



ARMY MEDICINE
Serving To Heal...Honored To Serve

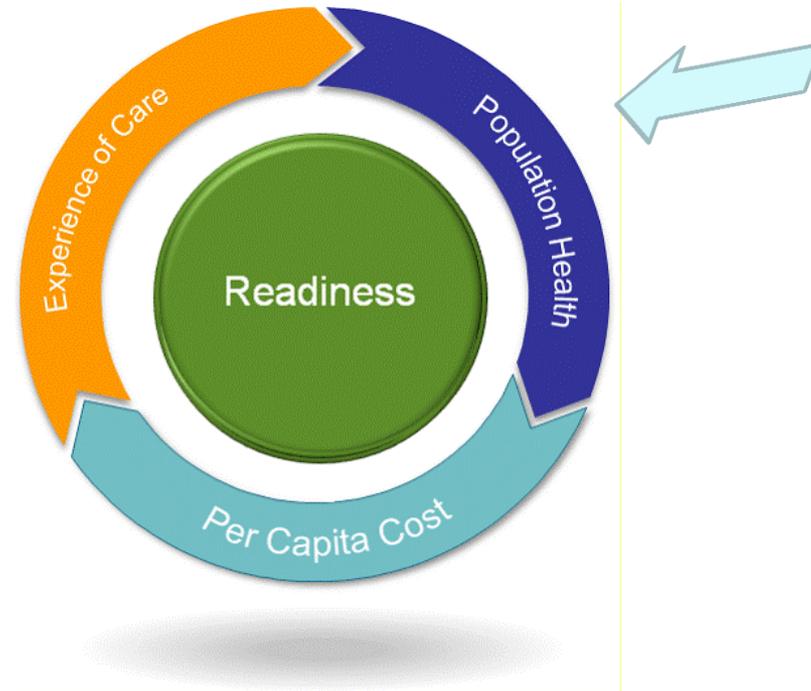
Population Health Efforts Towards Performance Triad

Tripler Army Medical Center
Honolulu, Hawaii

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Chief, Medical Management
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21 March 2014



Quadruple Aim





Performance Triad



ACTIVITY



NUTRITION

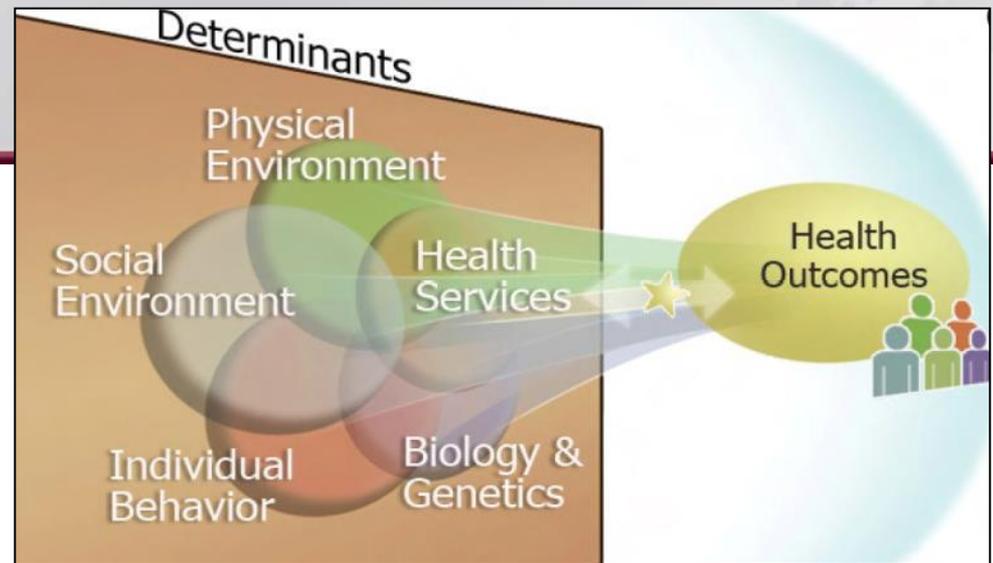


SLEEP



TSG Lines of Effort

- Combat Casualty Care
 - ✓ Readiness & Health of the Force
 - ✓ Ready and Deployable Medical Force
 - ✓ Health of Families & Retirees
-
- Three of Four have a component of prevention/population health



Population Health:

An approach to care that uses information on a group ("population") of patients within a primary care practice or group of practices to improve the care and clinical outcomes of patients within that practice.

