

Health *POWER!*

Prevention News • SPRING 2015



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The color that I most associate with early spring in this part of the Southeast is not green, but yellow. Why, you ask? Well, that's because if you run your finger over your car door or hood in early to mid-April here in central North Carolina, you'll see a fine, but noticeable coat of light-yellow pine pollen. Produced by the billions by the numerous loblolly and shortleaf pines in this area, these microscopic particles dust everything outside—windows, houses, sidewalks, roads, even clothes—for a period of 2 to 3 weeks. During this period, an individual loblolly pine, for example, can shed as much as 5 pounds of pollen, which can be detected as far as 25 miles out to sea and hundreds of feet in the sky. Now that's a "dissemination plan" to be proud of!

Likewise, this issue of *HealthPOWER!* is a great way for us to spread the word—to a variety of Department of Veterans Affairs (VA) audiences—about the National Center for Health Promotion and Disease Prevention's (NCP's) excellent resources and the exceptional care that Health Promotion and Disease Prevention (HPDP) staff are providing

to patients in the Veterans Health Administration (VHA).

Our feature story is about the recent launch of the MOVE!® Coach, a mobile application (app) that provides Veterans the tools and information they need to successfully self-manage their weight, when and where they want to. We also discuss an evaluation of NCP's *Patient Education: TEACH for Success (TEACH)* training, which continues to demonstrate its value for clinicians in VA Medical Centers (VAMCs). Recent, comprehensive updates to the MOVE! Group Sessions are outlined that NCP staff believe will give Veterans the best chance of reaching their weight loss goals. Lastly, we highlight another "bright spot" from the field—an HPDP staff member's success in promoting NCP's Clinician Coaching, Facilitation, and Presentation Skills training to clinicians back at her local facility.

As we have in previous newsletters, we include news you can use, as well as some laudatory quotes from VHA staff. And we close this issue with one Veteran's story of weight loss and better health using MOVE! Coach, "the only thing that's worked" for him in a decades-long struggle with weight.

So enjoy this issue, and thanks for helping us get the word out about all the good things that NCP and HPDP staff are contributing to Veteran care.

Ted Slowik

MOVE!® Coach: Veterans Going Mobile to Meet Weight Goals

Veterans looking for a portable way to participate in VA's MOVE! Weight Management Program now have a new option: the MOVE! Coach mobile application (app). Known as "MOVE! Coach," the app launched on February 3rd after completing final development and recent national testing.

Designed to help Veterans independently manage their weight, MOVE! Coach guides users through a 19-week program, providing all the tools and information they need for success. Getting the app is simple, too. It's currently available for download from the Apple App Store, and all Veterans need to use it is an iPhone or iPad with iOS version 6.0 or higher.

User-Friendly

"Because Veterans use MOVE! Coach on their personal electronic devices, they can manage their weight when and where they want," explains Lynn Novorska, MOVE! Dietitian Program Coordinator at VHA's NCP and the MOVE! Coach Project Leader. "It's geared toward Veterans, and the self-guided program helps them set, track, and achieve all of their individual physical activity, nutrition, and weight management goals. And if VA patients want more support with MOVE! Coach, partnering with a provider to use the app may also be an option."

Personalized

Novorska says that MOVE! Coach was designed and field-tested specifically with Veterans in mind. It addresses their most common weight management needs, yet also has features that can benefit anyone. MOVE! Coach's specialized guides and videos show users how to get and stay healthy. Diaries help them track their weight, food, and exercise each day. Individualized graphs and summary reports help them monitor things like weight loss, calories, and physical activity over the long term.

Additionally, MOVE! Coach offers a variety of interactive features that make it easier to succeed. The app provides educational videos, including 11 on physical activity, games and worksheets, calculation tools that help guide users on physical activity and weight loss goals, and assistance with problem-solving. These features assist users in setting goals, helping them overcome common challenges and leading to improved health and weight.



Meeting Needs

Veterans need not worry if they haven't tried a mobile app before. NCP has developed resources to give them support to effectively use MOVE! Coach. In addition to 'Help' pages in the app (see inset), links are provided to additional sites where they can find more information on downloading the app, get answers to questions, contact a help desk, and provide feedback.

"We developed a *Learn More about MOVE! Coach* page on the MOVE! Web site, and partnered with VA Mobile Health on a training site," says NCP's Dr. Susan Raffa, National Program Director for Weight Management. "These links can give Veterans the additional support they need to get the most out of this virtual MOVE! care."

Enhanced Care

Raffa adds that *MOVE! Coach with Care* is another option that allows MOVE! Coach users to enhance their experience with the app. This new clinical program lets them check-in with their provider through a series of visits, telephone calls or secure messages. "*MOVE! Coach with Care* offers Veterans all of the benefits of the app," she says, "with the added value of connecting Veterans with a VA health care provider."

