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From the Editor

Ted Slowik, Ph.D.

Fall is a time of change, so it’s fitting that HealthPOWER! is undergoing a transformation, too.

Over the years, the newsletter has evolved to be more valuable and relevant to our readers. And we think this new change will make it even more timely and useful for field staff.

As discussed in the article on communications in this issue, we will be disseminating the newsletter in a different way in the coming months—through the monthly NCP Updates that are now distributed via NCP’s PULSE site.

Moving forward, we will incorporate the original content we typically published in the quarterly newsletter—“bright spot” articles, stories from the field, MOVE!* success stories, infographics, etc.—in the Updates, which we send to the field during the first week of each month.

We believe this will be one important step towards consolidating our resources and information for staff and streamlining how we disseminate them to the field.

We hope that you will continue to tune in each month for the good stuff we’ve featured in HealthPOWER! since its debut in 1997. Look for the new format in the December or January Update!

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.
NCP Working to Enhance Communications with Field-Based Healthy Living Teams

Jay Shiffler, VHA National Center for Health Promotion/Disease Prevention (NCP) Communications Specialist, discusses how NCP communications continue to evolve to meet clinician and patient needs. In this interview, Jay shares news about communicating with Healthy Living Teams (i.e., facility-based Health Promotion and Disease Prevention (HPDP) Program Managers, Health Behavior Coordinators, Veterans Health Education Coordinators, and MOVE! Coordinators).

What kind of challenges does NCP face in communicating with facility-based Healthy Living Teams?

Shiffler: “We’ve developed a lot of great resources over the years, but clinicians and even field-based VHA coordinators and program managers can be overwhelmed with the amount of communications they receive on a day-to-day basis, from all sources. They often say that they ‘get so much stuff,’ so we’re constantly trying to improve how and what we communicate. One thing we’re doing is consolidating some of our communications, in part so that they’re easier for field staff to access and use.”

Describe some of NCP’s recent accomplishments in communicating with Healthy Living Teams.

“I think one of the biggest improvements is the SharePoint distribution channel we’ve set up to disseminate content and resources to promote NCP’s monthly prevention topics. We’ve created a single subsite on our SharePoint to get out our Monthly Healthy Living Topic materials and resources. It’s really made it easy for Healthy Living Team staff to access these resources. This single point of dissemination has been active for several months and seems to be working well. We’re moving towards placing all new NCP-produced resources on this SharePoint subsite, which should make them easier to find. We’re working on incorporating filters and key word tools to make searching for and finding these NCP communications even easier on SharePoint. So, we’re moving away from using sub-folders and an internal R Drive for final, official versions of communications and resources, because that can make them harder to find.”

So NCP is putting more emphasis on SharePoint for communicating with the field?

“Yes. We plan to feature the new SharePoint distribution subsite on future NCP calls to help folks learn how to access resources. We’ve also added a ‘work order’ feature to SharePoint that will really benefit the field. Basically, there’s a button on the SharePoint site that allows you to report any problems you’re having with the site. After they report a specific problem they’re having with the site, our Web staff can help resolve it. It’s in Beta testing right now, but seems to be working well. Additionally, we’re hoping to link resources on our Intranet site and PULSE to the SharePoint, which is a stable, reliable, easy to use platform. In the future, we’ll be expanding the types of materials available there, hopefully moving towards ‘one-stop-shopping’ for many NCP resources.”
Does NCP have anything new in the way of communications?

“Yes, in FY 2017, we plan to develop several new videos to support Healthy Living Teams’ efforts in the field. The specifics are yet to be decided, but will likely cover topics in each of our program areas. We’re also in the process of updating our nine Healthy Living messages. The message materials are being re-designed according our recent NCP re-branding, and the content of the messages is also being updated and refreshed.”

Will there be any other notable changes in NCP’s communications in the near future?

“Our Monthly Updates to the field have been well received, and we’ll continue to make them even more valuable and accessible. Starting in October, we started disseminating them primarily via PULSE, again with the aim of increasing access. We’re also in the early stages of transitioning HealthPOWER! to a new format, as part of the Monthly Updates. We encourage Healthy Living Teams to keep checking our PULSE sites to stay informed and current about our communications and their delivery. We’ve got so many great resources for Veterans and clinicians, and we hope that these changes will make it as easy as possible for HPDP staff to get and use NCP resources and materials.”
NCP now uses VA PULSE for sharing NCP Monthly Updates and the NCP Resources and Links document.

