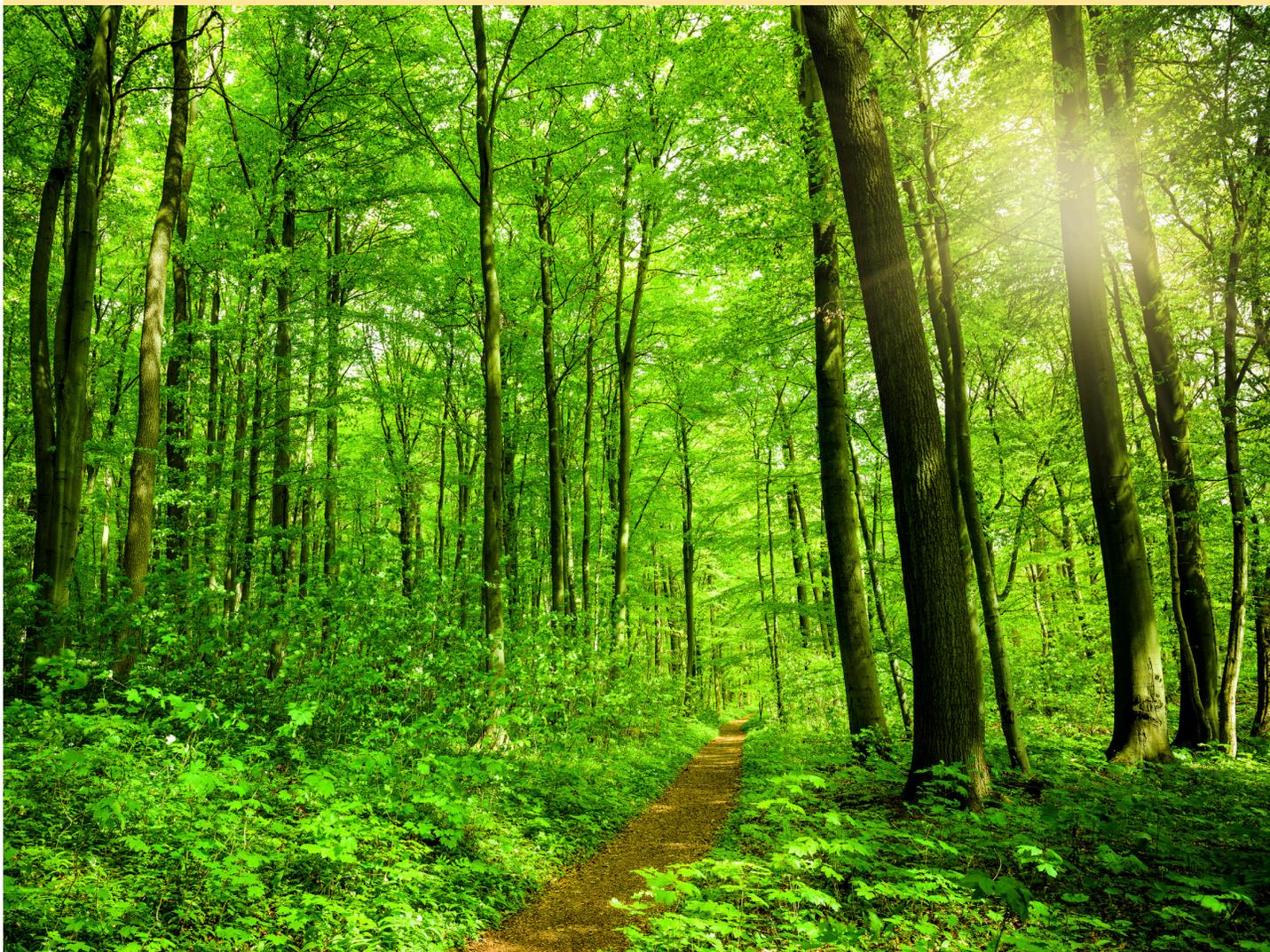


# HealthPOWER!

Prevention News • SPRING 2016



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Ted Slowik, Ph.D.



I recently read some interesting history about the season we officially entered on March 19th. Not surprisingly, the word *spring* originates in the Dutch and German *springen*, which is the basis for the Old English word *springan*—to leap, burst forth, fly up, spread, and grow. But interestingly, the season *wasn't* known as spring in Europe until around the 1300s. Prior to that it was called *lent*, which derives from an Old English word for “spring season,” but is now more commonly associated with the 6-week Christian religious observance that culminates in Easter. Who knew?

Regardless of what you call it, spring is a time of milestones, growth, and movement, and this issue of the Veterans Health Administration (VHA) National Center for Health Promotion and Disease Prevention's (NCP's) *HealthPOWER!* covers all of these motifs.

We've penned a tribute to all the people who've helped make MOVE! successful through its 10-year anniversary, which occurred last January. We also feature 3 of our most inspiring MOVE! success stories from the past few years, as well as updates on how these Veterans have continued to cultivate healthy lifestyle change and approach new weight-loss and well-being goals. Lastly, we provide an update on NCP's *Gateway to Healthy Living*, which was just formally assessed and is now being more widely implemented in the Department of Veterans Affairs (VA).

And to boot, it's May—*National Physical Fitness and Sports Month* and the time when NCP promotes physical activity among Veterans through its Healthy Living messages campaign and resources.