Novorska and Raffa believe that MOVE! Coach is a great example of how VA and NCP are helping Veterans take charge of their weight, health, and well-being. “We’re really excited that they’re now able to learn more about MOVE! Coach, download the app, and start achieving their weight and health goals,” explains Novorska. “Now Veterans can ‘Go Mobile and Get MOVE!-ing’ with MOVE! Coach!”

To learn more about the MOVE! Coach app and download it, go to the **Learn More About MOVE! Coach** page on NCP’s MOVE! Internet page at: <http://www.move.va.gov/movecoach.asp>

To **download the MOVE! Coach app** on your iPhone or iPad:

- Use this direct iTunes store link <https://itunes.apple.com/us/app/id878356988?mt=8>, or
- Download from the Apple App Store by selecting the “iPhone Only” filter, and searching for “move coach” in the search box.

To get additional MOVE! Coach training materials, such as a Quick Start Guide, slideshow, and FAQs, go to the **VA MobileHealth Training Site** at: <https://mobile.va.gov/training/move-coach>

To get more information about **VA’s MOVE! Weight Management Program for Veterans**, go to: <http://www.move.va.gov/index.asp>.



VISN 19 Network Director Ralph Gigliotti (l), NCP’s Sue Diamond (c), and VA Secretary Robert McDonald (r), help a Veteran get ready to hit the slopes at the 2015 National Disabled Veterans Winter Sports Clinic

Value and Application of NCP's *Patient Education: TEACH For Success* Training Confirmed in Recent Evaluation

A three-level evaluation of the FY13 *TEACH* Facilitator training revealed that participants were satisfied with the training and able to successfully apply it in their local facilities, according to NCP Health Educator, Becky Hartt Minor, M.A.

Good Scores

"We typically assess recent, face-to-face *TEACH* Facilitator training programs for participant satisfaction, learning, and skill acquisition. A Level III Evaluation further assesses application of skills and their impact on the job," she says. "In Level I and II Evaluation, *TEACH* results are, on average, usually high. So, in the assessment at the three levels of evaluation, it's great to see the Facilitator training scored really well with survey respondents and that application of skills and impact on Facilitator job skills is high, too."



This specific Facilitator training program, which was held in New Orleans in late July 2013 and was attended by 28 local staff from multiple VHA

facilities, is designed to provide key Preventive Care staff with Veteran-centered health education, coaching, and facilitation skills. Through 3 days of classroom-based sessions, the Veterans Health Educator Coordinator (VHEC), Health Behavior Coordinator (HBC), and HPDP Program Manager participants worked with actual clinical case vignettes. They also had multiple opportunities for peer-peer skill practice designed for educating and coaching patients, with targeted feedback. At the conclusion of this training, participants were expected to be able to:

- Describe the key content in each of the five units of the health education, health coaching, and Veteran-centered communication skills course, demonstrate achievement of *TEACH* objectives, and identify critical skills to facilitate the course (*Level 2*)
- Demonstrate facilitator skills for the portions of the course they have opportunities to present during the program, and develop a plan to implement the course at their facilities (*Level 3*)

High Satisfaction

Upon completion of the training, the Facilitators are encouraged to provide their local Patient-aligned Care Team (PACT) colleagues with evidence-based health education and coaching skills to help them better partner with Veterans in self-management of chronic conditions, health behavior change, and healthy living.

Role	No. of Respondents (%)
VHEC	11 (47.8)
HBC	8 (34.8)
HPDP PM	4 (17.4)

"Within 30 days of the July 2013 program completion, 27 of the 28 participants completed online surveys about their overall satisfaction with the *TEACH* training," says Hartt Minor. "Across the board, they were very satisfied. All of them chose either 'Strongly Agree' or 'Agree' on all the satisfaction items—an overall mean of 4.69 on a 5-point scale." The respondents also reported they had a successful learning experience with the training, with 96 percent marking either "Strongly Agree" or "Agree" across all learning items, for an overall mean of 4.42.