AHRQ = Agency for Healthcare Research and Quality

Visit: www.ahrq.gov



Key Elements for Success

- Data about your population
 - MHSPHP CarePoint, PASBA, CMS
- Committed workforce
 - PCMH/SCMH Teams
 - Public Health Nursing
 - Medical Management
 - Command
- Beneficiary/Patient Involvement
 - Start with staff-most are beneficiaries
 - Integrate patient's values into their plan
 - Start small and grow
 - Use community and web resources



Measures that Focus on Pop Health

- BMI (CarePoint , PASBA)
 - Percent with BMI
 - Percent at a Healthy Weight (IRIS)
- Tobacco Use
 - Inpatient assessment-ORYX Metrics
 - Outpatient assessment-PASBA (IRIS)
- HEDIS Prevention Measures (CarePoint, IRIS)
 - Cervical, Breast & Colon CA Screening, Chlamydia Screening
 - Well Child



Know your Population

- Determine the prevalence of disease
 - CarePoint Prevalence List
- Determine the acuity of your population
 - CarePoint ACG-RUB
- Determine how you are doing with prevention
 - CarePoint patient management, PASBA



MHSPHP:



PHPM

POPULATION HEALTH
PATIENT MANAGEMENT

The **Population Health Patient Management (PHPM)** MHSPHP application transforms Department of Defense (DOD) and purchased care administrative data into actionable information. TRICARE Prime/Plus enrollees in need of potential clinical preventive services, disease management or case management are identified on health care action lists. Using the PHPM application, all MTF and MCSC health care teams can proactively manage the health status of their patients over the web.

PHPM Help Documents

- Online help
- User's Guide
- Contact Information



PHDR

POPULATION HEALTH
DYNAMIC REPORTS

The **Population Health Dynamic Reports (PHDR)** allow a user to drill-through and customize measure-specific reports. Methodologies are based on Healthcare Effectiveness Data Information Set (HEDIS) methodologies or on DoD/VA Clinical Practice Guidelines. The National Committee for Quality Assurance (NCQA) developed and maintains HEDIS.

The dynamic reports are divided by calendar year. Click the links below to open the individual annual reports.



PHDR Help Documents

- Online Help
- User's Guide
- Contact Information

PHPM: Patient Management

PHDR: Dynamic Reports

<https://carepoint.afms.mil/carepoint/>



SAS Web Report Studio • DOD_AGG_2013

File Edit View Data [Icons] Edit View

20 / 25

MHSPHP Aggregate 2013 Data: All Prevalence Report (TRICARE Prime and Plus Enrollees)

- Table of Contents Options
- All Prevalence Report
 - DEC2013
 - NOV2013
 - OCT2013
 - SEP2013
 - AUG2013
 - JUL2013
 - JUN2013
 - MAY2013

- Section Data Options
- MHSPHP_AGG_2013_InfoMap
- BENCAT
 - GENDER AND AGE
 - OHI
 - TRICARE REGIONS
 - FACILITY (S/D/P)
 - PRIME/PLUS
 - DATE
 - Total Enrolled
 - High Utilizers
 - Chronic Obstructive Pul

DATE.Date: DEC2013
 Methodology Document: [All Measures 2013](#)

Applied filters: None

	Total Enrolled	High Utilizers	Chronic Obstructive Pulmonary Disease (COPD) Enrolled	COPD Valid	COPD Prevalence	Congestive Heart Failure (CHF) Enrolled	CHF Valid	CHF Prevalence	Depression Enrolled	Depression Valid	Depression Prevalence	Hypertension Enrolled	Hypertension Valid	Hypertension Prevalence
SERVICE														
AIR FORCE	1,137,628	23,594	1,137,628	12,375	1.09%	1,137,628	1,789	0.16%	1,137,628	47,755	4.20%	1,137,628	106,553	
ARMY	1,374,677	36,611	1,374,677	11,107	0.81%	1,374,677	1,681	0.12%	1,374,677	71,915	5.23%	1,374,677	104,702	
COAST GUARD	27,561	.	27,561	33	0.12%	27,561	0	0.00%	27,561	830	3.01%	27,561	940	
NAVY	942,446	18,098	942,446	4,929	0.52%	942,446	861	0.09%	942,446	33,586	3.56%	942,446	51,116	
NCRMD	135,107	2,236	135,107	1,447	1.07%	135,107	415	0.31%	135,107	6,251	4.63%	135,107	14,930	
TRO	1,407,978	.	1,407,978	16,966	1.20%	1,407,978	1,389	0.10%	1,407,978	73,586	5.23%	1,407,978	155,876	
Total	5,025,397	80,539	5,025,397	46,857	0.93%	5,025,397	6,135	0.12%	5,025,397	233,923	4.65%	5,025,397	434,117	