So enjoy the newsletter, and then get outside and get your spring or lent on!

*Ted Slowik*

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.

# 10 Years of the MOVE!® Weight Management Program for Veterans

## A Salute to Our Staff

**I**t's hard to believe that the initial planning phases of MOVE! began in 2002, and that the program was implemented nationally on January 2, 2006. Now, 10 years later, MOVE! has helped over 650,000 Veterans eat wisely, move more, and weigh less on their way to improved health. The program's lasting legacy of health promotion and disease prevention is significant and due to the ongoing efforts of many.



*In recognition of this program anniversary, the NCP MOVE! team would like to offer a big 'thank you' to all who have been involved in the program. Over the years, numerous staff have contributed to the program, and we thank them for helping to make it a success. The following staff—from National Program Offices, Veterans Integrated Service Networks (VISNs), and VA Medical centers (VAMCs)—have played particularly important roles in MOVE!'s development and implementation, and deserve special recognition for 10 years or more of involvement with the program:*

Jennifer Adler (Cleveland, OH)	Dr. Linda Kinsinger (NCP)
Holly Alastra (Fort Harrison, MT)	Nancy Knopp (Wichita, KS)
Dr. Tammy Anthony (Syracuse, NY)	Lisa Kopolinski (Chicago, IL)
Debbie Baumgartner (St. Cloud, MN)	Dr. Joseph Kosakoski (Lebanon, PA)
Kristi Bellard (Alexandria, LA)	Elizabeth Koustis (Cleveland, OH)
Dr. Jesus Benitez (Prescott, AZ)	Connie Lewis (NCP)
Kristen Bertram (Milwaukee, WI)	Susi Lewis-Harp (NCP)
Dr. Charles Billington (Minneapolis, MN)	Sonya Mack (Saginaw, MI)
Dee Dee Brandeberry (Anchorage, AK)	Marcia Merrel (Big Springs, TX)
Ashley Bremer (Phoenix, AZ)	Marcia Merrel (Big Springs, TX)
Karol Brown (American Lake, WA)	Lynn Novorska (NCP)
Dr. Robert Collins (Lexington, KY)	Kathy Ober (San Diego, CA)
Lori Cry (Mare Island, CA)	Jenny O'Donohue (Chicago, IL)
Dr. Cyrus Desouza (Omaha, NE)	Ramona Randall (Boise, ID)
Sheri Downey (Omaha, NE)	Tony Rogers (NCP)
Dr. Peg Dundon (NCP)	Pat Ryan (Bay Pines, FL)
Gina Foltz (Lebanon, PA)	David, Scharpenburg (Topeka, KS)
Lisa Foster (Spokane, WA)	Gail Schechter (St. Albans, NY)
Sue Germaine (Fort Wayne, IN)	Claudia Segura (Albuquerque, NM)
Dr. Nicky Goraya (Washington, DC)	Melinda Smiley (Muskogee, OK)
Kim Houk (Cincinnati, OH)	Emily Smith (Cheyenne, WY)
Beth Hovel (Denver, CO)	Rosemary Strickland (NCP)
Sophia Hurley (NCP)	Dr. Terry Unterman (Chicago, IL)
Dr. Ken Jones (NCP – Washington, DC)	Wendy Wolber (Fayetteville, AK)
Dr. Dan Kasprzyk (Bay Pines, FL)	Pam Woythal (Albany, NY)

## ***What They're Saying About: NCP's Monthly Update***

*"This update is a real beneficial publication; all inclusive. I am grateful!"*  
*--Patient Health Education Coordinator,*  
*VA North Texas Health Care System*

## Paying It Forward: Veteran Caryn Cash Discusses How MOVE! Helped Her Develop A Healthy Lifestyle And Lose 45 Pounds

### *Tell us about your history with weight.*

“I was always skinny growing up. But after I got married, I gained the ‘happy’ weight. Then, after going through some marital problems, I gained ‘unhappy’ weight as well. After my divorce, I finally I realized how big I’d gotten. I struggled with my weight for 5 years and tried countless yo-yo diets—I did all these ‘beach body’ exercises, but never followed the eating plans.”

### *What motivated you to start MOVE!?*

“When I left the military, I was at my heaviest—190 pounds. Honestly, I just wanted to lose weight. I actually knew someone who was overweight and broke a foot just walking—I didn’t want to be like that! My parents hardly take any medicines, and I wanted that for myself, too.”

### *How did you find out about the program?*

“I found out about MOVE! when I came to work for the VA. Someone mentioned the acronym before, but didn’t explain what it meant. I enrolled in the program at the Ralph H. Johnson VAMC.”

### *What about MOVE! worked for you?*

“I love to exercise and have always done it. But as soon as I changed the type of food and the portion size I was eating, my weight started decreasing and I started getting results. The most important thing was learning that MOVE! isn’t a ‘diet,’ because all diets end. To be able to get the weight off and keep it off it requires a total lifestyle change.”