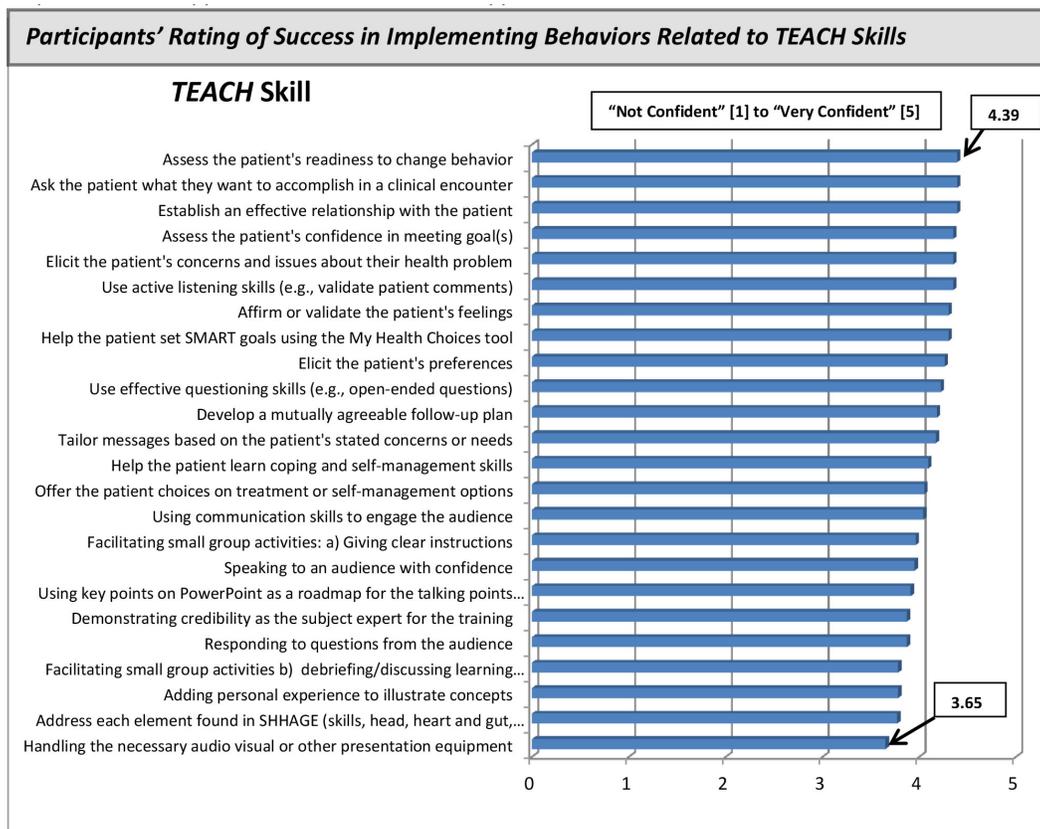
Occupational Category	No. of Respondents (%)
Dietitian	1 (4)
Educational Specialist/Health Educator	8 (34.8)
Nurse/Advanced Practice Nurse	2 (9)
Nurse/Registered Nurse	8 (35)
Psychologist/Clinical Psychologist	9 (39)
Other Clinical/Non-Clinical Staff	2 (9)

Following the training program, 23 (82 percent) participants completed follow-up online surveys 6 months after completion of the course, on the impact that the training had on their jobs. Respondents reported that they were able to apply the *TEACH* skills learned from the programs, with a mean response across all items of 4.10. Moreover, 91 percent had collaborated with the *TEACH* Training team in their facility since attending the facilitator training, and 81 percent of the respondents reported serving as faculty for *TEACH* programs. Of those, one-third said they had facilitated two local programs at their facilities.

Future Enhancement

“The top three barriers that respondents faced in applying their new *TEACH* skills were having other staff value the program, having administrative support for the program, and having the facility resources—space, equipment—needed to facilitate the training,” reports Hartt Minor. “Respondents reported the three most important enablers to successfully applying their training were having a supervisor who supported their facilitator role, opportunities and the motivation to facilitate the training, and support from the *TEACH* training team.”

In the future, NCP staff are looking at a number of ways to assist *TEACH* facilitators as they apply their new skills in local settings. “Increasing efforts to promote and facilitate local supervisors’ buy-in to *TEACH* will help, as will further training of *TEACH* facilitators to serve as clinician coaches. Both are critical components of NCP’s approach for implementing Veteran-centered communication skills training for PACT clinicians,” explains Hartt Minor. “Along with follow-up ‘coaching’ of clinicians to apply *TEACH* skills in actual encounters with Veterans, we’re investing in developing an online supplemental resource in support of *TEACH* skills for both Facilitators and clinical staff who have taken the local program. With this, we think we can even further enhance facilitators’ satisfaction and local promotion and application of *TEACH* skills.”



What They're Saying About: TEACH Training

"TEACH facilitator training was exceptional. I can't say enough good things about it. I'd been waiting for a long time to get it, and I am thrilled that I'm now trained and able to co-facilitate TEACH for our facility."

"The TEACH Training Team was awesome! I appreciated the constructive feedback during mock presentations."

"The TEACH training was very well done..."

"The TEACH trainers were really good and the practices we did that day were invaluable."

Comprehensive Update: NCP Enhances MOVE!® Program Group Sessions for Veterans

Based on the preliminary findings of the VA's Diabetes Prevention Program (DPP) demonstration project and newly published VA/Department of Defense (DoD) Clinical Practice Guideline (CPG), VHA's NCP has enhanced the MOVE!® Group Sessions that support a comprehensive lifestyle intervention for weight management.