FOR OFFICIAL USE ONLY (FOUO) - Privacy Act of 1974 Applies

Click to add notes



Determine Disease Burden

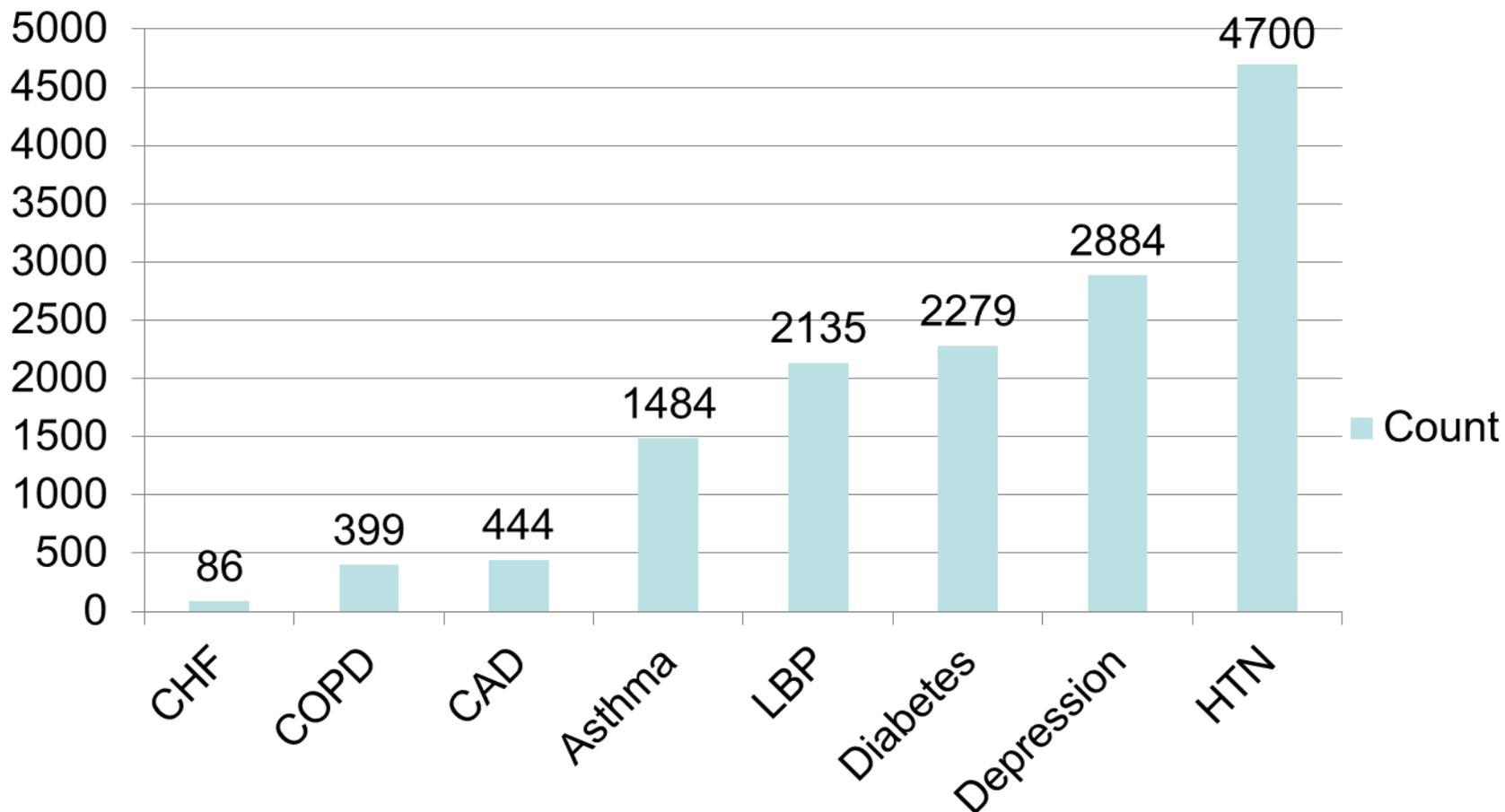


- Disease Prevalence Report-CarePoint

PROVGROUP	Total Enrolled	High Utilizers	Chronic Obstructive Pulmonary Disease (COPD) Enrolled	COPD Valid	COPD Prevalence	Congestive Heart Failure (CHF) Enrolled	CHF Valid	CHF Prevalence	Depression Enrolled	Depression Valid	Depression Prevalence	Hypertension Enrolled	Hypertension Valid	Hypertension Prevalence	Low Back Pain Enrolled	Low Back Pain Acute Valid
AMHS01ASBSCMH	3,002	63	3,002	2	0.07%	3,002	0	0.00%	3,002	144	4.80%	3,002	150	5.00%	3,002	101
AMHS01BSBSCMH	2,396	44	2,396	3	0.13%	2,396	0	0.00%	2,396	107	4.47%	2,396	74	3.09%	2,396	74