### *Have you achieved your weight goal?*

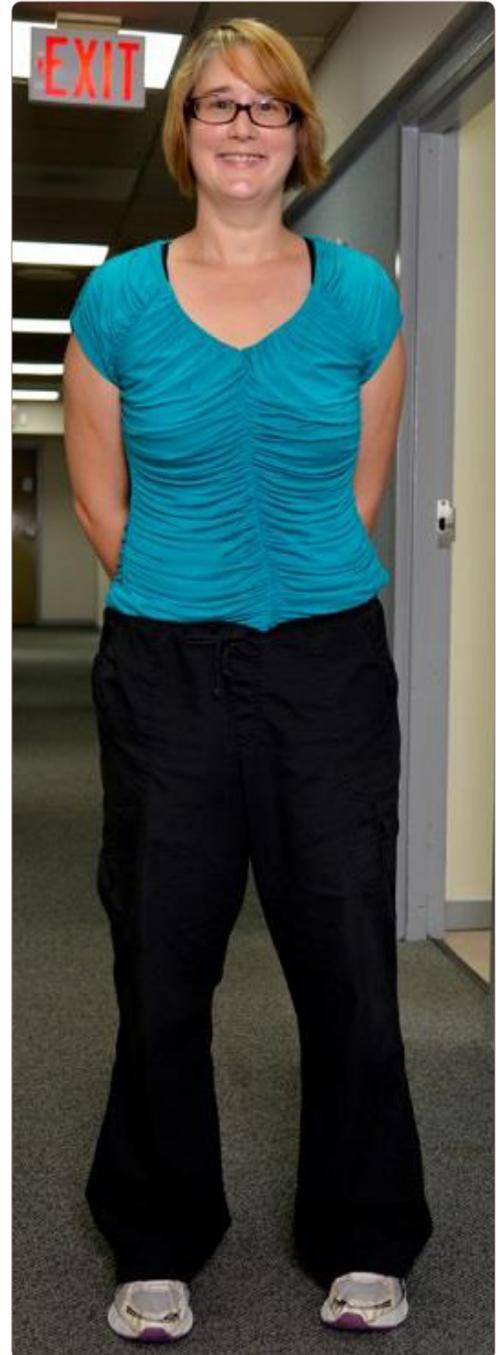
“I’ve lost 45 pounds, which is 3 pounds from my goal. Watching that number drop has been an awesome feeling. But I want to tone up even more, so I’m about to start swimming to work on that.”

### *Who helped you be successful in MOVE!?*

“My VA Dietitian, Wendy Wyatt, provided great support. She answered all of my questions—no matter how silly—and helped brainstorm with me when I hit a plateau.”

### *How long has your weight loss journey continued?*

“I still participate in MOVE!—it’s lasted about a year and 2 months. I’ve a hit a lot of plateaus, but I don’t give up. If I mess up one day, I try harder the next day. I honestly think of it as something that I just have to do.”





***What do you do now to stay healthy?***

“I love to run different 5K’s! I’m doing a ‘mud run’ with obstacles in the near future. I kick box and swim as well. I don’t have to remind myself to keep moving because I am always on the move!”

***How’s your life different now?***

“It’s really different—people hear my story and think it’s so inspiring. I love being able to share my knowledge and teach others.”

***What would you like other Veterans to know about MOVE!?***

“I tell other Veterans to never give up. I’ve been asked to share my story with every MOVE! class that comes to my clinic. When I talk to a class, I like to end my session by saying, ‘If you are tired of starting over, just stop quitting!’ I love being able to ‘pay it forward.’”

**Update: March 2016**

“Since my success story was written in August 2015, I have competed in several 5K races, and actually won 2nd place in my age division during one race! I continue to speak to MOVE! classes every month to help motivate Veterans. If I can do it, anyone can do it. It’s hard work but completely worth it.

I recently received a promotion at work and I’m now closer to a gym that I’ve always wanted to join. I go to the gym before work and find new ways to challenge myself. I have an accountability partner who keeps me motivated, especially on the days I don’t feel like working out.

Every day I have to make conscious decisions to eat right, so I don’t fall back into any old habits. I do have a ‘cheat meal’ every now, so I don’t feel deprived. I work out every morning before work, and am seeing a difference in how I look and feel. Some of my new co-workers have taken notice and are incorporating more exercise into their daily lives.

I’m closing in on a total of 50 pounds lost and getting closer to my goal!”



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## Refusing To Fail: MOVE! Helps Veteran Joseph Worley Get Off The 'Train To Nowhere' And Get Healthy

Before MOVE!, Veteran Joseph Worley admits that when it came to his health, he was a “mess.” He didn’t know how to eat healthy and had tried dieting, without success. “I lost some weight once doing a low-carb diet,” he explains. “But I couldn’t keep it off. As soon as I stopped, I gained the weight back...very quickly.”

### Not An Age Thing

Joseph didn't know what to do next, and his lack of will power was a huge obstacle to improving his health. “I would start walking or exercising, then quit about a month into it if I wasn't losing any weight,” he says. “Then I would sit around feeling sorry for myself. It was easy to find excuses about why I couldn't get in shape.” Joseph told people that it was an “age thing” or due to the medications he was taking. But deep down, Joseph knew the real answer to his lack of success: self-control.

### Getting A Grip

“I simply didn't want to stop doing the things I had grown so fond of, like partying, eating 12-ounce steaks, and loading up on pizza,” Joseph recounts. “And boy, the weight will really stack up if you do those things, especially if you're 62 years old and not a young pup anymore.” He also couldn't get a grip on which foods he needed to eat, how to maintain a physical activity program, or control his blood pressure.