"The updates to the Group Sessions will provide even more support to Veterans who want to manage their weight within the MOVE! framework," explains Dr. Susan Raffa,

NCP's MOVE! National Program Director. "Along with other components such as TeleMOVE! and Be Active and MOVE!, the enhanced Group Sessions will offer patients another option in support of an evidence-based approach to weight management."

Why Update?

The program's format and curriculum changes reflect current evidence, including the early success of the nearly complete 2-year DPP project, which assessed the value of a VA version of the national DPP in lowering the diabetes risk for a group of Veterans diagnosed with pre-diabetes.

Also incorporated in the program are the 2014 VA/DoD CPG for Screening and Management of Overweight and Obesity (<http://www.healthquality.va.gov/guidelines/CD/obesity/>) and the 2008 Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines/guidelines/>).

"This update—the first for the Group Sessions since their development in 2006—began in December 2013 and coincides with the revision of all 128 MOVE! Program handouts," says Susi Lewis, NCP's MOVE! Special Projects Coordinator for Clinical Resources. "The comprehensive update reflects a collaborative effort that included staff from the NCP's MOVE!

team, field clinicians, researchers, VA Quality Enhancement Research Initiative (QUERI) colleagues, and others across VHA.*”

How's It Different?

The enhancements to the Group Sessions also were driven by the latest research on weight management. The total number of sessions, for example, was increased from 12 to 16 based on DPP results and the CPG recommendation of at least 12 contacts over 12 months. The sixteen-session program now has a fixed start and end date, and enrolls a “closed” group of Veterans who start and finish the program together to increase cohesion and camaraderie. Additionally, a consistent coach (facilitator) for all of the sessions and the participation of a behavioral expert (e.g., the facility’s HBC) are recommended to

improve patient outcomes. Importantly, the enhancements are aimed at all obese or overweight patients, not just those with pre-diabetes who comprised the DPP population.

Engaging, Interactive

The basic framework of the updated Group Sessions is designed to facilitate an interactive group experience for participants. “The facilitator is guided to lead an engaging group session rather than share information in a more standard lecture format,” explains Raffa. “There are also more opportunities for using Motivational Interviewing (MI) techniques, health coaching skills, group facilitation practices, and *TEACH* concepts.” Additionally, session content now intentionally alternates between diet, behavior, and activity topics for the first 12 sessions. The final

four sessions, by contrast, are behaviorally focused to help prepare participants for successful post-program weight maintenance.

Other elements of the 60-minute Group Sessions are enhanced and structured to support Facilitator and participant success. Each session includes a check-in, overview, outline, objectives, and discussion topics, as well as a session recap, goal- and action-planning, and homework. The sessions now emphasize more self-monitoring, which is achieved through participants’ daily weigh-ins and food and activity diaries. The new “5 Minute Move” breaks not only help participating Veterans get active and stretch during each session, they also improve overall attentiveness, participation, and results.

Enhanced MOVE! Group Sessions

GS00 - Facilitator/Coach Guidelines

GS09 - Fine Tune Your Physical Activity

GS01 - Ready, Set, Goals

GS10 - Overcome Weight Plateaus

GS02 - Eat Wisely To Tip The Balance

GS11 - Finesse Your Food

GS03 - Be Active To Tip the Balance

GS12 - Pump Up Your Physical Activity

GS04 - Take Charge Of Your Weight

GS13 - Dust Yourself Off

GS05 - Go Good Fat

GS14 - Keep It Positive

GS06 - Get Fit For Life

GS15 - Conquer Triggers And Cues

GS07 - Manage Stress And Handle Hunger

GS16 - Maintain Your Momentum

GS08 - Dine Out Successfully

New Resources

Updates to the resources available to MOVE! providers are also an important part of the program changes. Each session now includes a list of electronically hyperlinked resources, as well as suggestions for handouts and videos to support each session's content. Resources may be selected based on groups' needs and preferences to optimize participants' experiences. The *Facilitator/Coach Guidelines*, for example, is a particularly valuable companion resource for facilitators, coaches, and guest speakers to use prior to delivering a group session. It offers general guidelines for leading groups, tips for successful group facilitation, a review of the overall format of each session and the evidence to support it, and a planning checklist.

"The program objectives for the new Group Sessions include participants achieving at least a 5- to 10-percent weight loss and getting 150-300 minutes or more of physical activity per week," says Raffa. "We believe that the enhancements to the sessions will give Veterans the best chance at reaching these goals."

Check it out....The new MOVE! Group Sessions are now available electronically at: <http://www.move.va.gov/GrpSessions.asp>

Questions? Contact the MOVE! Team at www.move.gov or call the MOVE! Hotline at 1-866-979-MOVE.

