

## BACKGROUND PAPER

### ON

#### Culture of Responsible Choices and Health and Wellness Centers Toolkit Items

1. Health and Wellness Centers (HAWCs) programs to assist in establishing a culture of responsible choices that emphasize the roles of individuals and the community for morale, safety, and discipline. HAWCs assist in improving knowledge, attitudes, perceptions, skills and the environment that improve individual and community health and fitness, readiness, and productivity; and reduce health care cost for Air Force Active Duty, Guard, Reserve, DoD Civilians and Retirees. HAWCs provide evidence-based health promotion and disease prevention programs.
2. HAWCs offer, as a minimum, the following assessment, awareness, and intervention programs: health risk appraisals, cycle ergometry assessment, exercise prescriptions, tobacco cessation/prevention, drug and alcohol awareness, nutrition counseling, disease risks counseling, substance abuse, injury prevention, health informatics, medical self care education and stress management training. Summaries of the offerings follow.
3. Fitness
  - a. [Fit to Fight](#) program includes exercise testing and prescription for primary prevention to maintain healthy weight and readiness. Secondary prevention to help members return to readiness is provided with Healthy Living Program (HLP) and Body Composition Improvement Program (BCIP) Classes for those who do not pass fitness tests.

- b. Community physical fitness campaigns (e.g., team-approach Air Force and Medical Fitness Association [Steppin' Out](#) pedometer and Navy and Air Force [Crews Into Shape](#) programs).
4. Nutrition
- a. Individual, Group and Community Education
    - i. Clinical one-to-one education
    - ii. Group classes plus HLP and BCIP
    - iii. Community outreach with team-approach social marketing 5-a-Day fruits and vegetables programs and education programs on dietary supplements and cooking for airmen in dorms, and collaboration with child development and youth centers on menus and vending machine selections.
  - b. Shape Your Future Your Weight (SYFYW)
    - i. [SYFYW](#) provides provide multiple strategies to prevent or limit weight gain, empower individuals to achieve and maintain a healthy lifestyle, and energize a community approach to preventing weight gain. The goal is to ultimately reverse weight gain trends within the AF community. Two websites are available.
    - ii. The [Health Professionals](#) site is designed as a resource for Health and Wellness Center (HAWC) staff and all AF health professionals to create awareness of the impact of "weight creep" and overweight at their base. The site features an innovative, weight gain prevention awareness tool kit, filled with an evolving collection of targeted mass media components

including email messages, newspaper articles, posters, handouts and briefings. An environmental roadmap assessment tool will be added soon to assist in evaluating the base's environmental support of healthy weights.

- iii. The [Community Website](#) tool kit designed for all AF beneficiaries-active duty, reservists, dependents, and retirees to learn more about the impact of "weight creep" and overweight and how to prevent it. The site features an ever-growing compilation of self-help tools, including self-assessment links, quick tips, articles, handouts and other resources about preventing weight gain, and achieving and maintaining a healthy weight.

c. Shape Your Environment Your Weigh (SYEYW) / Environmental Roadmap (ER)

- i. SYEYW / ER is a research-based instrument developed by AFMOA/SGPP to stimulate, empower and guide collaboration and community involvement to create an environment that supports healthy weight and fitness. The roadmap is an aid to assess the environment and identify environmental changes that will empower members to make healthy decisions in diet and physical activity.
- ii. The roadmap targets four areas: Built Environment (e.g. safe sidewalks, well lit base parks), Work Environment (e.g., commander well-communicated policy to promote regular physical activity and health eating options, co-workers model good health and provide peer support), Fitness and Nutrition Program Planning (e.g., population assessed for

nutrition and fitness), and Primary Health Care Services (e.g., primary care team received annual education on weight gain prevention).

- iii. The intent of the roadmap is to facilitate a dialog between leaders representing key base functional areas that can make a difference in making the right choices the easy choices for maintaining and achieving healthy weight and fitness.

## 5. Alcohol

- a. HAWC staff collaborates with the Alcohol and Drug Abuse Prevention and Treatment (ADAPT) program manager on topics related to alcohol and substance abuse prevention
- b. A specific program offered by HAWCs is the “21<sup>st</sup> Birthday Drinking Social Norms and Safety Tips Birthday Card”
  - i. Incorporates primary prevention evidence-based practices of 0-0-1-3, 21<sup>st</sup> birthday drinking norms, commander expectations plus the Wingman concept.
  - ii. Reductions in misuse and negative consequences of alcohol are 30% lower quantity of alcohol consumed, more likely to stop drinking when had enough, more likely to have someone watch out for them, less likely to report not recalling parts of the celebration, less likely to get drunk and 40% less likely to have negative consequences such as passing out and vomiting.

## 6. Tobacco Prevention and Cessation

- a. HAWCs provide primary prevention to help non-smokers avert and reduce pressure and environments that cause initiation of smoking. Programs include activities to increase knowledge and interest in not smoking with social marketing flyers and posters design (these use commercial marketing techniques); plus attitude, knowledge, perception health that combines behavior change, personalizing experiences, feedback opportunities, and follow-up.
- b. Secondary prevention to help members quit smoking is done with evidence-based education programs that also include interventions of social marketing awareness, behavior change health education with follow-up and feedback and environmental, policy and social support approaches. Specifically:
  - i. Cessation programs for military, family members, retirees during and after duty hours as needed. Federal employees may participate on a space-available basis.
  - ii. Based on health assessments, those who use tobacco and want to quit are contacted
  - iii. Appropriately trained personnel conduct the cessation programs. Cessation facilitators have behavior modification and stages of change training.
  - iv. Nicotine replacement therapy is available.
  - v. Follow-up surveys are conducted at 3- and 6-months to measure program outcome success.

## 7. Stress Management

- a. Stress management programs encompass a variety of subjects related to stress management such as sleep, shift work, alcohol and substance abuse prevention, spiritual wellness, family relations, fitness and nutrition.
  - b. The program is coordinated with Life Skills Clinic, Family Advocacy, Chaplains, Community Support Center and other agencies within the Integrated Delivery System to enhance the wellness of installation beneficiaries.
  - c. The nature, psychology and physiology of stress and a variety of management techniques are taught and coached. Techniques include time management, communication skills, breathing techniques, progressive muscle relaxation, guided imagery and visualization, behavior modification, cognitive restructuring, journal writing, art therapy, humor therapy, creative problem solving, communication skills, diaphragmatic breathing, meditation, yoga, music therapy, massage therapy, autogenic training, nutrition, exercise.
8. Injury Prevention and Worksite Ergonomics
- a. The HAWC ensures injury prevention programs are addressed as part of the standard Community Action Information Board (CAIB) agenda items.
  - b. The HAWC partners with Occupation Health, Public Health, Flight Medicine, and/or Physical Therapy to provide unit/site-specific evaluation, education and activity programs.