Luckily, he was finally ready to make some changes. “I went to the Daytona Beach VA Outpatient Clinic for my annual doctor's appointment, and started talking with my nurse,” he says. “I started discussing my blood pressure dilemma—how it was hard to maintain even with medications.” She knew Joseph was serious about addressing his problem, so she told him about the MOVE! Program.

### Buying In

When he began the program 4 months later, he was eager to learn. “I went into the class open-minded and pretty much like a sponge, ready to absorb anything,” he recounts. “And during my first class, I knew that somehow, someday, MOVE! was going to work for me.” Importantly, Joseph had also decided he wasn't going to give up or fail. In the class, MOVE! staff talked with Joseph and his classmates, gave them ideas, and asked everyone to commit to a weight goal and make some healthy choices for themselves. “They sent us home and told us to start tracking what we ate and get some physical activity,” he explains. “I bought in to the program because that seemed pretty easy to do. About a month or so later, I went back and started the 10-week MOVE! Program.”

Joseph started doing regular weigh-ins, talking about the right foods to eat, and getting “incredible” support from staff. “The Daytona MOVE! team was so encouraging,” he says. “Terri, Becky, Pat, and everyone else cared so much and became an important part of my life.” When Joseph occasionally became overwhelmed with the instruction and slipped, he'd work twice





as hard to achieve his goals. “I was losing weight immediately and that helped me stick with the program,” he explains. “Often, I’d walk into class thinking I’d gained a pound or two. But at weigh-in, I’d see that I actually *lost* weight and some inches from his waist!” The new lifestyle became easy for Joseph because he was eating mostly as he did before, just using smaller amounts of lower-calorie, fat-free foods.

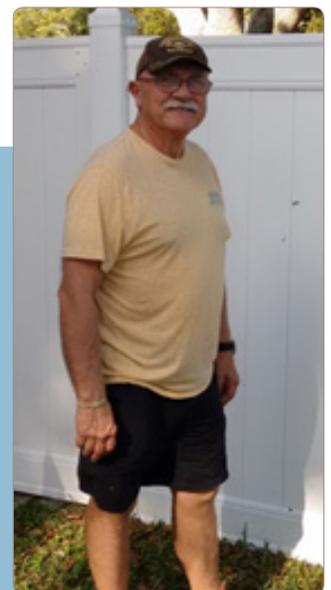
### **Don’t Waste Another Minute!**

When Joseph started MOVE!, he weighed 264.5 pounds and had a 49.5-inch waist. Today he’s happily at 224.6 pounds and a 44-inch waist! “I’m so encouraged by my success that I’ve set another goal: 200 pounds,” he reports. “Even though I haven’t weighed that since I was discharged from the U.S. Army in 1972, I know I can do it.”

Joseph is here to tell other Veterans that MOVE! works and is so simple. “Take it from a man who was on a ‘train to nowhere,’” he says. “If you’re wondering ‘should I do it’ or ‘do I have the time to improve my life,’ just read my story. This program will work for you if you do the right things and make the right choices. Don’t waste another minute, MOVE! works!”

### **Update: March 2016**

“When you’re given the opportunity and are fortunate enough to regain your health, you need to be accountable to yourself. You have to work at anything that’s worthwhile. I still exercise and continue to watch the fat and carbohydrates in my food and drinks. And I continue to plan ahead for situations that are out of my control, like picnics, parties, etc. Most importantly, the education I received while attending the MOVE! Program has enhanced my life forever. By the way, I’m still riding the train, but now I’m the engineer—I have control of my health!”



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## You Don't Have to be Skinny, Just Healthy: MOVE! Helps Veteran Walter Hood Get His Lifestyle Back

Despite years of non-VA care and yo-yo Dieting, Walter's weight and diabetes were out of control. When he was dismissed from his provider's care for non-compliance, he decided to make a change. He opted for VA care at Shreveport's Overton Brooks—the facility he now calls “the best place in the world.”

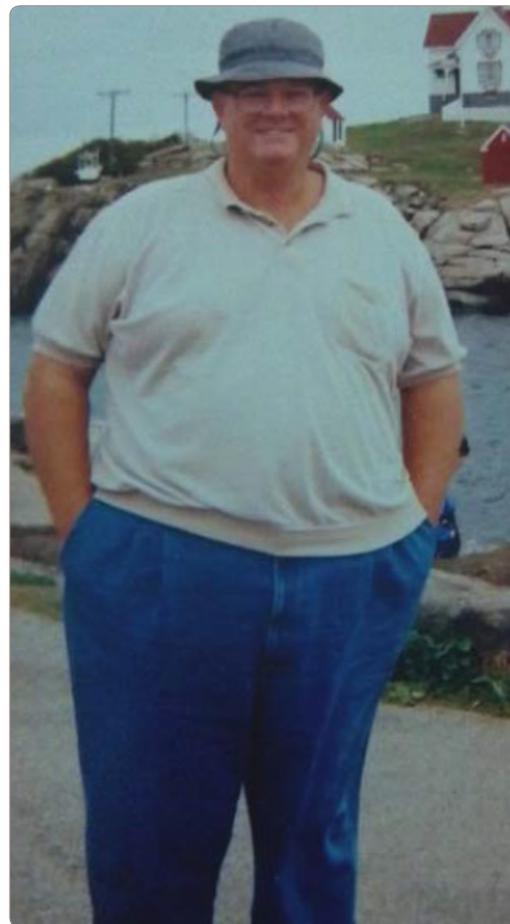
“Weight took my lifestyle away, so I had to lose weight to do the things I love to do,” says Walter Hood, a MOVE! patient and Vietnam-era Veteran. So he went to the Overton Brooks (Louisiana) VAMC to do it.

