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

Jane Kim, MD, MPH
Chief Consultant for Preventive Medicine

### Health Promotion/Disease Prevention (HPDP)

**VHA Approves HPDP Core Program Requirements Directive**

In February 2018, VHA leadership approved the updated Health Promotion and Disease Prevention (HPDP) Core Program Requirements. This Directive means NCP and Healthy Living teams will continue leading health promotion and disease prevention efforts for Veterans. Updates include:

- Specifying the core requirements of HPDP programs in greater detail. This ensures that Veterans receive HPDP services at every VA medical facility, including Veterans Health Education, MOVE! Weight Management, Tobacco Cessation, and more.
- Designating the HealthLiving Assessment as the online health risk assessment for VA.

This brings the total number of assessments completed to over 100,000!

**NCP Launches Updated TEACH for Success 4-Hour Training**

VA’s Employee Education System, in concert with NCP, launched an updated 4-hour version of NCP’s TEACH for Success clinician training program. TEACH (which stands for Tune In, Explore, Assist, Communicate, and Honor) provides VA clinicians with evidence-based, Veteran-centered health education and health coaching skills. Formerly an 8-hour course, this new 4-hour version should help even more VA clinicians learn skills needed to build strong, trusting relationships with their Veteran patients.

Training numbers still growing!

- **40,292** VA staff trained in TEACH since 2010.
- **33,000** (Sessions 1 & 2) trained in Motivational Interviewing since 2013

**NCP Awards New “Telephone Lifestyle Coaching” Contract**

Beginning in early 2019, Veterans will have a new “anytime and everywhere” addition to their health care. Following a successful, two-year Telephone Lifestyle Coaching (TLC) pilot, NCP and the VHA Office of Rural Health have awarded a contract to resume every VA medical center serving rural and highly rural Veterans. TLC is designed to support Veterans in achieving their personal health goals. With a referral from their VA healthcare team, Veterans may choose TLC to help them make a change in one or more of the following healthy living topic areas: Eat Wisely, Be Physically Active, Manage Stress, Limit Alcohol, Strive for a Healthy Weight, and Be Tobacco Free* (*provided via a partnership with the VA Quitline, 1-855-QUIT-VET). No time for an appointment, or is the nearest clinic miles away? No problem. TLC offers a convenient alternative, or enhancement, to traditional face-to-face care.

**Veterans Health Education & Information (VHEI)**

**New Patient Orientation Toolkit Updated**

In FY18, NCP’s VHEI team updated the VA New Patient Orientation (NPO) Toolkit. Designed to serve Veterans new to VA health care, this updated toolkit includes both Veteran- and staff-facing information and resources. It can help a facility’s Healthy Living staff update their own local NPO materials, and it even provides guidance for facilities looking to create a new NPO program.

**Annals of Internal Medicine Article Features Shared Decision-Making Elements in Diabetes Care Guideline**

The November 7, 2017 issue of the prestigious Annals of Internal Medicine highlighted the shared decision-making (SDM) elements that were incorporated into the 2017 VA/DoD Clinical Practice Guideline (CPG) for the Management of Type 2 Diabetes Mellitus. NCP’s VHEI Program contributed to these SDM elements. As noted in the Annals article, the CPG provides health care providers with “an evidence-based framework to evaluate, treat and manage persons with type 2 diabetes mellitus in the context of their individual needs and preferences.”

**Veterans Health Library Launches New Shared Decision-Making Tool**

In FY18, the Veterans Health Library released a shared decision-making tool called “Making a Decision: Should I Start Insulin?” This unique, interactive tool helps Veterans decide if adding insulin to their diabetes treatment plan fits their goals and lifestyle. It guides the Veteran through the decision-making process with interview-style questions. Along the way, the tool provides in-depth information on demand, including a video about insulin and diabetes. Most importantly, it uses the latest shared decision-making techniques to help Veterans decide, along with their care team, the treatment option that works best for them.

**MOVE!® Weight Management Program for Veterans**

**NCP Publishes 40 New MOVE! Success Stories**

Veterans agree—MOVE! is a life-changing experience. In FY18, NCP’s MOVE! team published 40 inspiring Success Stories of Veterans’ weight-loss achievements and healthy lifestyle changes on the MOVE! website—more than in any other year. Each MOVE! Success Story relates a unique weight-loss challenge—and success—as told by the Veterans who experienced that success as part of the MOVE! Program. MOVE! teams from VA facilities in 18 states and Puerto Rico nominated Veterans and sent in the information that NCP used to write this year’s Success Stories.