**Contributors included NCP's Dr. Linda Kinsinger and MOVE!*Team, Ann Arbor HSR&D (Dr. Caroline Richardson, Laura Damschroder, Fatima Makki, David Goodrich, Maria Hughes, Brad Youles, Sam Lindenour, Caitlin Reardon), Durham HSR&D (Matt Maciejewski, Santanu Data, William Yancey), MOVE! field staff Laurie Conti, Krista Kazembe, Sarah Catanese, Erin Lea, Jenny O'Donohue, Tracy Yoda, and Jessica Kovarik, and Dr. Ken Jones.*

Local Success: VHEC Adapts NCP's Clinician Health Coaching for Pittsburgh VAMC Staff

When VHEC Robin Tate attended one of NCP's Clinician Coaching, Facilitation and Presentation Skills for *TEACH* and MI Facilitators trainings, she knew that it could have an immediate, powerful impact back at her home facility. "I knew that the training would be really valuable for Primary Care staff here at the Pittsburgh VAMC, because it aligns with and supports the principles of PACT," she says. "I felt like I could adapt it to help clinicians at our facility develop their skills."

Two Tracks

So after returning from the training, Tate used the Clinician Coaching content to develop two tracks for following up on *TEACH* and MI training: one Clinician Coaching course aimed at LPNs and one for RNs and Clinical Care Managers. Rooted in *TEACH* and MI core principles and techniques, these programs promote the increased clinician-to-clinician and clinician-to-patient interactions that are important aspects of VA's emphasis on patient-centered care. So far, Tate's done a 2-hour course for each of the tracks, and more are in the works.

"Through a peer-to-peer approach, the initial LPN-oriented Coaching

Course has helped participants better partner with patients," explains Tate. "It opened with the nurses discussing their roles and obstacles, and how they think *TEACH* and MI skills can help. Then it focused on how they can better develop goal-setting skills and SMART goals with their patients." Because the participants have typically already completed *TEACH* and MI training, the course is not simply a rehash; however, it does use these principles as a foundation for practical learning. "Our course helps them develop awareness, and enhanced communication skills and techniques based on their existing knowledge," she explains, "and it's designed to be relevant and applicable in real life."



By contrast, the RN Clinician Coaching Course helped participants coach LPNs as well as other RNs, in a framework that more closely mimicked the Clinician Coaching content and course that Tate attended. “We reviewed and used *TEACH* and MI skills, but with a different ‘spin’ on Clinician Coaching, in a less scripted format, and without LPNs present to allow RNs to focus on skill development,” she says. “Also a ‘staff-helping-staff’ course, it was more geared to providing them with the resources and practice to maintain those skills.”

Positive Buzz

Thus far, evaluations and feedback show that the two courses have been a success. Tate says that the positive impact of the training is often most pronounced in those who were initially reluctant to participate. “At the start of one class, we had a person who seemed resistant,” she says. “So I used MI and *TEACH* skills to engage her, and it

worked. By the end of the course, she had come around 180 degrees—she became the most engaged participant and really developed her skills. Others saw this individual transformation up close and realized the effectiveness of the training. They said to me, “Wow, it really works!”

Participants are personally seeing dividends, and they’re talking up the program, creating a real buzz about its effectiveness. “Word of mouth about the classes has been great,” explains Tate, “and clinical staff are now approaching me and requesting more training, mentoring, and follow-up coaching.”

Another training-related success has been improved relationships—not only among participants and their peers, but also between Tate and other staff. “I’ve been a VHEC for 3 years, and I’ve spent lots of time getting to know staff and their needs. I make sure I’m always available, always asking them, ‘What do you need from me?’” she says. “This

course is another great resource for them, and these ongoing relationships have really helped to make this new training a success.”

Continued Relevancy

With courses completed at the VAMC’s University Drive campus, Tate will soon initiate Clinician Coaching training at the H.J. Hines Division, and hopefully later at the facility’s specialty clinics and five community-based outpatient clinics (CBOCs). She’s excited because a Nurse Manager at University Drive has recently taken the baton and is now using the program model to launch additional, ongoing follow-up coaching and consultation for PACT staff.

Tate says she will continue to adjust the training based on participant feedback, to ensure it remains practical. “We use real-life examples in our training—it’s not just based on theory,” she explains. “The learning always has real-world application, and I think

participants really appreciate that.” Tate believes the two training tracks she’s implemented at Pittsburgh have great potential for clinical staff elsewhere, in part because they’ve also helped focus staff meetings and offer a fresh look at how PACTs interact with both patients and colleagues.

“We’d love to collaborate with other facilities to develop similar local follow-up clinician coaching training,” Tate comments. “NCP’s Clinician Coaching is excellent training, and I really believe it can be developed and promoted VA-wide at the facility level, and greatly extend the impact and reach of *TEACH* and MI.”

