



# National Center for Health Promotion and Disease Prevention

## FY 2021 HIGHLIGHTS



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.

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## MOVE! Weight Management Program

In FY21, the MOVE! team continued to celebrate Veteran weight management success across the country. This year's collection of 47 [MOVE! Success Stories](#) highlights the motivation, empowerment, and gratitude expressed by Veterans participating in MOVE! and striving for both healthy weight and healthy living.

MOVE! collaborated with the Office of Connected Care to provide Fitbits to 1,700 MOVE! participants who agreed to share their health data with VHA as part of the MOVE! Connected Devices Fitbit Pilot.



The MOVE! Program launched MOVE! Comprehensive Lifestyle Intervention CPRS note templates that align with the standardized MOVE! curriculum. Implementation of these templates will help facility teams prepare for transition to Cerner Millennium. In collaboration with VSSC, MOVE! also consolidated several different types of data reports into a single MOVE! Data Dashboard to help MOVE! teams more easily access facility-specific measures to inform local program improvements.

Monthly MOVE! Provider Champion office hours were implemented to increase engagement and to provide support and guidance.

## Seasonal Influenza and Infection: Don't Pass It On (IDPIO) Campaign

In FY21, IDPIO continued to develop and update policy, guidance, and communications to keep providers informed of important issues related to flu and COVID-19. National teleconferences addressed topics regarding the collection and utilization of flu and COVID-19 data, as well as best practices for administering vaccination campaigns.

IDPIO also worked to develop communications to support field-related messaging through updates to online resources such as the [Veteran-facing flu webpage](#) and creation of educational materials.

IDPIO also focused on provider education, developing an interactive TMS module (TMS #45489) for Flu coordinators

and teams. It worked closely with the VHA Center for Improvement Coordination to offer a new program that provides guidance for teams to improve vaccine uptake rates. IDPIO piloted a mentorship program to connect experienced coordinators with newer colleagues at other facilities. It also collected and collated promising practices from facilities that implemented successful vaccine uptake programs. These practices will help IDPIO establish efficient and effective strategies for future campaigns.

IDPIO supported Employee Occupational Health in promoting vaccination of health care personnel and worked closely with the Office of Community Care to provide free vaccines within Veteran communities throughout the country.

## TEACH and MI Training

In FY21, NCP formally launched virtual interactive versions of TEACH and Motivational Interviewing (MI) trainings. These programs allowed VA facilities to resume local trainings while the pandemic limited face-to-face interaction. Evaluation data indicates that these trainings are as effective as the face-to-face versions, and a deeper evaluation of the virtual training programs is underway for FY22.

### FY21 Training Data

- 886 VA staff completed virtual TEACH in FY21, with overall satisfaction of 4.33/5.0
- 1199 VA staff completed MI Session 1 and 801 completed MI Session 2 with overall satisfaction ratings of 4.6/5.0 (MI S1) and 4.4/5.0 (MI S2).

## OVERALL SATISFACTION

★★★★★  
MI Session 1: 4.6/5.0

★★★★★  
MI Session 2: 4.4/5.0

★★★★★  
TEACH: 4.33/5.0

NCP also held four virtual facilitator trainings in FY21, training 64 Healthy Living Team Members as new TEACH and MI Facilitators. Quarterly Communication Training Calls focused on challenges such as helping staff address vaccine acceptance and accounting for burnout.

## Health Promotion and Disease Prevention (HPDP)

In FY21, HPDP began work with Cerner to develop documentation templates for the new electronic health record to be used by HLT members. Topics covered include tobacco cessation, sleep hygiene, pain management, and stress management.

HPDP collaborated with the Office of Primary Care to launch the Preventive Health Initiative to reduce gaps in clinic preventive services impacted by the COVID-19 pandemic.

Over 15,000 HealtheLiving assessments were completed in 2021, bringing the total number of assessments completed to more than 145,000.



## Clinical Preventive Services (CPS)

In FY21, CPS completed updates to 18 (9 major, 9 minor) evidence-based VHA CPS Guidance Statements. Major revisions include the following: Screening for Hepatitis B, Meningococcal Immunization, Hepatitis A Immunization, Lung Cancer Screening, Tobacco Screening and Counseling, Colorectal Cancer Screening, Overweight and Obesity Counseling, Seasonal Influenza Immunizations, and Abdominal Aortic Aneurysm Screening.

CPS also revised three NCP-sponsored national clinical reminders, including COVID-19 Immunization, Seasonal Influenza Immunization, and Breast Cancer Screening. It also ensured evidence-based updates to the Recommendations for Men and Women (public-facing resources for Veterans).

CPS provided high-quality precepting to 5 UNC Preventive Medicine Residents throughout their NCP rotations.

## Telephone Lifestyle Coaching (TLC)

In FY21, TLC had another successful year and continued to empower Veterans to better manage their health. The program expanded to 36 sites across VHA and boasted an average Veteran satisfaction score of 92.3%. More than 5,000 consults were received, and 4,100 Veterans enrolled in the program, for a conversion rate of over 81% in FY21. All three figures reflect a significant increase from FY20.

The most recent six-month survey of Veteran TLC participants reveals that over 42% of the roughly 600 respondents increased their time spent on physical activity each week. The average respondent reduced their weight by 9.2 pounds, and over one third of all respondents reported reduced levels of stress.

## Veterans Health Education and Information (VHEI)

In FY21, NCP, DEAN, and OHT partnered to initiate the development of a National Veteran Patient Education Program that encompasses both health education content and information related to VA care and services. This integrated patient education program adopts the Health Literate Care Model and will engage and empower Veterans and caregivers to develop the knowledge, skills, and confidence they need to optimize their health and well-being and manage their health conditions.

Five different program workstreams were formed to address Veteran Patient Education Experience, Engagement Approaches, Evaluation Method, Employee Development, and Program Structure and Function. These workstreams met regularly to plan and develop the national program. Work for this initiative will continue in FY22.

The VHEI team also supported the Education and Training component of VHA's COVID-19 Vaccination Program. This work included the development of 18 TMS training modules, resulting in nearly 340,000 TMS training completions to support the safe administration of over 8.9 million COVID-19 vaccines for Veterans, employees, and SAVE LIVES Act recipients.

## The Veterans Health Library (VHL)

In FY21, the [Veterans Health Library](#) developed two interactive tools to encourage vaccine acceptance and shared decision-making among Veterans for Flu and COVID-19 vaccines. These new tools provide Veterans with evidence-based health information while honoring patient autonomy, values, and preferences. They help Veterans assess what is most important to them in making decisions about receiving the Flu or COVID-19 vaccine. After using each tool, Veterans can create an action plan and summary to print and share with their health care team.

The VHL reviewed and updated 375 existing health sheets and 25 flipbooks, and also added 8 new health sheets addressing Veteran-centered topics. The VHL also expanded its video library with 46 new educational and instructional videos.



375  
Existing  
Health Sheets



25  
Existing  
Flipbooks



46  
New Videos  
Added