- If you want to continue to access the Monthly Update and NCP Resources and Link documents, register for PULSE. To register, go to www.vapulse.net and under New Members enter your VA email address and hit “Create Account”. Once you've done this, you'll receive an automated email with further instructions on how to complete registration and set up your VA PULSE profile. Once you have registered, search for the NCP Healthy Living Group (formerly HPDP Program Planning Group) and click on “Ask to Join this Group”. Once we approve your request, you will have access to all the resources in the NCP Healthy Living Group. If your registration has lapsed, write to alerts@vapulse.net to be reinstated.

The following training can help you take advantage of VA Pulse:

- VA Pulse weekly virtual training sessions for staff at all levels of expertise. Visit the Training Center to register.
  - Introduction to VA Pulse
  - Intermediate Training
  - Advanced Training
- Open office hours, offered twice a week, to talk directly with a member of the VA Pulse Community Management Team. Visit the Training Center to learn more, or ask questions at the Help Desk.
- Virtual Tour on the VA Pulse home page takes users step-by-step though the ins and outs of getting started, and highlights some tools you may not have tried. If the Tour doesn't launch automatically, click the blue button on the left side of the screen.

Training update:

- Proposed training for FY17
  - TEACH—May 2-4
  - MI—March 21-23 and July 11-13
  - Clinician Coaching—August 8-10
- Clinician Coaching Conference Call Series—1:00–3:00 pm ET.
  - January 25, April 26, and July 26

National implementation of the Gateway to Healthy Living program is currently underway. If your site might like to offer this evidence-based program designed to engage Veterans in health behavior change and link them, when desired, with available programming, tune in to an information call to learn more.

- Monthly Gateway to Healthy Living Information Calls occur on the third Wednesday of each month. The next information call is December 21st, from 1-2 pm ET.
- For Gateway call details, check the Calendar on the NCP SharePoint (http://vaww.infoshare.va.gov/sites/prevention/Lists/Calendar/calendar.aspx) for the most current information. The sequence for Gateway training is:
  - Attend a Gateway Information Call
  - Attend a Facilitator Training Part I Call and complete preparation steps reviewed
  - Attend a Facilitator Training Part II Call
  - Ongoing implementation support will also be provided
The National MOVE! Program is pleased to announce a new performance measure for FY17—move12. Testing/validation of this new measure launched on October 1, 2016, with scores available in the Performance Measure Report (http://reports2.vssc.med.va.gov/ReportServer/Pages/ReportViewer.aspx?%2fPMR%2fPerformanceMeasures%2fPerformanceMeasureReport&rs:Command=Render). move12 will replace move7 and will help us understand how we’re doing with the VA/DoD Clinical Practice Guideline (http://www.healthquality.va.gov/guidelines/CD/obesity/) recommendation to offer a comprehensive lifestyle intervention that includes at least 12 contacts in 12 months. This new performance measure is different than move7 in that it:

- Includes all MOVE! participants (not just new patients)
- Gives credit to TeleMOVE! participants
- Provides more timely data, with a monthly update and only a 2-week delay
- Uses a rolling 12-month window, instead of a cumulative measure based on the fiscal year

The 2016-2017 Seasonal Influenza Immunization Guidance Statement was posted at: http://vaww.prevention.va.gov/CPS/Guidance_on_Clinical_Preventive_Services.asp. This updated Statement is consistent with the Advisory Committee in Immunization Practices (ACIP) guidance and recommendations for the 2016-2017 Influenza season. Key updates include that live, attenuated vaccine should not be used in the 2016-2017 season and persons with a history of egg allergy are able to receive influenza vaccine.

