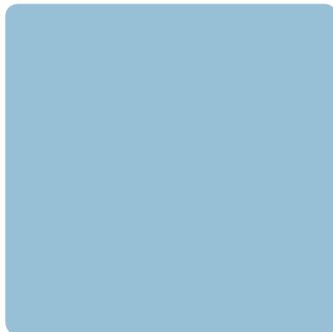
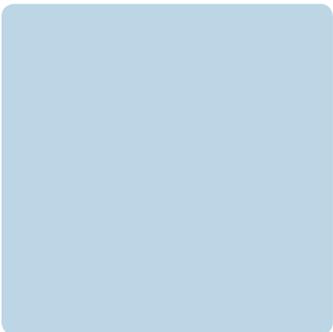
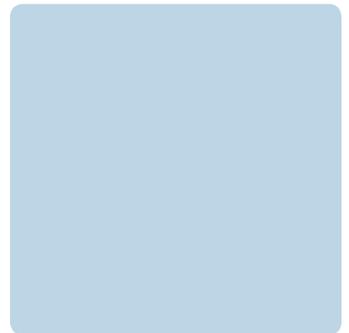
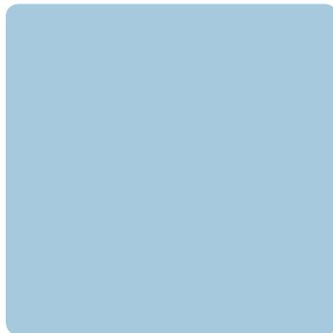


# 2009 Highlights

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

Office of Patient Care Services

[www.prevention.va.gov](http://www.prevention.va.gov)





# Message from the Chief Consultant

LINDA KINSINGER, MD, MPH, Chief Consultant for Preventive Medicine

FY 2009 was a very active year for the National Center for Health Promotion and Disease Prevention (NCP), a field-based national program office within the Office of Patient Care Services, VHA. As illustrated in this year's Highlights Report, our activities included the range of services in which national program offices engage: policy and program development, training, oversight, and evaluation. The six clinical sections of NCP briefly describe their activities in the pages that follow.

To guide our on-going and future work, we met together for a two-day retreat in May to develop new FY 2010-2013 Strategic Plan (available at: <http://www.prevention.va.gov/Publications.asp>). We made slight revisions to our vision and mission statements and added a new NCP catchphrase: "Keeping Veterans Well and Well-Informed." We think that describes our purpose very well. We then developed a set of goals, objectives, and strategies for the next few years to set the agenda for what we plan to accomplish. Our three over-arching goals are to:

1. Develop and promote evidence-based, person-centered health promotion, disease prevention, and health education policies and programs in the VHA.
2. Support the delivery of high-quality health promotion, disease prevention, and health education by strengthening systems in VA medical facilities.
3. Support partnerships within and outside VHA to increase the reach of health promotion, disease prevention, and health education services and activities.

Our planning efforts paid dividends when, later in the summer, we were asked to develop a comprehensive proposal for a major transformational prevention program for VHA, beginning in FY 2010. Because we had carefully thought through what we wanted to accomplish in the realm of health promotion, disease prevention, and health education, we were well-prepared to write the proposal. We'll have plenty to mention in next year's Highlights Report!

The new faces at NCP this past year were those of four UNC Preventive Medicine residents, each of whom did a several-month rotation with us, through support from the Office of Academic Affiliations. The residents included Drs. Rex Dancel, Jesse James, David Halpern, and Millie Long. We enjoyed their energy and enthusiasm as they worked on our clinical preventive services projects and, in return, they got great first-hand experience learning how the national prevention program office in the nation's largest integrated healthcare system functions.

We hope you enjoy reading these synopses of NCP activities for 2009. If you have any questions or would like more information, please don't hesitate to contact me or any of us here at NCP.

*Linda Kinsinger*

# Prevention Practice & Policy

LEILA C. KAHWATI, MD, MPH, Deputy Chief Consultant for Preventive Medicine

FY09 was the first full year of activity for the newly formed Prevention Practice and Policy section of the NCP.

In FY09, we requested formal reports from VHA facilities to take a fresh look at the status of field prevention programs and how we work with clinicians to improve and enhance prevention practice. The return rate was 97%, with the participants rating the NCP website as the most useful NCP product.

NCP PRODUCT	RATING (very or somewhat useful)
NCP Website	83.3%
E-Mail Updates	74.8%
Newsletter	72.8%
Monthly Calls	72.8%
Monthly Topics	71.3%

We continued our ongoing commitment to providing VHA staff and patients with good preventive health information.

**In FY09 we:**

- Released new, corresponding patient and provider brochures on cardiovascular-related clinical preventive services. Samples were sent to all facilities, are available online, and can be ordered through the VA Forms Depot.
- Continued our ongoing effort to provide “one-stop” preventive health information through our [www.prevention.va.gov](http://www.prevention.va.gov) Internet website. The site averages 353 visits daily (an increase from last year), with an average of 750 page views per day.
- Continued monthly national conference calls that keep clinicians updated with the latest prevention-related clinical and policy developments. Topics included newly released clinical preventive services recommendations from the US Preventive Services Task Force (USPSTF), VA prevention-related performance measures, and other aspects of health promotion and disease prevention.
- Conducted a conference for VHA staff in two locations: “Clinical Prevention Practice: Providing the Best Preventive Care Anywhere” was held in Arlington, Virginia and Denver, Colorado. Subject matter experts from the USPSTF, Department of Health and Human Services, and the VHA gave presentations and conducted workshops at each conference.

**Clinical Prevention Practice:  
Providing the Best Preventive Care Anywhere:  
April Conference - Arlington, VA**



“I think this subject material should be offered to all primary care providers! Great stuff!”

One of the goals for our section is to create a “one-stop shop” for the field for official guidance and other useful information on the provision of Clinical Preventive Services to Veteran patients. FY09 was a year of “behind the scenes” work related to this goal.

A new VHA Handbook, 1120.05, **Coordination and Development of Clinical Preventive Services**, was signed on October 13, 2009. It designates NCP as the VHA office responsible for coordinating guidance to the field on Clinical Preventive Services for Veteran patients and formalizes the role of the Preventive Medicine Field Advisory Committee. The PMFAC held its second face-to-face meeting in April, 2009 and had monthly calls the rest of the year.

The NCP and PMFAC uses the following process to develop and disseminate “**Clinical Preventive Services Guidance Statements**” for specific clinical services:

- Include the recommendations of the US Preventive Services Task Force (USPSTF) and the Advisory Committee on Immunization Practices (ACIP) as the basis for most clinical preventive service guidance statements, unless VHA or Veteran-specific issues would suggest a deviation from these recommendations.
- Collaborate with other VHA Program Offices that have a role in prevention and other VHA subject matter experts to refine and review statements.

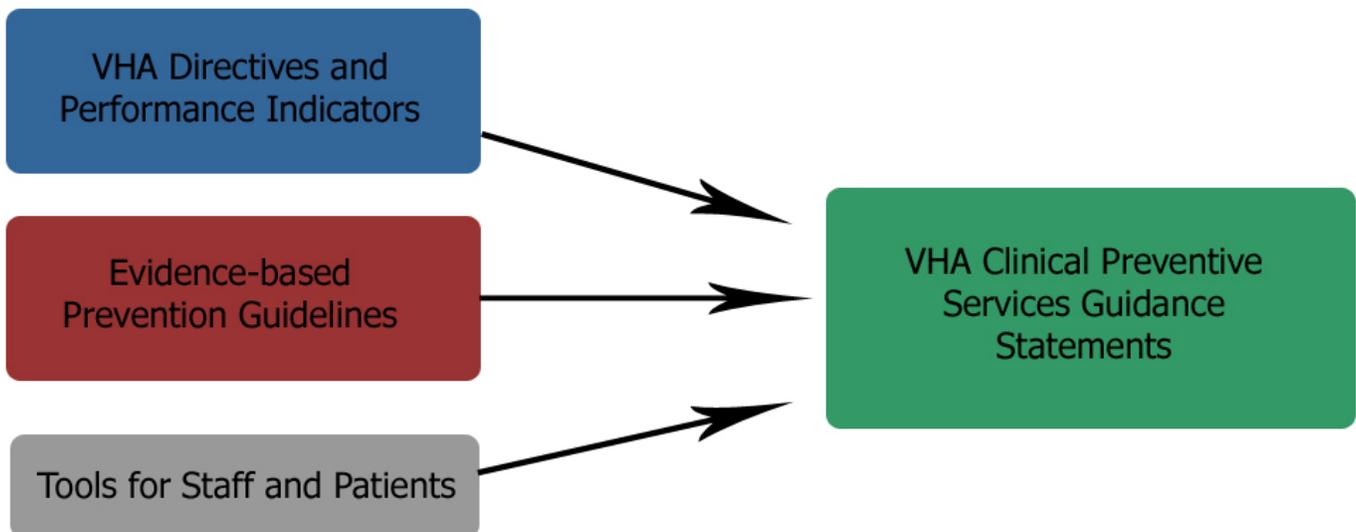
- Identify tools to support implementation.
- Approve statements by vote, after thorough deliberation and discussion.
- Solicit input regarding implementation from VISN Chief Medical Officers and VISN Preventive Medicine Leaders.
- Disseminate statements via the NCP website, announcements for email groups, and memoranda to the field.

To date, the PMFAC has approved the following Guidance Statements:

- Screening for Abdominal Aortic Aneurysm
- Screening for Lipid Disorders
- Aspirin for Primary Prevention of Cardiovascular Disease
- Tobacco Screening and Counseling
- Influenza Immunization
- Herpes Zoster (Shingles) Immunization
- Pneumococcal Immunization

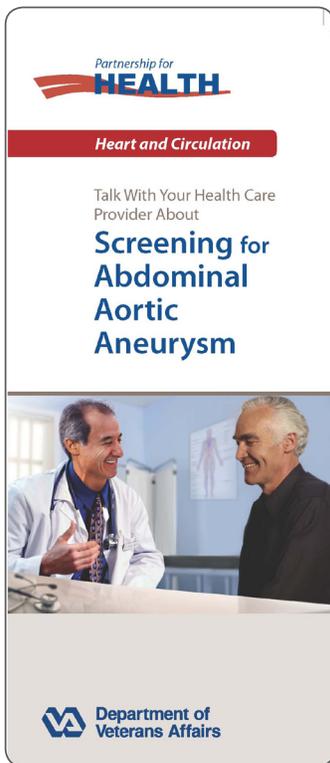
We have also worked collaboratively with other Program Offices within VHA on prevention-related projects:

- Participation in the new National Clinical Reminders Committee, which released two clinical reminders:
  - Influenza A (H1N1) Immunization
  - Screening for Abdominal Aortic Aneurysm
- Collaboration with multiple offices and My HealthVet (MHV) to review and revise the clinical reminders in MHV for patients

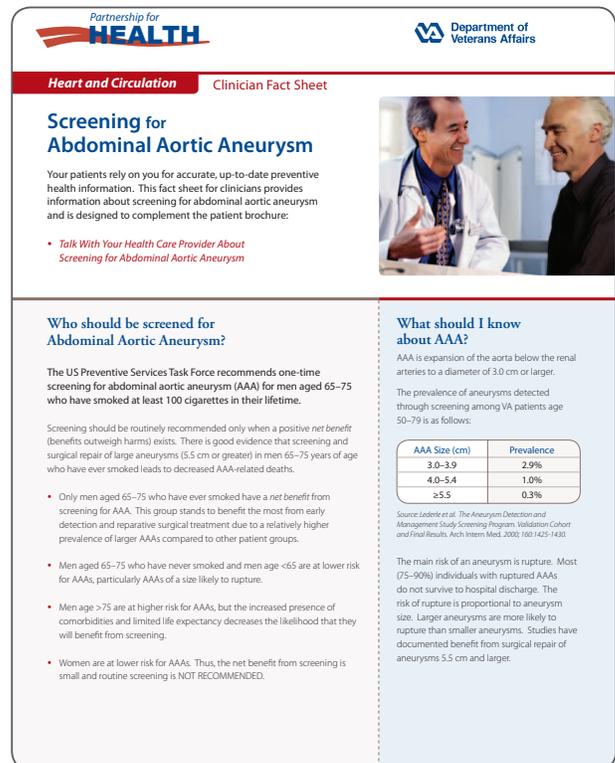


For FY2010, we will focus on:

- Further development and dissemination of Clinical Preventive Services Guidance Statements;
- Developing a user-friendly searchable database of the guidance statement content;
- Laying the foundation for the development of a Health Risk Assessment for Veteran patients, to be located in MyHealth<sup>e</sup>Vet and communicate with CPRS;
- Working collaboratively with VHA Primary Care and Nursing Services to facilitate the delivery of high-quality, evidence-based health promotion and disease prevention care to patients in the Patient-centered Medical Home Model; and
- Using results from the prevention report to redesign our programs to provide increased value to clinicians, through approaches such as offering continuing education credits for some conference calls.



Clinical Preventive Services Patient Brochure



Clinical Preventive Services Clinician Fact Sheet

# HealthierUS Veterans

SUE DIAMOND, RN, MSN, Program Manager, Community Health

FY09 was a year of outreach and partnership to promote the Eat Healthy—Be Active—Get Fit for Life message of the HealthierUS Veterans (HUSV) obesity and diabetes prevention initiative. Activities and events included:

- Partnership with Veterans Canteen Service on a campaign to promote the “Wise Up” meals of 600 calories or less, available in VA cafeterias. The campaign included a loyalty program (buy 9 meals, get the 10th meal free) and local prize drawings.
- Revision and implementation of an HUSV Field Report Form. This is a user-friendly electronic report form for field staff to report health promotion events, publications, and partnerships. Quarterly reports of the information entered into the report form are available on the HUSV website.
- The development and distribution of the **HealthierUS Veterans 2008 Mini Grant Digest**. This color digest includes descriptions and pictures of the 41 creative and innovative HUSV grant projects conducted at VA medical facilities, and provides examples for future Mini Grant applicant facilities.
- Establishment of a Memorandum of Understanding (MOU) between the Department of Veterans Affairs and the YMCA of the USA. The intent of the MOU is to support and encourage (to the extent authorized by law) local and regional VA medical facilities and YMCAs to enter into agreements to provide programming targeting the Veteran population.
- Partnership with the Veterans Canteen Service (VCS) to sponsor a national health promotion event, the **2009 Champions’ Challenge**. The Challenge was designed to help raise awareness of the Physical Activity Guidelines for Americans, released by the US Department of Health and Human Services in October 2008. The slogan for the Champions’ Challenge was **BE ACTIVE YOUR WAY VA!** and the Challenge goal was for participants to complete 150 minutes or more of moderate-intensity physical activity for 8 out of 12 weeks between March 29 and June 20, 2009. NCP and VCS coordinated a national launch of the Champions’ Challenge at the National Disabled Veterans Winter Sports Clinic in Snowmass, Colorado, and 174 local Champions’ Challenge coordinators had local kick-off events and ongoing promotion. The Challenge was a national success with:
  - 27,484 total registered participants
  - 43% completing the 3-week milestone
  - 31% completing the full 8-week Challenge goal



VCS sponsored a national prize drawing on July 28, 2009 and awarded 154 prizes valued at more than \$12,000. They also gave awards for:

**Best Overall Performance:** North Florida/South Georgia Health System

**Highest Veteran Participation:** Durham VAMC, Durham, North Carolina

**Highest Percent Employee Participation for a Small Medical Facility:** Jonathan M. Wainwright Memorial VAMC, Walla Walla, Washington

**Highest Percent Employee Participation for a Large Medical Facility:** William Jennings Bryan Dorn VAMC, Columbia, South Carolina

**Best Overall Employee Participation within a VISN:** VISN 6



- Exhibitions for HUSV, MOVE!, and other NCP programs at three VA National Rehabilitation Events: The National Disabled Veterans Winter Sports Clinic, The National Veterans Golden Age Games, and The National Veterans Wheelchair Games. These outreach events were an opportunity for NCP staff to meet, network, and talk with thousands of Veterans, their family members, and VA staff. The Veteran participants in these events demonstrate an ability to meet life's challenges head on, and a commitment to a physically active lifestyle despite disability or age.

#### Plans for FY 2010

- Evaluate, revise, and define a strategic direction for the HealthierUS Veterans Initiative
- Assist in the implementation of the Preventive Care Program transformational initiative
- Continue to pursue a broad range of partnerships within and outside VHA to promote healthy lifestyle behaviors among Veterans



“The Champions’ Challenge set up the ground work for me. It gave me the discipline for the fitness I wanted and, best of all, through this discipline I have an active lifestyle. What a great way to get off my duff and get buff!”

*Quote from an essay written by Kathleen Yapuncich, Program Support Clerk in the*

*VA Health Administration Center in Denver, CO*

## Be **ACTIVE** Your Way VA!

### 2009 Champions’ Challenge

**March 29, 2009-June 20, 2009**

**Register Online:** [www.move.va.gov/challenge.asp](http://www.move.va.gov/challenge.asp)

**Goal:** Complete **150** minutes or more of moderate intensity physical activity for at least 8 out of 12 weeks during the challenge.

Earn milestone prizes along the way. All participants who complete the challenge will be eligible for entry into a national prize drawing sponsored by Veterans Canteen Service

**National Kick Off**

**When:** March 29 - April 3, 2009

**Where:** National Disabled Veterans Winter Sports Clinic  
Snowmass, Colorado

VA is a proud supporter of the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans.

# Health Promotion and Employee Wellness

RICHARD HARVEY, Ph.D., Program Manager, Health Promotion and Employee Wellness

Interest in employee wellness in VHA and the federal government increased significantly in FY2009. VISN 23 implemented a pilot employee wellness program in all its medical centers, and each facility has a Health Promotion and Disease Prevention Coordinator to implement the program and provide coaching to employees. President Obama directed the US Office of Personnel Management (OPM) and the US Office of Management and Budget (OMB) to determine the current status of employee wellness programming in the federal government, and to make plans for establishing such programs throughout all government departments. Interest in health promotion for VHA patients also strengthened this year.

- NCP hosted well-attended employee wellness conference calls every two months. Topics included wellness coaching, outstanding examples of VHA employee wellness programs, farmers' markets, examples of wellness programs at other federal agencies, and new wellness initiatives at the federal level.
- Conference calls with the NCP Employee Wellness Advisory Council were also held every two months. The Council contributed ideas, opinions, and wellness materials for the wellness pages on the NCP website, and for centralized planning.
- Helpful support to wellness leaders in the field was provided through frequent email and telephone contact.
- Web pages on both the NCP Internet and intranet sites provided the field with helpful programming materials on a wide variety of topics.
- Presentations on employee wellness were made to the VISN 23 Health Promotion/Disease Prevention pilot project meeting, and to the American Federation of Government Employees (AFGE) Safety Conference.
- Promotional materials and support were provided to the field for the 2009 National Employee Health and Fitness Day held on May 20, 2009.
- Continued support and guidance were offered to the VISN 23 Employee Health Promotion/Disease Prevention pilot project

through participation on its Steering Committee. The pilot project is operated by the VHA Office of Occupational Health, Safety, and Prevention Strategic Healthcare Group.

- NCP was an active participant on the VA Employee Health and Wellness Committee, hosted by the Worklife and Benefits Division of the Office of the Assistant Secretary for Human Resources and Administration. The Committee is working on establishing an employee wellness program that will be available to all VA employees.
- NCP also continued active participation in the Employee Wellness Policy Review Committee at the US Office of Personnel Management (OPM). Relevant recommendations were submitted in person at a meeting with the OPM Director, who expressed his enthusiasm and commitment to initiate wellness programming throughout all government departments.
- NCP was interviewed for an article on employee wellness programs in federal government, which was published in Government Executive magazine. The article was read by leaders at OPM, the US Office of Management and Budget (OMB), and elsewhere, resulting in a request to NCP from OMB to provide consultation on employee wellness.
- NCP is chairing an EES planning committee, which is working on establishing a standard national curriculum for training VHA staff in evidence-based motivational communication skills and behavior change strategies. Plans include training a wide spectrum of VHA clinicians over a period of several years. These skills are an integral part of the abilities required of staff functioning in the new VHA patient-centered medical home model, and enhance clinician effectiveness in many other treatment venues as well. The curriculum will be part of the training provided to medical home staff through the Learning Centers being established as part of that initiative.

## For FY10, NCP will:

- Continue its support of and guidance to employee wellness leaders in the field, with enhanced program recommendations and resources.
- Participate in preparing an employee health promotion guidebook with the VHA Occupational Health, Safety, and Prevention Strategic Healthcare Group.
- Continue its active participation in employee wellness initia-

tives at the VA and throughout the federal government.

- Lead the motivational communication and behavioral strategies national staff training initiative.
- Actively participate in the Training and Education subcommittee of the medical home strategic planning group.

## Research & Evaluation

LEILA C. KAHWATI, MD, MPH, Deputy Chief Consultant for Preventive Medicine

In FY09, the Research and Evaluation section provided support for various center-related evaluative activities including:

- Continued surveillance of the obesity screening performance measure and weight management treatment supporting indicator in collaboration with the VHA Office of Quality and Performance.
- Enhanced facility and VISN specific evaluation reports related to the MOVE! Program.
- Development of a detailed evaluation plan for implementation in FY10 that will result in an infrastructure that can provide facility-level weight change outcomes.
- Development of a detailed plan to conduct virtual site visits at a subset of facilities related to the MOVE! Program. This will help us gain a better understanding of the MOVE Program structures and processes that are related to patient outcomes.
- Development and initial pilot testing of a postal survey for patients who have received MOVE! weight management treatment.
- Development and initial validity testing on a patient-level composite prevention performance measure.
- Fielding several surveys including the MOVE! Annual Report and the periodic facility Prevention Program Report.

Employees from all NCP sections continue to collaborate with VHA researchers on a variety of prevention-related studies. NCP employees authored or co-authored several articles that appeared in the peer reviewed literature including the following:

Kinsinger LS, Jones KR, Kahwati L, Harvey R, Burdick M, Zele V, Yevich SJ. Design and dissemination of the MOVE! Weight-Management Program for Veterans. *Prev Chronic Dis.* 2009 Jul;6(3):A98. Epub 2009 Jun 15.

Arterburn D, Livingston EH, Schiffner T, Kahwati LC, Henderson WG, Maciejewski ML. Predictors of long-term mortality after bariatric surgery performed in Veterans Affairs medical centers. *Arch Surg.* 2009 Oct;144(10):914-20.

Anderson LM, Quinn TA, Glanz K, Ramirez G, Kahwati LC, Johnson DB, Buchanan LR, Archer WR, Chattopadhyay S, Kalra GP, Katz DL; Task Force on Community Preventive Services. The effectiveness of worksite nutrition and physical activity interventions for controlling employee overweight and obesity: a systematic review. *Am J Prev Med.* 2009 Oct;37(4):340-57.

Kinsinger LS, Van Riper J, Straits-Tröster K. Advocacy for veterans within the Veterans Health Administration. *N C Med J.* 2009 Mar-Apr;70(2):159-62.

**FY10 activities planned include:**

- A large postal survey of patients who have received treatment with MOVE!.
- Further development and refinement of quality measures related to MOVE! treatment.
- Virtual site visits of the MOVE! Program at 22 facilities.
- Data support for VHA clinical preventive services guidance statement development and the VHA Prevention Program transformational initiatives.
- Continued collaboration with our research colleagues.

# Veterans Health Education and Information (VHEI)

ROSE MARY PRIES, DrPH, Program Manager

The Office of Veterans Health Education and Information (VHEI) continued to work with VACO and field partners to emphasize programs and services to promote health education. In FY09, VHEI focused on the needs of Veterans and family members, the clinicians who provide health education services, and the systems needed to support these efforts. VHEI's work contributes to Veteran-centered care; supports the field in achieving enhanced clinical outcomes and meeting The Joint Commission standards; and addresses the patient satisfaction, patient safety, and health literacy needs of Veterans and family members.

One of VHEI's most exciting projects in FY09 was distribution of NCP's first **handbooks on health education**, developed in close collaboration with key VACO program offices and experts from the field.

- **Veterans Health Education and Information Core Program Requirements, VHA Handbook 1120.04**, guides the field in establishing the critical functions and the organizational elements needed to support health education at the VISN, VAMC program, and patient-clinician levels.
- **Patient Health Education Procedures for Accreditation by The Joint Commission, VHA Handbook 1120.03**, assists facilities to meet The Joint Commission patient education standards and requirements. In FY09, VHEI designed 4 Employee Education System satellite broadcasts and 18 resources and tools to assist facilities with accreditation processes related to patient education. These resources are available on the VHEI website: [http://vaww.prevention.va.gov/Veterans\\_Health\\_Education\\_and\\_Information.asp](http://vaww.prevention.va.gov/Veterans_Health_Education_and_Information.asp).

**VHEI continues its commitment to support the field-based Veterans Health Education Network**, consisting of the Veterans Health Education Coordinators at each facility. This support is exemplified by the two-way communication between the

Network and VHEI and the enthusiasm of Network members to participate in all aspects of VHEI's work. VHEI:

- Offered consultation and technical assistance on health education to both the field and VACO clinical program offices.
- Provided the field with a Model for Health Education Programming, which describes the four stages of programming (assessment, planning, implementation, and evaluation) at the facility, program (for specific diseases/conditions and patient populations), and patient-clinician levels.
- Conducted monthly hotlines and quarterly conference calls with the field Network.
- Produced and distributes the quarterly newsletter, Patient Education in Primary Care.

The **VHEI Health Literacy Project** exemplifies VHEI's ability to scan the health care horizon for emerging trends that will support the highest quality care for Veterans. In FY09, The VHA Universal Services Task Force Report, *Veterans Health Care: Leading the Way to Excellence*, specifically emphasized the importance of health literacy as VHA moves to Veteran-centered care. This complex project, which began in FY08, resulted from a partnership with the Health Literacy Program, Harvard University School of Public Health. In FY09, VHEI completed work on content development for the two remaining courses of the Health Literacy Project. In addition to the course on environmental health literacy, the remaining courses are:

- Guidelines to help clinicians select or develop print materials to enhance health literacy for all patients.
- A web-based learning course that offers clinicians communication skills to enhance patient and family member health literacy, because even the best print materials can never replace effective patient-clinician interactions.

In FY09, VHEI led the planning committee that developed a system-wide New Patient Orientation Program to help new VHA enrollees receive the information they need for optimal access to and use of healthcare services. The New Patient Orientation Program was developed in collaboration with key VACO and field stakeholders, and field-tested in 9 facilities. Pending final review and approval by key VHA decision makers, the New Patient Orientation Program toolkit will be released to the field. The Program permits facilities to orient new enrollees in a Veteran-centered way that offers consistent information tailored to each Veteran's preferred facility. The Program also stresses active involvement of patients in their care, and promotes healthy behaviors.

VHEI collaborated with the Employee Education System (EES) to conduct the highly successful program, **Patient Education: TEACH for Success Program**. TEACH promotes Veteran-centered care by enhancing VHA clinicians' counseling and communication skills. VHEI sponsored a TEACH train-the-facilitator conference.

Other important activities of VHEI in FY09 included:

- A series of conference calls to guide the Veterans Health Education Network on the contents and use of VHA Handbook 1120.04, Veterans Health Education and Information Core Program Requirements.

- Working with the National Center for Patient Safety on their Safe Care Campaign.
- Consulting with the VHA Cancer Care Collaborative, resulting in formation of a Patient Education Advisory Committee.
- Leading the My HealtheVet Patient Education Subgroup which created new Healthy Living Centers and assisted in developing new health education content.
- Creation of a VA/Department of Defense education curriculum for caregivers of Active Duty Service Members and Veterans with severe Traumatic Brain Injury.
- Consulting on VHA system requirements for bedside monitors, which will deliver health education and promote more effective communication between hospitalized Veterans and the inpatient staff.
- Consultation with VACO clinical program offices to develop educational materials to meet the specific needs of Veterans.

Plans for FY10 include:

- Development of a Transformation Initiative Veterans Health Library that will promote Veteran-centered care. This comprehensive Library will offer health education resources in a wide variety of formats including print, electronic, and social media. We anticipate that the Library's resources will be available to VHA clinicians via CPRS, to facilitate inclusion and documentation of the health education provided during each clinical encounter.
- Continuing support and technical assistance to the Veterans Health Education Network.
- Alpha testing of the three Health Literacy courses and subsequent posting of these accredited courses on the EES Learning Management System.
- Implementing a formal process to orient new Veterans Health Education Coordinators.
- Developing more system supports across all levels of VHA to promote health education.



*Patient Education: TEACH for Success...*

*"A VA educational opportunity where I felt my time was completely well spent."*

# MOVE!

KENNETH R. JONES, Ph.D, National Program Director for Weight Management/MOVE!

FY09 saw continued expansion of the MOVE! Weight Management Program for Veterans (MOVE!). Program monitoring showed the following:

- Per Office of Quality and Performance data, a national average of 88% of patients had their height and weight assessed and those patients identified as being at weight-related risk were offered participation in MOVE!. For FY 2010, this performance measure becomes a health indicator in the prevention composite measure, with a benchmark of 90% for all facilities.
- The total number of patients receiving MOVE! care since 2005 increased to over 200,000, with over 80,000 new patients entering MOVE! in FY 2009. In August of 2009, the total number of clinical encounters for MOVE! topped 1 million.

The MOVE! team partnered with many different groups in FY09 to improve the health of Veterans. The MOVE! team:

- Partnered again with the HealthierUS Veterans Initiative and Veterans Canteen Service, to co-sponsor the Champions' Challenge to promote increased physical activity. More than 27,000 Veterans, staff members, and others participated in the program which was hosted on the MOVE! web page.
- Continued to partner with Department of Defense (DoD), which tested US Army MOVE! in DoD military treatment facilities. We assisted the US Army in preparing for a worldwide deployment of MOVE! in FY 2010.
- Developed a centralized telephone coaching support system called "MOVE! Telephone Lifestyle Coaching" (MOVE! TLC) and initiated a quality improvement project with VISN 2 and

the VISN 2 Center for Integrated Healthcare. MOVE! TLC includes patient self-management guides and scripted dialogues for health coaches.

- As a result of a long-term collaboration with the Office of Telehealth Services, developed a program of MOVE! care for home messaging devices. In September 2009, a phased deployment began at the Tampa, Florida VAMC.
- Partnered with Employee Education Services and Nutrition and Food Services to conduct regional MOVE! training conferences in Boston and Denver. The training covered basic MOVE! care, new program developments, and overviewed MOVE! from self-management support to bariatric surgery. Both meetings had maximum attendance and received excellent evaluations from participants.
- Worked with the Office of General Counsel to register MOVE! as a service mark with the US Office of Patents and Trademarks.

In FY10, MOVE! will:

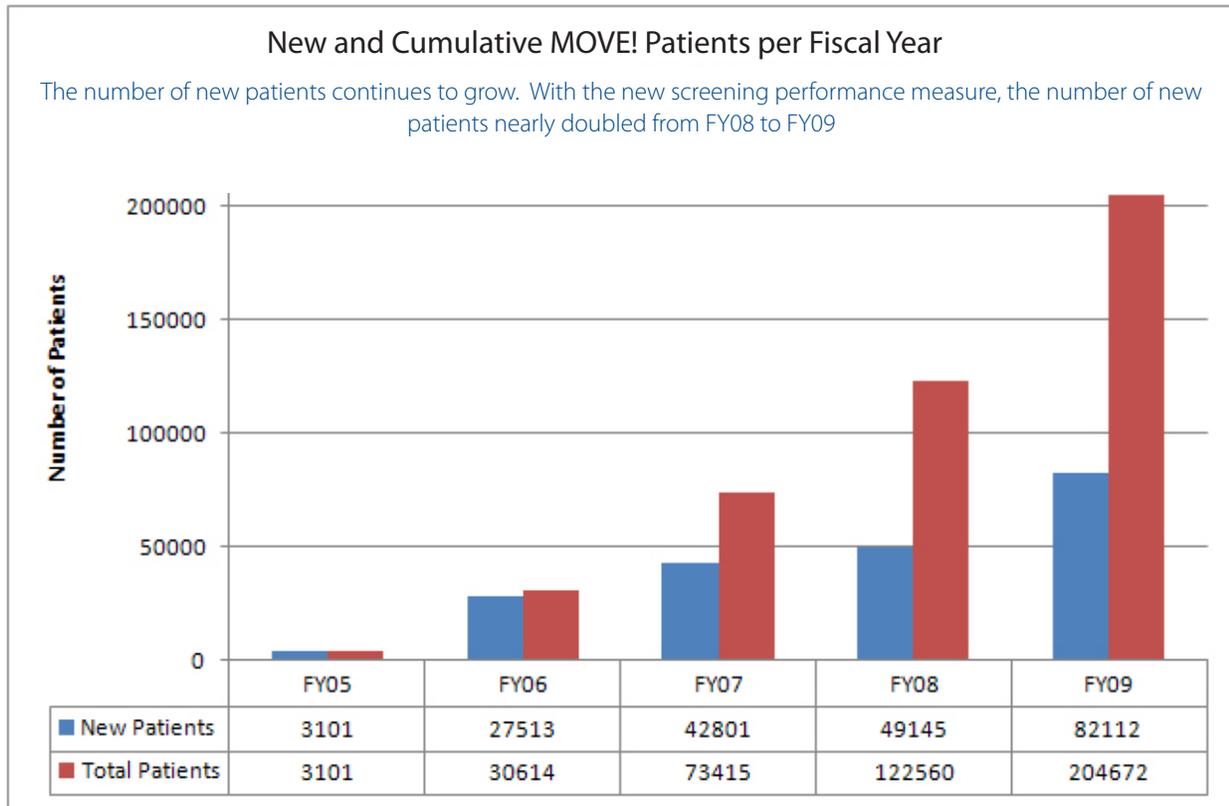
- Continue to support the implementation of the home messaging version of MOVE!
- Complete the MOVE! TLC quality improvement project and provide guidance to facilities that wish to initiate MOVE! TLC.
- Work with others to develop online self-management tools for MOVE! in a concept called "eMOVE!".
- Partner with EES to offer online MOVE! training to clinicians on the Learning Management System.
- Expand our efforts to inform the field by hosting televideo presentations on salient weight management topics.



Dr. Louis Aronne, keynote speaker at the conference, "MOVE! Forward Together"; Dr. Vivian Sanchez, Bariatric Surgeon at Boston VAMC



VISN 16 MOVE! team during the strategic planning session



“My husband has struggled with weight since leaving the military many years ago. A couple of years ago, after some cardiac problems, he was instructed to weigh daily and call in if his weight shifted more than 3 lbs. He did buy some scales, but then quickly declined to get on them. ... Last night he came home from his MOVE appointment, explained to me why some recipes he’d gotten for Thanksgiving were healthy, and said, ‘Ask me how much I weigh!’ WOW! For the first time in years, he is under 300 lbs. I believe he’s lost 5% of his body weight. He is in charge and he is doing it! A huge THANK YOU to the National Program Office for the vision of implementing this program and a MAGNIFICENT THANK YOU to the staff at the Grand Junction VA Medical Center.”

*—Comment from the spouse of a Veteran*





Linda S. Kinsinger, MD, MPH  
*Chief Consultant for Preventive Medicine*

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