Weighing 353 pounds in August 2008, Walter enrolled in MOVE!® individual care and started taking the weight-loss drug Orlistat. He lost 49 pounds and then plateaued, so he was referred to a psychologist and MOVE!® group care. At his first MOVE!® group session in March 2011, he weighed about 295 pounds. By July 2011, he weighed about 253 pounds and had lost an impressive 100 pounds since enrollment in MOVE!®!



Walter thinks it's important to self-motivate and set goals other than those related to weight loss. He still struggles with portion control and snacking, so he keeps a daily food and activity journal.

Before losing weight, Walter says that by noon, he would be “done for the day.” Now he is able to actively enjoy a variety of activities. “Life is short, but you will have a better life if you are healthy,” Walter says. “You don't have to be skinny, just healthy.”



## Update: March 2016

“It was really my lucky day when I started MOVE!. Once I started working a behavioral psychologist and started the program, everything began working for me and began to ‘click.’

MOVE! taught me a lot about nutrition—I didn’t know anything before! I learned that you can’t overeat if it’s healthy food. I learned to control my portions. Once I started to figure out which foods were my ‘friends’ as a diabetic, the weight just fell off. I remember saying to myself, ‘this is what will work!’ It’s become more easy to make the right choices, but I still work at it. I don’t let myself get 5-10 pounds overweight. I still enjoy eating, I’m just a different person.

I enjoy life, and do something active every day. Now, I walk with my friends from VA every Tuesday, and sometimes we ride bikes and fish. It’s nice bonding time. I’m still involved in MOVE! and it keeps me focused. I currently weigh about 180 - 184 pounds. I’m 67 and haven’t felt this good my entire life. My only regret is that I didn’t get help sooner!

I tell Veterans that everybody can get healthier, they just need to pay attention. Everybody can exercise, no matter your limitations. Ask for help, the VA has it!”



## What They’re Saying About: Monthly Healthy Living Message Resources

*“A quick note...to recognize the high-quality—and impactful—materials and messages that come out of NCP. I’ve been tracking this work for a few years, and it’s always top-notch. The “Thinking About Your Drinking” [Healthy Living message] is an effective tagline and call to action for an important public health topic...These materials are clean, clear, professional – but most of all, effective.”*

*--Marketing Director, VA EES*

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# Gateway to Healthy Living Program Implemented After Evaluation of Pilot

NCP recently published a final evaluation of the 2015 pilot of the *Gateway to Healthy Living Program* (Gateway), which helps Veterans gain motivation, confidence, and skills for health behavior change. And because of the pilot's success (see inset below), NCP is moving forward with wider program implementation, according to Dr. Peg Dundon, Gateway Co-Lead and NCP's Program Manager for Health Behavior.

## Highly Satisfied

"The primary goal of the evaluation was to assess the feasibility of group sessions and Gateway's helpfulness to Veterans and staff, using five data sources—participant feedback and follow-up, medical records, and staff reporting and surveys from pilot sites," explains Dundon. "The final evaluation confirmed that participants and staff were highly satisfied with Gateway and benefitted from the program's 'one-stop' access to NCP Healthy Living messages, tools, and resources. Staff also felt that Gateway improved efficiency and saved time, both of which can contribute to improved access to care." In fact, each of the six pilot sites has chosen to continue offering Gateway, and three-quarters of surveyed staff recommended disseminating it to other facilities.



# Gateway to Healthy Living

Gateway Co-Lead and NCP Prevention Programs Coordinator Sophia Hurley says that NCP learned a lot during the pilot and subsequent evaluation about how to best promote, implement, and sustain it locally. With the evaluation report now complete, NCP has already started to move forward in training, dissemination, and marketing efforts to support the expansion of Gateway in the field.

## Successful Expansion

"So far in 2016, we've streamlined the Facilitator Guide, and are providing ongoing support to participating facilities via telephone, VA PULSE, and e-mail," explains Hurley. "Additionally, we're planning monthly information calls for interested facilities, developing quarterly virtual training, making some minor revisions to the Gateway materials, and refining our virtual offerings, which will be offered to interested sites that meet certain criteria."

According to Dundon and Hurley, several critical elements for local Gateway success were revealed during post-pilot feedback and analysis. First, the facility should have a fully-staffed, active HPDP team willing to collaborate on Gateway implementation, and have HPDP programming that includes readily accessible MOVE!® and Tobacco Cessation programs. Gateway facilitators should have completed local *Patient Education: TEACH For Success* (TEACH) and Motivational Interviewing (MI) trainings or, ideally, NCP's 3-day TEACH and MI facilitator trainings. PACT and facility leadership support is also critical to Gateway implementation, as is available space to accommodate at least 10 participants for 90-minute sessions. Lastly, the facility should have current Internal (VA) and Community Resources lists available for participants' use.

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“We recommend that every VHA facility have an opportunity to offer Gateway, and we’re excited to help interested facilities develop—and Veterans benefit from—this promising program,” notes Dundon. “Gateway has great potential to reduce the many unhealthy behaviors and chronic diseases that burden the VHA population. We’re proud to add it to the other effective health promotion/disease prevention (HPDP) programs that NCP has developed to improve Veteran care and health.”