Retail Immunization Program – Flu Vaccinations at Walgreens and Duane Reade Pharmacies. The vaccination partnership between Walgreens and VHA continues to provide enrolled Veterans with access to FREE flu shots, whether Veterans choose to get the shot from the nearest VHA facility or the nearest Walgreens or Duane Reade store:

- FLU SHOTS AT NO COST will be offered to enrolled Veterans of the VA health care system through March 31, 2017. VA is reimbursing for Walgreens and Duane Reade for standard dose, trivalent flu vaccine. This year’s contract does not include reimbursement for high-dose flu vaccine.
- Enrolled Veterans must present a valid ID and a current VA ID. If s/he doesn’t, it is the decision of the local store’s pharmacist whether s/he will vaccinate the patient as a Veteran. Problems occur when information given by the Veteran does not exactly match information contained within the Veteran’s VA health record. The data transfer cannot take place when information is not matched precisely – thus leading to the new requirement of presenting the VA ID.
- The immunization data will be handled as it was last year and will automatically be sent from the store’s system directly into the patient’s electronic medical record each day.
- A more formal communications package will be released soon, pending review/clearance. That information will focus on Veteran and community announcements, FAQs, and other relevant information.
- If you hear about a problem with access or vaccine administration regarding a Walgreens or Duane Reade location, notify their call center at 1-866-964-1812.
- If you think your site is having problems with the data transfer or with the electronic medical record, contact: VA HRC Call Center at 1-877-771-8537.

The United States Preventive Services Task Force (USPSTF) recommendation statement on providing interventions during pregnancy and after birth to support breastfeeding—There is convincing evidence that breastfeeding provides substantial health benefits for children and adequate evidence that breastfeeding provides moderate health benefits for women. The statement can be found at: https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breastfeeding-primary-care-interventions?ds=1&s=Breastfeeding.
Order IDPIO and Flu Resources from the VA Depot - Use this EES link (https://myees.lrn.va.gov/SitePages/Product%20Order%20Form.aspx) to complete the form. Choose from the products below and use the “F” number for each. Please be CLEAR and CONCISE about the quantities since they come in packs of 10 and rolls of 100 – “5 packs of F60680 for a total of 50 buttons.”

- Red Sticker (rolls of 100)– F60550
- Green Sticker (rolls of 100) - F60680 – OUT OF STOCK
- Clean Hands Button (packs of 10)– F60857
- Protect Us All Button (packs of 10)– F60681
- Ask Me Button (packs of 10)– F60682

Staff Update

NCP is pleased to announce that Kathleen Pittman, B.S.N., M.P.H., has been named as National Program Manager, HPDP Programs. We are excited that Kathy will be serving in this important role, leading the Preventive Care Program (also known as the HPDP Program at the facility level), working closely with VISN HPDP Leads, and serving as the lead and primary source of support for facility-based HPDP Program Managers.
Stuck, Tired, and Ready for a Change—Veteran Dennis Hodo Discusses How MOVE! Telephone Lifestyle Coaching Helped Him Lose 30 Pounds and Gain Back His Confidence

Feeling “really heavy” at a weight far above that of his service days, Vietnam Veteran Dennis Hodo asked his VA doctor for a magic pill to help him get lighter. What he got instead was a MOVE! Program brochure, which started him on a successful journey towards a healthier weight and life. Now off cholesterol and blood pressure medications and set on a new weight goal, Dennis has a message for other Veterans—MOVE! can help you feel a lot better!

Why did you start MOVE!?

“Fifteen years ago I quit smoking, but gained a bunch of weight. I was at 280 pounds—100 more than when I was in the Army. I wanted to get healthy and get the weight off. I started working with dietitians at the Poplar Bluff (MO) VAMC, and lost 30 pounds in 2 years. But I got stuck at around 250 and got tired of that. I moved and started going to the Truman Memorial Veterans’ Hospital. During a doctor’s appointment, I asked for a pill to take all the weight off. My doctor jokingly said he would give me a ‘pill’ and handed me a MOVE! brochure.”

What programs did you do?

“I attended the introductory MOVE! class in April 2015, then completed 12 sessions of Telephone Lifestyle Coaching (TLC). I’m now a guest speaker at the introductory class. I share what worked for me and answer questions about my journey and MOVE!”

How did MOVE! work for you?

“I learned through the weekly coaching calls. I found out that there were a very few things I couldn’t eat. I started using artificial sweeteners and choosing lower-fat and salt-free foods. I also controlled my portions—I weigh my food and know exactly how many ounces. I learned the importance of tracking my food—that was the biggest thing that worked for me. I have more control over what I’m eating and drinking when I use a food journal. During MOVE!, I was also getting therapy for post-traumatic stress disorder, which helped a lot. It helped me realize that I wasn’t too old to lose weight and that I deserved to feel better.”
How much weight have you lost?