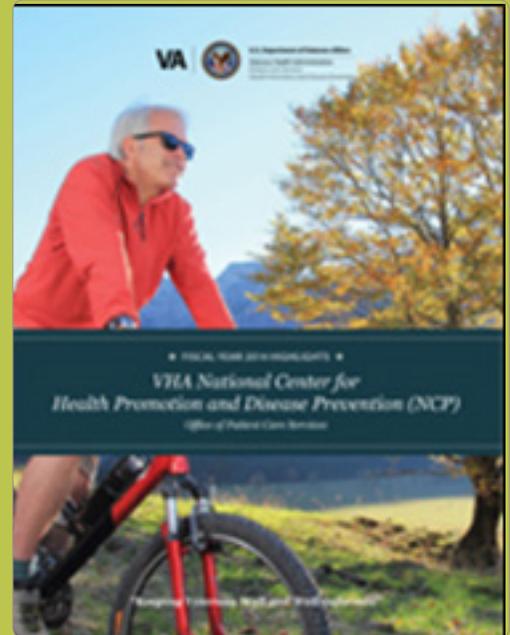
What They’re Saying About: NCP’s 2014 Highlights Report

“I got a chance to finally review [NCP’s] Highlights Report and must say it is quite impressive...great work!”

---VACO Leader

“I just saw the NCP 2014 Highlights Report. Wow! You guys do amazing work and the presentation was truly impressive. It was really nice to see all the pieces laid out—it is easy to see the clear impact you are making on the lives of our Veterans.”

---National Program Manager, VACO



What They’re Saying About: the HealthLiving Assessment



“One of the CBOC RN care managers...told me a story about a Veteran who took the HLA only to find that his ‘health age’ was lower than his actual age. He was so excited at what he felt he'd been able to accomplish... It really meant something to him. This tool also helps keep people motivated to continue to practice healthy behaviors. They don't just feel it in their bodies--they see it on paper.”

----CBOC Nurse, VISN 23

NCP Staff Recently Attended the 2015 National Disabled Veterans Winter Sports Clinic in Snowmass, CO



NCP's Sophia Hurley connects with Durham VAMC Veterans Audrey May (l) and Brenda Trussler (r)



NCP's Sue Diamond and Sophia Hurley help Veterans at NCP's SMART Goals table

News Updates

Several **articles of interest to VHA clinicians** were recently published:

- “Effects of Exercise Amount and Intensity on Abdominal Obesity and Glucose Tolerance in Obese Adults: A Randomized Trial Effects of Exercise on Obesity and Glucose Intolerance,” Ross R, Hudson R, Stotz PJ, Lam M. *Ann Intern Med.* 2015;162(5):325-334
- “Evaluation of TeleMOVE: A Telehealth Weight Reduction Intervention for Veterans with Obesity,” Skoyen JA, Rutledge T, Wiese JA, Woods GN. *Ann Behav Med.* Published online February 20, 2015
- “Weight Loss and Incidence of Diabetes with the Veterans Health Administration MOVE! Lifestyle Change Programme: An Observational Study,” Jackson SL, Long Q, Rhee M, et al. *Lancet Diabetes Endocrinol.* 2015;3(3):173-180
- “Inadequate Physical Activity and Health Care Expenditures in the United States,” Carlson SA, Fulton JE, Pratt M, Yang Z, Adams K. *Progress Cardiovasc Dis.* 2015;57(4):315-323
- “When Diabetes treatment Goes Too Far,” Lipska K. *The New York Times.* Published online January 12, 2015. <http://www.nytimes.com/2015/01/12/opinion/when-diabetes-treatment-goes-too-far.html?action=click&pgtype=Homepage&version=Moth-Visible&module=inside-nyt-region®ion=inside-nyt-region&WT.nav=inside-nyt-region&r=1>
- “Teaching Doctors How to Engage More and Lecture Less,” Boodman SG. *The Washington Post.* Published online March 9, 2015. http://www.washingtonpost.com/national/health-science/teaching-doctors-how-to-engage-more-and-lecture-less/2015/03/09/95a98508-ae30-11e4-9c91-e9d2f9fde644_story.html

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Five newly updated Clinical Practice Guidelines and the tools associated with each CPG have been dissemination throughout the field. VHA and DoD have collaboratively developed evidence-based clinical practice guidelines since the 1990s. The VA/DoD CPGs provide information that is evidence-based and unbiased by conflict of interest. The guidelines support shared provider and patient decision making, assisting the incorporation of patient preferences into an agreed upon care plan:

- The Management of Chronic Kidney Disease (CKD) in Primary Care - <https://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgCKD.aspx>
- THE Management of Chronic Obstructive Pulmonary Disease - <https://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgCOPD.aspx>
- The Management of Dyslipidemia for Cardiovascular Risk Reduction- <https://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgLIPIDS.aspx>
- The Diagnosis and Management of Hypertension in the Primary Care Setting - <https://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgHTN.aspx>
- The Management of Chronic Multisymptom Illness (CMI) - <https://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgMUS.aspx>

All VA/DoD guidelines are available on the:

- Internet at <http://www.healthquality.va.gov>
- Intranet at <https://vaww.oqsv.med.va.gov/functions/integrity/cpg/clinicalPractic.aspx>



The *Manage Stress Workbook*, now available through the Depot, includes an assortment of mindfulness-based relaxation recordings in CD form, in addition to guidance for identifying and effectively managing stressors and counteracting stress with various strategies including relaxation and pleasant activities. In the Depot, the workbook info is **IB 10-622 Manage Stress Workbook**. When ordering, use the stock number **P96657**, to order from 1 to 100 workbooks (limit of 100 per request per station). Facilities will have to place the order through the FP Orders System via their local Forms & Publications PCO; to find your PCO, go to the VHA PCO listing at <https://vaww.vha.vaco.portal.va.gov/sites/VHACOS/10B4/PCO/Lists/Station%20POCs/AllItems.aspx> . You can also access other stress management resources that include:

- Stress Management Whiteboard (<http://www.youtube.com/watch?v=15GaKTP0gFE>) - YouTube Version – Other video formats for facility waiting rooms are located here (\\vhaprvcshares\reports\Communication_Products\Videos\Whiteboards\Stress)
- Managing Stress Healthy Living message handout (http://www.prevention.va.gov/docs/VANCP_HL_Manage_Stress_508.pdf) – For patients
- http://www.prevention.va.gov/Recordings/ShortBreathing_McManus.mp3 - For patients
- <http://www.veteranshealthlibrary.org/> - The Veterans Health Library, for staff and patients
- http://www.prevention.va.gov/Healthy_Living/Manage_Stress.asp - NCP’s Internet site has links to recordings and additional Stress Management resources

If you have any questions about these stress management resources, please contact Peg Dundon at Margaret.Dundon@va.gov or (716) 604-5446.



NCP has created several **Veteran-specific Healthy Living message videos**, which use a “whiteboard” format, run from 2-3 minutes, and detail VHA resources. See NCP’s Intranet page for links to these videos at: http://vaww.prevention.va.gov/HPDP_Patient_and_Staff_Educational_Materials.asp



Through early April 2015, **over 26,000 HealthLiving Assessments** have been completed.



Through mid-January 2015, the **Veterans Health Library** (VHL) had almost 241,000 page views in 2015 and over 2 million total page views since April 2012.



Through the first quarter of 2015, there have been over 800 participants in 85 **local TEACH classes**.

Dr. Jane Kim presented a poster at the February annual meeting of the American College of Preventive Medicine. Titled, “A Pilot Telephone Lifestyle Coaching Program for Veterans Improves Multiple Health Behaviors,” and co-authored by **UNC Preventive Medicine Resident Dr. Rachel Urrutia, and NCP staff Sophia Hurley, Trang Lance, Dr. Michael Goldstein, Dr. Peg Dundon, Sue Diamond, and Dr. Linda Kinsinger**, the presentation covered the overall design, structure, and main results from NCP’s recently completed National Telephone Lifestyle Coaching (TLC) Pilot.



Michael accepts Gruman Award from SBM President Lisa Klesges, Ph.D.

Congratulations to **Dr. Michael Goldstein**, NCP’s Associate Chief Consultant, who received the **Jessie Gruman Award for Health Engagement** at the recent Annual Meeting of the Society of Behavioral Medicine (SBM). This SBM award recognizes pivotal and extensive contributions to research, practice, and/or policies that have advanced the understanding of patient engagement.

More information about Dr. Jessie Gruman, and the award’s creation in her honor, is available at:

<http://www.cfah.org/blog/2014/society-of-behavioral-medicine-announces-inaugural-jessie-gruman-award-for-health-engagement>

The Only Thing That’s Worked: Veteran Warren Pennington Discusses How the MOVE![®] Coach Mobile App Helped Him Lose 45 Pounds

Tell us about your history with weight.

“Twenty years ago, I was up to 290 pounds. Even though I was able to lose some of that weight, I’d always go back up and down—I was yo-yo-ing. Over the years, I tried every fad diet. Even though they worked, I couldn’t maintain the loss. As soon as I’d go off a diet, I’d put on some pounds.”

What motivated you to get started with MOVE! Coach?

“I participated through the South Texas Veterans Health Care System (STVHCS) at the time. When I returned home, I didn’t want to drive to my local VAMC once a week to do the MOVE! classes (Shreveport, LA). Once I found out about MOVE!

Coach, I was all about it! It allowed me to stay at home to lose weight, but still talk to my clinician, which was very helpful. When I started MOVE! Coach, I got serious about wanting to lose weight and maintain it. MOVE! Coach was my first experience with VA’s MOVE! Program.”



How long did you use MOVE! Coach?

“I did it for 19 weeks. I’m still using the program and keeping my diaries, just not as diligently. I started MOVE! Coach weighing 230 pounds and it helped me get down to 185 pounds!”

What did you like most about MOVE! Coach?

“The diaries were my favorite, and I liked that I didn’t have to buy ‘diet food.’ Before MOVE! Coach, I was eating so many calories! With MOVE! Coach, I started eating 1,800 calories a day for 2 weeks—before, that was my breakfast alone! MOVE! Coach helped me realize that all foods could fit. We kept the recipes we had, but put them into the recipe section of the diet diary so we knew just how much to eat—same food, just better portions! My wife and I eat out a lot, and that hasn’t changed. But now, I can go to the restaurant, punch in what I was planning to eat, see how many calories it has, then decide if I’m going to eat it. I also really enjoyed MOVE! Coach’s videos and games, and learned a lot from the self-management guides.”

Compared with other programs you’ve tried, what about MOVE! Coach worked for you?

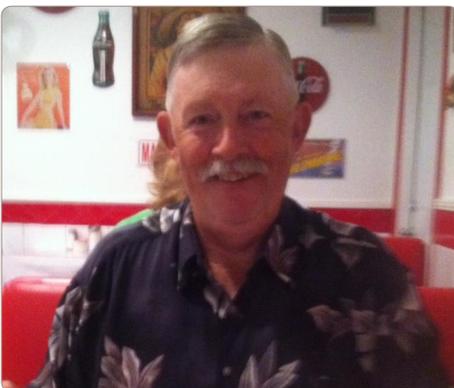
“The consistency and accountability—it was doable, with daily reinforcement and reminders. With MOVE! Coach, I get something every day, versus once a week with other programs. It helped me get incredibly structured about tracking what I did on a daily basis. Ultimately, you have to hold yourself accountable, but there’s a note in your file, and it’s about what you did. Using the MOVE! Coach graphs also gave me visual reinforcement, and the diaries really held me accountable. The entire program is really well thought out!”

How’s your health now?

“Before MOVE! Coach, I was taking 5 insulin shots a day to manage my diabetes, and my A1c was 9! I’m no longer on insulin and my A1c is now down to 7.2. That’s pretty cool!”

And are you more physically active?

“Yes, with MOVE! Coach, I’m able to be much more active! Before, I was somewhat active, but I wasn’t consistent or using a structured exercise program. Now, I use a pedometer to track the 10,000 - 12,000 steps I take each day doing routine work on my ranch. You don’t have to do organized exercise to be ‘active’—any activity that moves you is good!”



How’s your life different now?

“I find that now that I’ve lost the weight, I’m able to do a lot more! My hips, knees, and ankles don’t hurt any longer. But there was an expense to the program—I had to buy a new wardrobe!”

What should other Veterans know about MOVE! Coach?

“Do it, just do it! It’s the only thing that’s worked for me!”

CALENDAR *of* EVENTS

NCP Education Conference Call

2nd Tuesday of the month

1:00 pm ET

1-800-767-1750, Access Code 18987#

• Upcoming calls—May 12, June 9

VISN MOVE!® Coordinators Call

2nd Tuesday of the third month of each quarter

3:00 pm ET

1-800-767-1750, Access Code 59445#

• Upcoming call—June 9

Veterans Health Education Hotline Call

4th Tuesday of the month

1:00 pm ET

1-800-767-1750, Access Code 16261#

• Upcoming calls—May 26, June 23

Health Promotion/Disease Prevention Conference Call

1st Tuesday of the month

1:00 pm ET

1-800-767-1750, Access Code 35202#

• Upcoming calls—May 5, June 2

VISN/Facility MOVE!® Coordinators and Physician Champions Call

2nd Tuesday of the first and second month of each quarter

3:00 pm ET

1-800-767-1750, Access Code 59445#

• Upcoming call—May 12

National Health Behavior Coordinators Call

2nd Wednesday of the month

12:00 pm ET

1-800-767-1750, Access Code 72899#

• Upcoming calls—May 13, June 10

HealthPOWER! is an award-winning, quarterly publication from the VHA National Center for Health Promotion and Disease Prevention, highlighting health promotion and disease prevention activities in VA.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention

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

The VHA National Center for Health Promotion and Disease Prevention (NCP), a field-based office of the VHA Office of Patient Care Services, provides input to VHA leadership on evidence-based health promotion and disease prevention policy. NCP provides programs, education, and coordination for the field consistent with prevention policy to enhance the health, well-being, and quality of life for Veterans.

**Address suggestions, questions,
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