AMHS02ASB2BCT	3,099	36	3,099	1	0.03%	3,099	0	0.00%	3,099	75	2.42%	3,099	48	1.55%	3,099	82
AMHS02BSB2BCT	1,498	33	1,498	0	0.00%	1,498	0	0.00%	1,498	76	5.07%	1,498	22	1.47%	1,498	36
AMHS03ASB3BCT	2,367	42	2,367	1	0.04%	2,367	0	0.00%	2,367	97	4.10%	2,367	45	1.90%	2,367	81
AMHS03BSB3BCT	2,181	30	2,181	1	0.05%	2,181	0	0.00%	2,181	67	3.07%	2,181	27	1.24%	2,181	67
AMHS04ASBCAB	2,276	18	2,276	1	0.04%	2,276	0	0.00%	2,276	89	3.91%	2,276	80	3.51%	2,276	78
Total	16,822	266	16,822	9	0.05%	16,822	0	0.00%	16,822	655	3.89%	16,822	446	2.65%	16,822	519



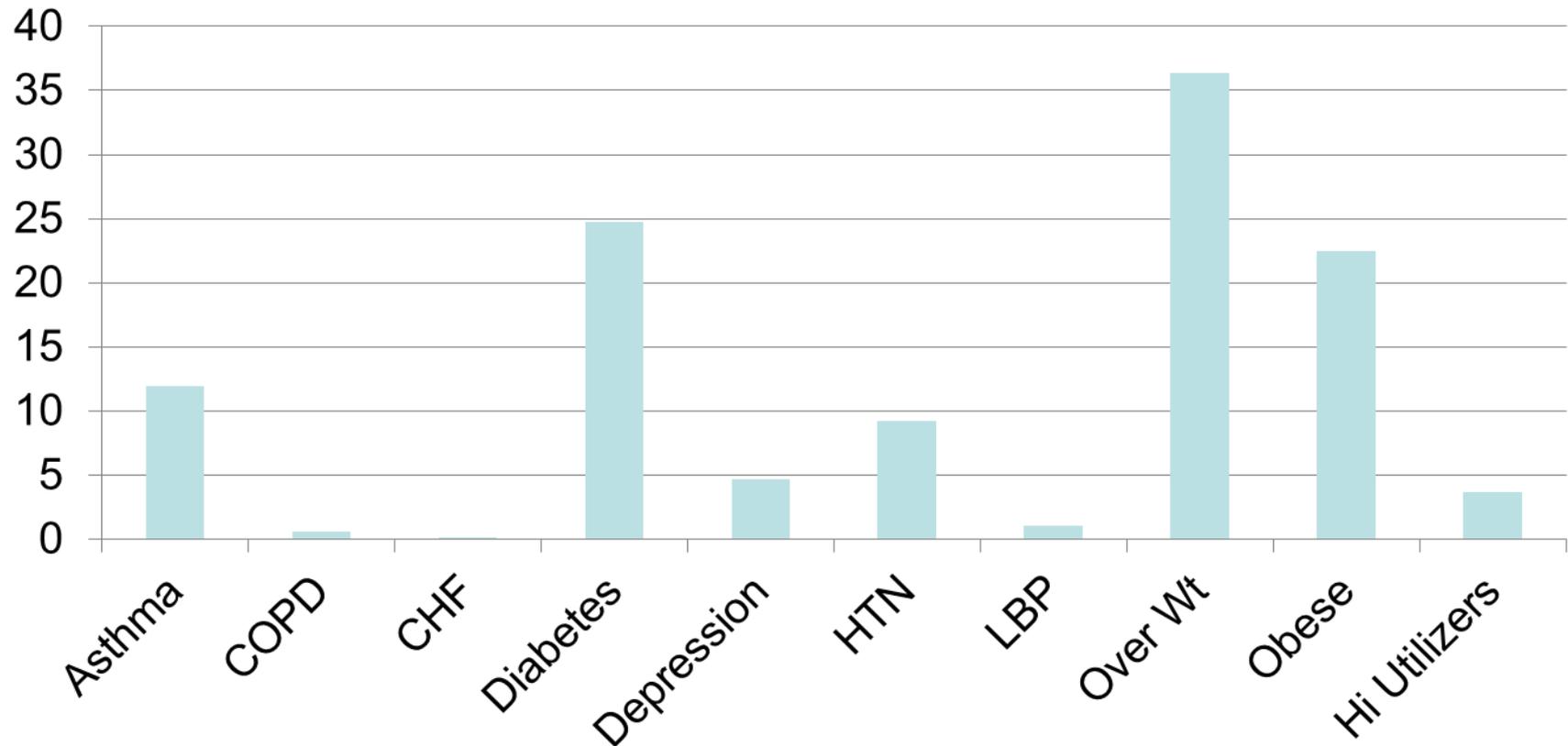
Chronic Disease Burden Tripler AMC DMIS 0052, 0437, 0534, 6120