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CPS Updates Nine Guidance Documents

NCP’s Clinical Preventive Services (CPS) team updated nine Guidance Statements in FY18. These statements provide VHA Healthy Living teams in the field with the latest evidence and policy/practice resources for screenings (including several types of cancer screenings) and immunizations (including seasonal influenza, shingles, pneumococcal, and meningococcal immunization).

CPS Team Contributes to Three Prevention Articles

CPS National Program Manager Lori Hoffman-Högg contributed to three articles published in the peer-reviewed clinical journal Federal Practitioner in FY18. The articles “Hepatitis A Virus Prevention and Vaccination Within and Outside the VHA in Light of Recent Outbreaks” and “Achieving Excellence in Hepatitis B Virus Care for Veterans in the VHA” were published in the journal’s March 2018 issue. In addition, a poster entitled “High Risk Breast Cancer Screening Pilot Program in Accordance with National Guidelines” originally presented at the 2018 Association of VA Hematology/Oncology’s Annual Meeting, was published in a Federal Practitioner Supplement in September 2018.

CPS Provides Shingles Health Sheet for Veterans

The herpes zoster virus, more commonly known as shingles, affects nearly one out of every three Americans in their lifetimes. CPS, working with the Veterans Health Library, produced a special Shingles Health Sheet for Veterans in FY18. This sheet provides background information on shingles; its risk factors, symptoms, and possible complications; and treatment for the virus. It also describes how to prevent the spread of shingles and discusses the newest shingles vaccine available to Veterans.

MOVE! Coach App Now Available for Android

In FY18, NCP’s MOVE! Weight Management Program team launched an Android version of the MOVE! Coach mobile app. This new app, along with the iOS version previously released, offers a portable way for Veterans to participate in MOVE! — when and where they want! It can also help VA clinicians better partner with their patients to achieve health and weight goals. And with more than half of all smartphone users owning an Android device, this convenient weight management tool is now available to a whole new segment of Veterans.

MOVE! Adopts Patient Self-Referral Direct Scheduling

Accessing MOVE! is now even easier for Veterans. In February 2018, VHA announced that Veterans can use Patient Self-Referral Direct Scheduling (PSDS) for MOVE! appointments. This means Veterans can directly contact their local VA medical center or outpatient clinic to make an appointment—without a consult or order from a primary care or other specialty care provider. By the end of FY18, nearly 90% of facilities had already fully implemented PSDS for MOVE!, with several others partially using the new tool.

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VA’s Flu Vaccine Program Helps Protect Veterans from Influenza

Once again in FY18, VA partnered with the Walgreens family of pharmacies to provide flu vaccinations to Veterans enrolled in VHA health care services. NCP’s Infection: Don’t Pass It On campaign, or IDPIO, spearheaded this health campaign. Over 1.8 million Veterans received free flu shots during FY18. Of those, over 105,000 were given at Walgreens pharmacies. This innovative program gives Veterans an easy way to get their seasonal flu shot—and it’s helping them stay healthy.

Developed new resources on how, when, where, and why to wear a mask during flu season.

IDPIO Provides New Resources on Mask Use

The IDPIO campaign developed a new fact sheet for Veterans and VA staff on how, when, and why to wear a mask during flu season. IDPIO also produced 12 new posters to compliment the fact sheet. VHA staff can use these new resources to promote and encourage mask use, helping to prevent the spread of influenza and other respiratory illnesses during flu season.

IDPIO: VHA’s Communications Hub During Flu Season

In FY18, the IDPIO program served Veterans and VA staff as the main source of flu-related information in VA. For example, IDPIO sponsored many national teleconferences related to flu prevention. Topics included VHA and CDC policy and recommendations; types of flu vaccines, best practices, and prevention and vaccination resources. IDPIO also provided Veterans and VHA health care staff with ongoing and up-to-date information throughout the flu season through social media postings, “Flu Tip” emails, VA Pulse posts, and web articles.

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