## Gateway Evaluation Report: Key Results

### *Participating Veterans:*

- 67% said that Gateway helped them **set a health goal**
- 68% of set goals were about **being physically active and striving for a healthy weight**
- 83% were **very satisfied with their Gateway session**
- 77% were confident they could **reach their Gateway goal**
- 63% of follow-up call completers reported successful linkage with programs/resources of choice

### *Participating Staff:*

- 74% found Gateway very or somewhat helpful at **improving efficiency of referrals**
- 68% found Gateway very or somewhat helpful at **saving time**
- 94% found Gateway very or somewhat helpful at **connecting Veterans to programs/services**
- 88% found Gateway very or somewhat helpful at **supporting health behavior change**

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*HPDP staff interested in learning more about implementing the Gateway program locally, should contact NCP’s Peg Dundon ([Margaret.Dundon@va.gov](mailto:Margaret.Dundon@va.gov); 716-604-5446) or Sophia Hurley ([Sophia.Hurley@va.gov](mailto:Sophia.Hurley@va.gov); 919-383-7874 x.2250) for more information.*

*The final Gateway to Healthy Living Program Pilot Evaluation Report may be viewed at the following NCP website: [file:///\\vhaprvcpcshares.v06.med.va.gov\Reports\Gateway to Healthy Living Program\Evaluation Report\Gateway Evaluation Report\\_FINAL.pdf](file:///\\vhaprvcpcshares.v06.med.va.gov\Reports\Gateway to Healthy Living Program\Evaluation Report\Gateway Evaluation Report_FINAL.pdf)*

NCP is pleased to share the final Gateway to Healthy Living Pilot Evaluation Report, available at: [file:///\\vhaprvfpcshares.v06.med.va.gov\Reports\Gateway to Healthy Living Program\Evaluation Report\Gateway Evaluation Report\\_FINAL.pdf](file:///\\vhaprvfpcshares.v06.med.va.gov\Reports\Gateway to Healthy Living Program\Evaluation Report\Gateway Evaluation Report_FINAL.pdf). We appreciate all of your time and effort as well as the ongoing support you have provided to bring the pilot to fruition. We look forward to further dissemination of the Gateway to Healthy Living program.



NCP published its **FY 2015 Highlights Report**, which can be found at: [http://www.prevention.va.gov/Publications/Highlights/2015/VA\\_Highlight\\_Report\\_2015\\_FINAL508.pdf](http://www.prevention.va.gov/Publications/Highlights/2015/VA_Highlight_Report_2015_FINAL508.pdf). Check it out and enjoy!



**Clinician Engagement Email Campaign** promotes use of the Veterans Health Library (VHL) by clinical staff in all facilities. Brief “VHL Vitals” bi-weekly emails will be shared through Veterans Health Education Coordinators (VHECs), MyHealthVet Coordinators, and HPDP staff to expand the VHL’s reach and use. The emails will include short informational blurbs and links to the Library.



NCP staff Dr. Susan Raffa, Dr. Michael Goldstein, and Stephanie Chan participated in the **VA Weight Management State of the Art (SOTA) Conference** in early March. The conference, which was co-sponsored by VA Health Services Research & Development (HSR&D), VA National Surgery Office, and NCP, brought together VA and non-VA subject matter experts to synthesize knowledge about weight management interventions and identify patient, provider, and system-level barriers and facilitators to bariatric surgery, comprehensive lifestyle interventions (e.g., MOVE! Program), and approved pharmacotherapies. Building on pre-meeting work, the three SOTA work groups identified areas of consensus based on review of the literature and made recommendations to assist VA in implementing and improving weight management programs and outcomes. The work of the SOTA will be shared in upcoming months, including:

- A weight management research agenda to address gaps and ultimately inform VHA inform weight management policy
- A series of Cyberseminars
- A Special Supplement to the *Journal of General Internal Medicine* on the topic of obesity, slated for 2017
- Policy and operational recommendations for Integrated Weight Management that are based on strong evidence and clear rationales



**NCP Training updates**

- Through the 2nd quarter of 2016, there were a **total of 252 classes and 2,768 participants in TEACH training**
- **TEACH Facilitator Training changed to May 17-19, 2016**
  - On March 30, 2016, an Email Notice was sent from Becky Minor to those individuals approved to attend this training; more detailed information was also recently sent.

- *Note:* NCP will give first priority to those facilities that are in need of having their VHEC or Health Behavior Coordinator (HBC) trained. Second priority will be those HPDP Program Managers (PMs) who are committed to assisting to facilitate local TEACH classes. Others may attend based on need and availability.
- **MI Facilitator Training—July 12-14, 2016**
- **Clinician Coaching, Facilitation & Presentation Skills for TEACH & MI Facilitators—August 9-11, 2016**
- **Clinician Coaching Conference Call Series**—Wednesdays, 1:00-3:00pm ET. Quarter III call on April 27, 2016 will feature coaching MOVE! clinicians.



**VHA Mandatory Moratorium on Training, March 15–June 30, 2016.** In late March 2016, VHA issued memos from the Under Secretary for Health (USH) and VHA Chief Learning Officer indicating VHA’s suspension of all required training except for those that are required by statute or VA Departmental/Secretary requirements. The suspension took effect March 15, 2016 and extends until June 30, 2016. The memos stipulate that all training program requirements that have established by a VACO Program Office that have not gone through a Mandatory Training Subcommittee review and approval process are now considered “optional” training requirements.

- TEACH and MI have NOT been approved as required trainings by the Mandatory Training Subcommittee. From this time forward, it is our understanding that only Network Directors will have the authority to determine if optional training programs are appropriate for staff to participate in or not. Thus, VACO Program Offices will no longer be able to mandate a training requirement, assign training, or require the field to make the assignment without going through an official review and approval process by the Mandatory Training Subcommittee.

Thus, under the moratorium, TEACH and MI are considered optional for all staff. Though TEACH and MI trainings can continue to be offered locally during the moratorium, the Network Director has the authority to determine whether training sessions may be held, and who should be allowed to participate. Planned TEACH and MI Facilitator Training and Clinician Coaching training can continue though, again, local authority has discretion to determine who can attend.

Good news: In early April, NCP and Primary Care jointly decided to seek approval from the Mandatory Training Subcommittee for TEACH and MI as required trainings for Patient Aligned Care Team (PACT) staff, as specified in HPDP and PACT Handbooks. We will keep you informed about progress towards obtaining approval from the Subcommittee.

NCP suggests that local HPDP field staff take the following actions:

- Meet as a local training team to review current plans for TEACH and MI training. If you have scheduled or planned TEACH and MI trainings between now and June 30th, you will need to obtain approval from your Director, and ultimately your Network Director, in order to provide the training. We suggest you check with your local facility’s Designated Learning Officer (DLO) and/or your VISN DLO to determine how to obtain Network Director approval.
- Meet with local PACT leaders to discuss the implications of suspension of training and the role they might want to play in supporting continuing TEACH and MI training opportunities during the moratorium period, or in supporting resuming TEACH and MI training after July 1.
- Continue to schedule TEACH and MI Trainings for July 1 and beyond. (As noted, NCP and PACT will likely seek approval for maintaining current PACT clinician requirements for TEACH and MI training from the Mandatory Training Subcommittee).

- Continue to monitor assignment of clinicians to PACT and continue to document and monitor TEACH and MI training, especially for PACT clinicians. (We don't know presently how the USH's memo will impact any requirements that stem from the Office of Inspector General Report).
- As part of the pre-registration process to attend TEACH training in May, you have already received local support from your supervisor to attend the training. If circumstances associated with the current "training moratorium" affect your ability to attend TEACH Facilitator Training, May 17-19, 2016, please let Becky Hartt Minor (NCP) at [becky.minor@va.gov](mailto:becky.minor@va.gov) know as soon as possible so others eligible to attend are allowed to fill your place at the training.



NCP's **latest Clinician Coaching Video, CC 2.0**, was added to MyEES Video library. The videos were produced by NCP and the Employee Education System (EES) and are located under the Health & Wellness Category. You can also search from iLearn using "Clinician Coaching," which will take you to the videos.

- The videos on the Clinician Coaching DVD were developed by NCP to demonstrate clinician coaching skills featured in NCP's Clinician Coaching Clinician Coaching, Facilitation, and Presentation Skills for TEACH and MI Facilitators training program. The vignettes depict clinician coaches (e.g., VHECs, HBCs, and HPDP PMs) coaching a variety of PACT clinicians to adopt and apply the Veteran-centered communication skills featured in TEACH and MI. The following scenarios are featured:

- *SCENARIO 1: NCP Clinician Coaching 2.0 – Coaching a Group of Clinicians: SMA Facilitation*—A HPDP PM coaches several PACT clinicians who are interested in applying their TEACH and MI clinician coaching skills in group settings. <https://myees.lrn.va.gov/Video%20Center/View.aspx?vid=4704512633001>
- *SCENARIO 2: NCP Clinician Coaching 2.0 - Clinician Coaching: Challenging interactions–Pain Management*—An HBC coaches a clinician to work more collaboratively with a patient with chronic pain who wants to continue or increase dose of opioid or other pain medication. <https://myees.lrn.va.gov/Video%20Center/View.aspx?vid=4673271593001>
- *SCENARIO 3: NCP Clinician Coaching 2.0 - Coaching a MOVE! Clinician*—A MOVE! Lead Clinician, a Pharmacist, who has had TEACH and MI Training, sets up an appointment with a Clinician Coach (VHEC) to get some help regarding facilitating a MOVE! group. <https://myees.lrn.va.gov/Video%20Center/View.aspx?vid=4673235271001>

- If the direct links don't work, the best way to locate these videos is:
  - Go to MyEES <https://myees.lrn.va.gov/default.aspx>
  - Top Right—type in Clinician Coaching 2.0 in the box below "What do you want to learn today?"



In April, **MOVE! Coach surpassed 12,700 downloads**, and development continues on the 2.0 Android version of the app.



### Clinical Preventive Services

- **Clinical Reminders updates**—Patch 63 (Tdap/Td, Zoster, Revised Pneumococcal Immunization, and Hepatitis C text change) is in the final stages of testing.

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- **Statements**

- *Recently published:* Screening for Gonorrhea and Chlamydia statement
- *Ready for publication:* Screening for Cognitive Impairment, Pneumococcal Immunization guidance statement
- *Under revision:* Screening for HIV, Influenza guidance statement, HPV Immunization

- **Lung Cancer Screening Clinical Demonstration Project Evaluation report** is now available.



