November 7,10:E185

VHL WEB TOUR

- Part of a comprehensive promotional plan, the Web tour helps Veterans, their family members/caregivers, VHA clinical staff, and other users more easily and effectively navigate the VHL's many health information sheets, videos, Go-to-Guides, and Flip Books
- 6-minute video provides brief look at the VHL's comprehensive, Veteran-focused health information, which can be accessed directly via www.veteranshealthlibrary.org and through MHV



PODCASTS

- Developed for MOVE!® Coach and HLA

COMMUNICATIONS

- NCP developed a variety of communications—2 of which won national communications awards—to support its programs, empower field staff, and educate Veterans



VHL COMMUNICATIONS TOOLKIT

In addition to the variety of materials and resources used to promote the VHL to Veterans and their families and VA clinical staff, a number of new resources became available in FY 14:

- VHL Web Tour**
- 2 new Buck Slip inserts** (Patient and Family versions) inform individual Veterans about the VHL and how to access it online
- Electronic Bulletin Board**
- Hold Message—Voice Recording** (2 Scripts available) informs individual Veterans about the VHL and how to access it online



Did You Know?

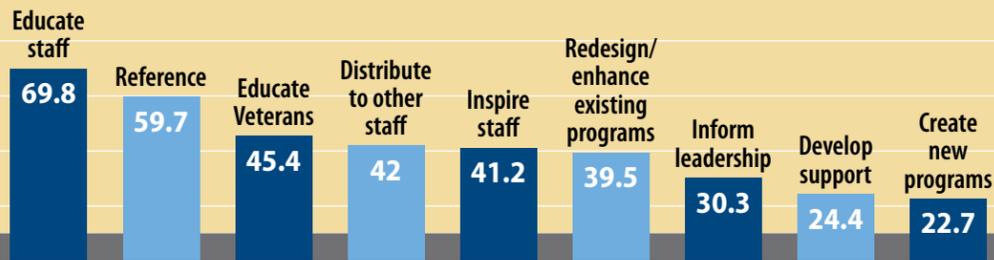
In 2014, NCP was recognized with national awards for patient-oriented communications products:

- 2014 National Mature Media Awards, "Government Brochure/Booklet" – Silver Award:** *Informational brochure on PSA testing for prostate cancer screening* (NCP, Minneapolis VA HSR&D Center of Innovation, and Minneapolis VA Center for Chronic Disease Outcomes Research)
- Ragan Communication's 2014 Health Care PR and Marketing Awards, "Best Internal Fitness/Health Campaign" – Honorable Mention:** *Whiteboard videos on NCP's HL Messages* (NCP, Tobacco & Health: Policy and Programs, Office of Public Health, and Philadelphia VAMC)

Glossary

ACIP	Advisory Committee on Immunization Practices	OSI	Office of Strategic Integration
CDC	U.S. Centers for Disease Control and Prevention	PACT	Patient-Aligned Care Team
CPG	Clinical Practice Guidelines	PBM	Pharmacy Benefits Management
CT	computed tomography	PSA	prostate-specific antigen
CVT	Clinical Video Telehealth	PCP	primary care providers
DoD	U.S. Department of Defense	PCS	Office of Patient Care Services
DPP	Diabetes Prevention Program	PM	program manager
EES	VA Employee Education System	PM&RS	Physical Medicine and Rehabilitation Services
FY	fiscal year	QUERI	Quality Enhancement Research Initiative
GEC	Geriatric and Extended Care Services	T21	VA Transformational Initiatives
HBC	Health Behavior Coordinator	TEACH	Patient Education: TEACH for Success
HCS	Health Care System	TLC	Telephone Lifestyle Coaching
HHS	U.S. Department of Health and Human Services	TS	Telehealth Services
HL	Healthy Living	USPSTF	U.S. Preventive Services Task Force
HPDP	Health Promotion and Disease Prevention	VA	Department of Veterans Affairs
HSR&D	Health Services Research & Development	VACO	VA Central Office
MHS	Mental Health Services	VAMC	VA Medical Center
MHV	My HealthVet	VCS	Veterans Canteen Services
MI	Motivational Interviewing	VHA	Veterans Health Administration
MOVE!®	MOVE!® Weight Management Program for Veterans	VHEC	Veterans Health Education Coordinator
NFS	Nutrition and Food Service	VHEI	Veterans Health Education and Informatics
NMOC	New Models of Care Initiative	VHL	Veterans Health Library
OI&T	Office of Information and Technology	VISN	Veterans Integrated Service Network
ONS	Office of Nursing Services	VSO	Veterans Service Organizations
OPCCT	Office of Patient-Centered Care and Transformation		