“When I started TLC, I weighed 250 pounds and had a BMI of about 39. As of August 2016, I’m down to 220 pounds and a BMI of 34.53. Although I don’t know if I’ll be able to reach my goal weight of 180 pounds, I’ll keep trying until I do.”

How is your life different now?

“I have more energy. I’m wearing clothes I haven’t been able to wear for 25 years. I play more music and have more confidence playing in front of people. I’m out and about more. I get invited more places. I also don’t have to take blood pressure or cholesterol medications—it feels good to not have to take them.”

What lifestyle changes did you make?

“I currently walk 30 minutes a day. I started using the treadmill—it’s heart-healthy, it makes me feel better, and I can use it in all weather. I don’t watch a lot of TV. I’m trying foods I wasn’t eating before. I read labels when I’m at the store and keep track of what I eat. I get on the scale once or twice a week to help me continue to eat healthy.”

What would you tell other Veterans about MOVE!?

“When people ask how I lost weight, I tell them you actually have to work the program. If you start making changes, remember that there’s no deadline. Even when you gain a pound, just don’t quit. I went 3 months without losing weight despite eating healthy and being physically active. I got discouraged, but I didn’t quit and I finally lost weight. If you live by what MOVE! teaches, you won’t starve to death and you’ll feel a lot better!”
November Healthy Living message

Thinking about quitting? We can help. Quitting tobacco is the number one step to take to improve your health.

New NCP Infographic: Hypoglycemic Safety Initiative

Lower Your Risk of LOW BLOOD SUGAR (hypoglycemia)

LOW BLOOD SUGAR CAN CAUSE SERIOUS SYMPTOMS...

Sweating
Dizziness
Heart Pounding
Confusion, Seizures, Passing Out

... THAT CAN LEAD TO A MEDICAL EMERGENCY.

2 MOST COMMON CAUSES of low blood sugar:

MISSING A MEAL OR EATING LESS THAN USUAL
- Carbohydrates are broken down into sugar, so they impact diabetes control
- Planning can help you better control your diabetes, and allow your medications to work better and more safely:
  - Eat controlled – just right, not too large – portions of carbohydrates
  - Eat consistently from day to day

TAking TOO MUCH MEDICATION OR NOT TAKING IT AS PRESCRIBED
- Diabetes medicines are taken as pills or injections.
- They all work differently, so it’s important to know how and when to take them.

Medicines that Help Lower Blood Sugar “Spike” after Meal

<table>
<thead>
<tr>
<th>Medication</th>
<th>When to Take with Meal</th>
</tr>
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<tbody>
<tr>
<td>Glipizide, Glyburide, or Glimepiride</td>
<td>30 minutes before</td>
</tr>
<tr>
<td>Insulin Aspart (Novolog*)</td>
<td>15-10 mins before</td>
</tr>
<tr>
<td>Insulin Lispro (Humalog*)</td>
<td>15-10 mins before or immediately after</td>
</tr>
<tr>
<td>Insulin Regular (Humulin R* or Novolin R*)</td>
<td>30-60 mins before</td>
</tr>
</tbody>
</table>

To get more information on VHA Choosing Wisely—Hypoglycemia Safety Initiative, and resources to better manage diabetes and low blood sugar, go to VHA Quality, Safety & Value website (http://www.qualitysafety.va.gov) and click on the “Choosing Wisely” button at right.

VHA Choosing Wisely—Hypoglycemia Safety Initiative (Updated May 2016)

--- Developed in collaboration with VHA Choosing Wisely—Hypoglycemic Safety Initiative and VA Office of Quality, Safety & Value.
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—December 13

Health Promotion/Disease Prevention Conference Call
1st Tuesday of the month
1:00 pm ET
1-800-767-1750, Access Code 35202#
• Upcoming calls—December 6

NCP Integration Conference Call
2nd Tuesday of the first and second months of each quarter
1:00 pm ET
1-800-767-1750, Access Code 18987#
• Upcoming calls—January 8

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—January 10

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—December 13

National Health Behavior Coordinators Call
2nd Wednesday of the month
12:00 pm ET
1-800-767-1750, Access Code 72899#
• Upcoming calls—December 14

Veterans Health Education Hotline Call
4th Tuesday of the month
1:00 pm ET
1-800-767-1750, Access Code 16261#
• Upcoming calls—December 27

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.