Field staff are encouraged to join **VA Pulse** ([www.vapulse.net](http://www.vapulse.net)) and requested to join the HPDP Program Planning Group: <https://www.vapulse.net/groups/hpdp-program-planning>. Any PULSE users that have been deactivated due to inactivity (no use in 90 days) can email [alerts@vapulse.net](mailto:alerts@vapulse.net) with a request for reactivation.



**VHA Tobacco & Health’s April 2016 Newsletter** features: Veteran Smoking Rates Decline to 16.8%; *New Tips From Former Smokers* Videos for VA Use; *Stay Quit Coach* App Now Available for Android Devices; New VA Research: Tobacco Cessation Medication Often Not Given at Discharge to Veterans Admitted for COPD Care; and Tobacco Cessation CPRS Coding: Linking Problem List and Diagnosis for Encounters. The Newsletter is available at the Tobacco & Health SharePoint site

<https://vaww.portal.va.gov/sites/tobacco/Lists/News/DispForm.aspx?ID=13&Source=https%3A%2F%2Fvaww%2Eportal%2Eeva%2Egov%2Fsites%2Ftobacco%2Fdefault%2Easpx>

and on the Tobacco Use Treatment Space on VA PULSE.



**Other clinical resources and information on tobacco cessation within VA** are available at: **Tobacco & Health Internet site**, **Tobacco & Health Intranet site**, **Tobacco & Health SharePoint site**, and **Products & Publications**



**Articles/Research of Interest**

- Bloche MG. “Scandal as a Sentinel Event — Recognizing Hidden Cost–Quality Trade-offs.” NEJM. 2016;374(11):1001-1003
- Shulkin DJ. “Beyond the VA Crisis — Becoming a High-Performance Network.” NEJM. 2016;374(11):1003-1005

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## ***What They're Saying About: NCP's Monthly Healthy Living Message Resources***

*"Love using the [Healthy Living message] information every month! We are working to make education videos for our waiting rooms..."*

*--HPDP Program Manager, VISN 19*

Drinking can have benefits,  
**as well as problems like:**



Saying/doing things you wouldn't while sober



Problems driving, crashes, other accidents



Problems thinking/remembering



Unsafe interactions with prescribed medications

If you choose to drink alcohol, drink moderately.  
**Recommended limits:**

**WOMEN**

**1 DRINK A DAY**

and no more than

**7 DRINKS PER WEEK**

**MEN**

**2 DRINKS A DAY**

and no more than

**14 DRINKS PER WEEK**

**OVER 64**

**1 DRINK A DAY**

and no more than

**7 DRINKS PER WEEK**

**Avoid heavy drinking:**

**4** OR MORE DRINKS in 2 hours for WOMEN

**5** OR MORE DRINKS in 2 hours for MEN

A drink is equal to:



**Limit Alcohol: A Healthy Living Message**

[http://www.prevention.va.gov/Healthy\\_Living/Limit\\_Alcohol.asp](http://www.prevention.va.gov/Healthy_Living/Limit_Alcohol.asp)

April 2016 Resource Document:

[http://www.prevention.va.gov/MPT/2016/docs/April\\_2016\\_Resource\\_Document.pdf](http://www.prevention.va.gov/MPT/2016/docs/April_2016_Resource_Document.pdf)

# PHYSICAL ACTIVITY

MANY TYPES,  
MANY BENEFITS



\* From Physical Activity and Health: A Report of the Surgeon General. HHS, CDC, National Center for Chronic Disease Prevention and Health Promotion, 1996

**Healthy Living**  
Healthy Living Matters. Prevention Works.



## Be Physically Active: A Healthy Living Message

[http://www.prevention.va.gov/Healthy\\_Living/Be\\_Physically\\_Active.asp](http://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp)

May 2016 Resource Document:

[http://www.prevention.va.gov/MPT/2016/docs/May\\_2016\\_Resource\\_Document.pdf](http://www.prevention.va.gov/MPT/2016/docs/May_2016_Resource_Document.pdf)

# CALENDAR *of* EVENTS

## **NCP Education Conference Call**

2nd Tuesday of the third month of each quarter  
1:00 pm ET  
1-800-767-1750, Access Code 18987#

- Upcoming call—June 14

## **NCP Integration Conference Call**

2nd Tuesday of the first and second months of each quarter  
3:00 pm ET  
1-800-767-1750, Access Code 18987#

- Upcoming calls—May 10, July 12

## **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 14

## **Veterans Health Education Hotline Call**

4th Tuesday of the month  
1:00 pm ET  
1-800-767-1750, Access Code 16261#

- Upcoming calls—May 24, June 28

## **Health Promotion/Disease Prevention Conference Call**

1st Tuesday of the month  
1:00 pm ET  
1-800-767-1750, Access Code 35202#

- Upcoming calls—June 7, July 5

## **VISN/Facility MOVE!® Coordinators and Physician Champions Call**

2nd Tuesday of the first and second months of each quarter  
3:00 pm ET  
1-800-767-1750, Access Code 59445#

- Upcoming calls—May 10, July 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 11, June 8

VHA National Center for Health Promotion and Disease Prevention (NCP)  
Office of Patient Care Services  
Suite 200, 3022 Croasdaile Drive, Durham, NC 27705

### 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, and comments to the editor:

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Visit our Web site at:  
[www.prevention.va.gov](http://www.prevention.va.gov)