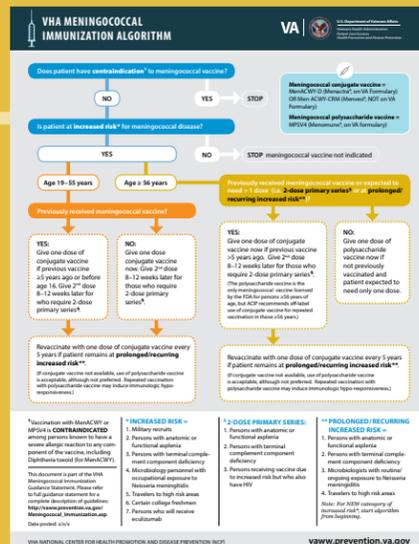
PERCENTAGE OF SURVEY RESPONDENTS WHO USED HEALTHPOWER! TO:



CLINICAL PREVENTIVE SERVICES

- 2 new National Clinical Reminders** for Pneumococcal Immunizations were released
- 2 new national reminders** for Hepatitis C Risk Assessment and Lab Testing were developed, with projected release in early 2015

- 2 new national reminders** for Tetanus Immunization were developed, with projected release in 2015
- Completion of an **Immunization Composite project** that was a joint effort between VA and Indian Health Service
- New VHA Guidance Statements:** Screening for Syphilis and Varicella Immunization
- Updated VHA Guidance Statements:** Screening for Hepatitis C, Screening for Osteoporosis, and Herpes Zoster Immunization
- Development of content for a future **patient-facing Internet page** for VHA Clinical Preventive Services



NCP'S ALGORITHM on meningococcal immunization, developed for VHA staff.

What They're Saying About

NCP's Clinical Preventive Services Guidance Statements

"In my opinion, [they're] the VHA's most helpful online resource by far."

—VA Physician, Robley Rex VAMC (Louisville, KY)—



Our programs highlight the VA's Integrity, Commitment, Advocacy, Respect, and Excellence (**ICARE**) and we

- Are committed, prepared, and equipped to meet the health care needs of Veterans and caregivers
- Strive for excellence in our work, products, and services for Veterans and caregivers
- Foster teamwork and innovation to achieve our mission for Veterans
- Communicate effectively in a professional, timely, thorough, and succinct manner

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 evidence-based health care practices.

NCP VISION

An all-encompassing culture of health promotion and disease prevention throughout the continuum of care that supports Veterans in achieving optimal health and well-being.

NCP MISSION

NCP advocates for health promotion, disease prevention, and health education. NCP advises VHA leadership on evidence-based health promotion and disease prevention policy. NCP provides programs, education, resources, coordination, guidance, and oversight for the field to enhance health, well-being, and quality of life for Veterans. To accomplish this mission, NCP partners with colleagues within and outside VHA.

“Keeping Veterans Well and Well-informed”

Linda S. Kinsinger, M.D., M.P.H.
Chief Consultant for Preventive Medicine

NATIONAL CENTER FOR HEALTH PROMOTION AND DISEASE PREVENTION

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U.S. Department of Veterans Affairs

Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention