



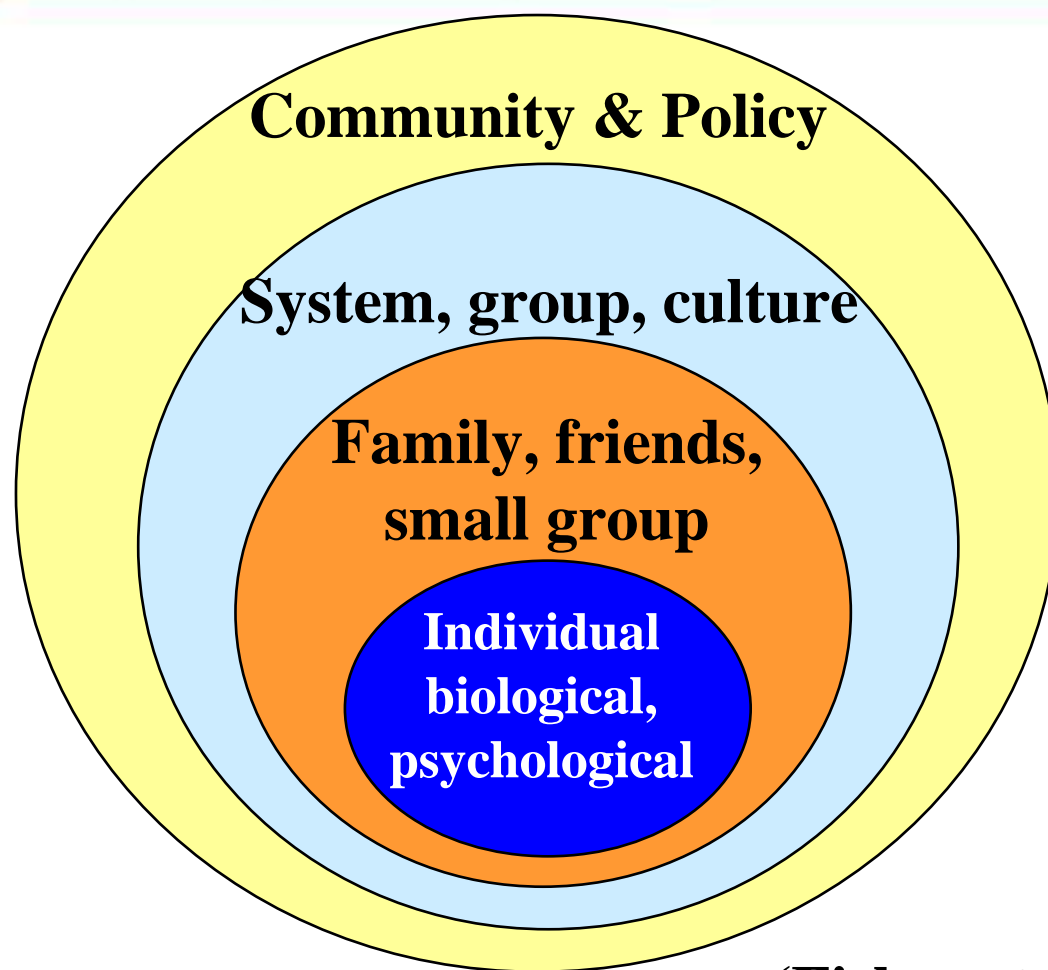
# ACSM-SBM Exercise is Medicine<sup>®</sup> Symposium Translating Physical Activity and Weight Management Research into Population-Level Health Care Interventions

David E. Goodrich, EdD - Chair  
Mathew P. Buman, PhD  
Kenneth R. Jones, PhD  
Caroline R. Richardson, MD  
Michael G. Goldstein, MD - Discussant



**VA**  
HEALTH  
CARE | Defining  
**EXCELLENCE**  
in the 21st Century

## How Does Prevention and Self-Management Support Fit with an Ecological Model?



**Access to Resources in Daily Life**

**Continuity of Quality Clinical Care**

**Follow-up and Support**

**Enhancing Skills**

**Collaborative Goal Setting**

**Individualized Assessment/Monitoring**

# A Model for Planned Care\*



*\*E. Wagner, MD, W.A. MacColl Institute,  
Group Health Cooperative of Puget Sound*

# Population-Based Approaches

- **Using the Internet to Increase Physical Activity (Richardson)**
  - Population reach
  - Assessment, monitoring and goal setting
  - Tie-in to insurance, health care systems, clinicians
- **Exercise is Medicine (Buman)**
  - Coalition of Health Care and Professional Organizations
  - Policies, Tools for Brief Intervention & Referral
  - Campaigns to Build Awareness
- **MOVE! in the VHA (Jones)**
  - Integration within a Health Care System
  - Multiple modalities –When Where and How the Veteran Wants It
  - Opportunities for a Synergistic Step Care Approach

# VHA Preventive Care Program

Facility Health Promotion and Disease Prevention (HPDP) Program

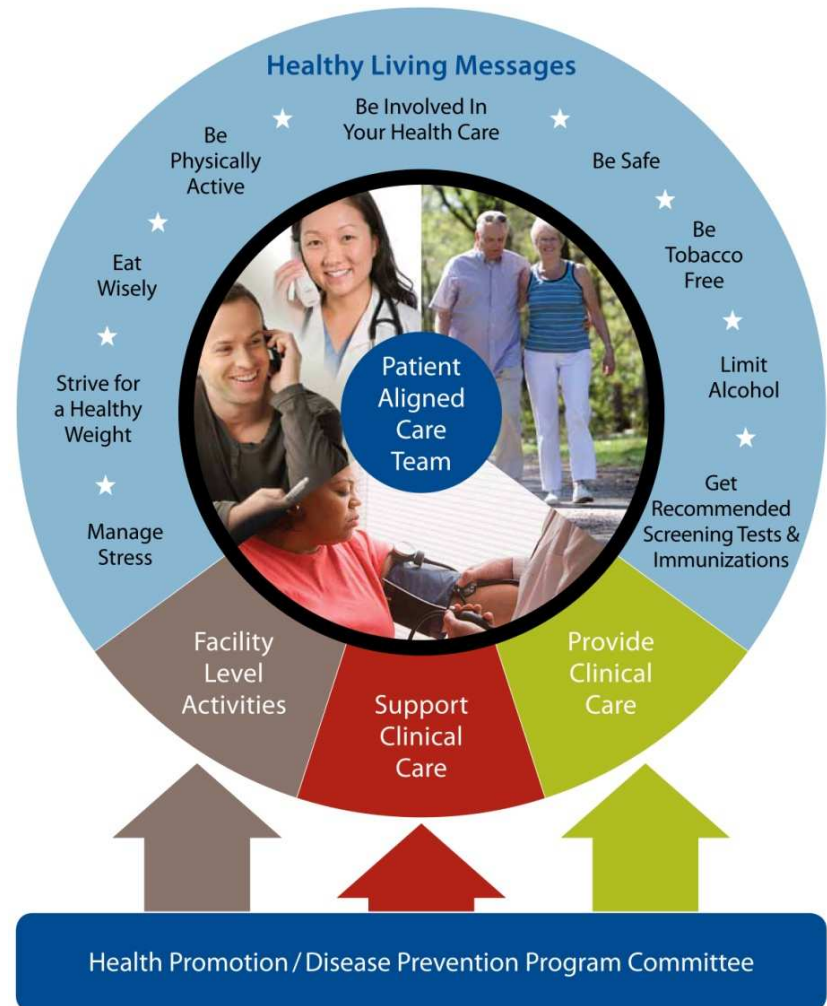
## Core Elements:

### •Infrastructure

- Health Behavior Coordinators
- HPDP Program Managers
- Veterans Health Ed. Coord.
- MOVE! Coordinators

### •Integration with PACT (VA version of PCMH)

### •Tools and Resources





# MOVE!: Opportunity for Population Impact

- **Goal: 2% increase in MOVE! enrollment**
  - 10,000-20,000 additional Veterans served
  - 4,000 additional Veterans with clinically significant wt loss
- **Goal: Increase % of MOVE! participants who receive intensive and sustained treatment**
  - every 2% increase in sustained treatment leads to >1000 additional Veterans who achieve clinically significant wt loss
- **Potential to further enhance reach through effective brief interventions that motivate Veterans to take small steps toward change**