Family Medicine Disease Prevalence

Percent of Population





2013

Edit

View

1 / 25

Population Health Dynamic Reports

HEDIS AND PREVALENCE REPORTS FOR 2013 DATA

is HEDIS / Prevalence Reports **2010** **2011** **2012** || **Adjusted Clinical Group (ACG) Report**

Help Documents

- [Online Help](#)
- [User's Guide](#)
- [Contact Information](#)
- [How to Copy and Paste Charts](#)

You may need to use the slide bar to view the ACG option

as of 31 Dec 2013



PHDR

POPULATION HEALTH
DYNAMIC REPORTS

The Population Health Dynamic Reports (PHDR) allow a user to drill-through and customize measure-specific reports. Methodologies are based on Healthcare Effectiveness Data Information Set (HEDIS) methodologies or on DoD/VA Clinical Practice Guidelines. The National Committee for Quality Assurance (NCQA) developed and maintains HEDIS.

The dynamic reports are divided by calendar year. Click the links below to open the individual annual reports.

2013 2012 2011 2010

PHDR Help Documents

- [Online Help](#)
- [User's Guide](#)
- [Contact Information](#)



SAS Web Report Studio - ACG

File Edit View Data

Edit

View

1 / 6

Return to previous report: DOD_AGG_2013

Adjusted Clinical Groups (ACG) 2012 - 2013 Data

DATE.DATE: SEP2013

Resource Utilization Band (RUB) Legend: (0 - Non User) (1 - Healthy) (2 - Low Risk) (3 - Moderate) (4 - High) (5 - Very High) (Null - No Data)

Additional reports by RUB category are available from the Table of Contents drop-down menu on the left side of the window.

[ACG Documentation](#)

Applied filters: None

	Patient Count Total	IBI with Non-Users (AVG)	IBI without Non-Users (AVG)	RUB with Non-Users (AVG)	RUB without Non-Users (AVG)	Pharmacy Cost Band (AVG)	Chronic Condition Count (AVG)	Majority Source Of Care % (AVG)	Hospital Dominant Morbidity Types (% >=1)	Generic Drug Count (AVG)	Probability High Total Cost (AVG)	Probability Injury Hosp (AVG)	Probability Inpatient Hosp (AVG)	Outpatient Visit Count (Total)	Inpatient Hospital Count (Total)
SERVICE															
<input checked="" type="checkbox"/> AIR FORCE	1,031,963	1.0	1.1	2 - Low Risk	3 - Moderate	3	1	52	2.35%	6	4.99%	0.21%	3.24%	9,224,697	
<input checked="" type="checkbox"/> ARMY	1,218,426	1.0	1.0	2 - Low Risk	3 - Moderate	3	1	50	2.35%	6	4.99%	0.21%	3.10%	12,865,443	
<input checked="" type="checkbox"/> NAVY	850,983	1.0	1.1	2 - Low Risk	2 - Low Risk	3	1	49	1.70%	5	4.96%	0.17%	2.47%	7,045,093	
<input checked="" type="checkbox"/> NCMRD	124,138	1.0	1.1	3 - Moderate	3 - Moderate	3	1	50	2.91%	6	4.98%	0.30%	4.48%	1,345,868	

Table of Contents

Options

ACG

SEP2013

AUG2013

JUL2013

JUN2013

MAY2013

APR2013

MAR2013

FEB2013

Section Data

Options

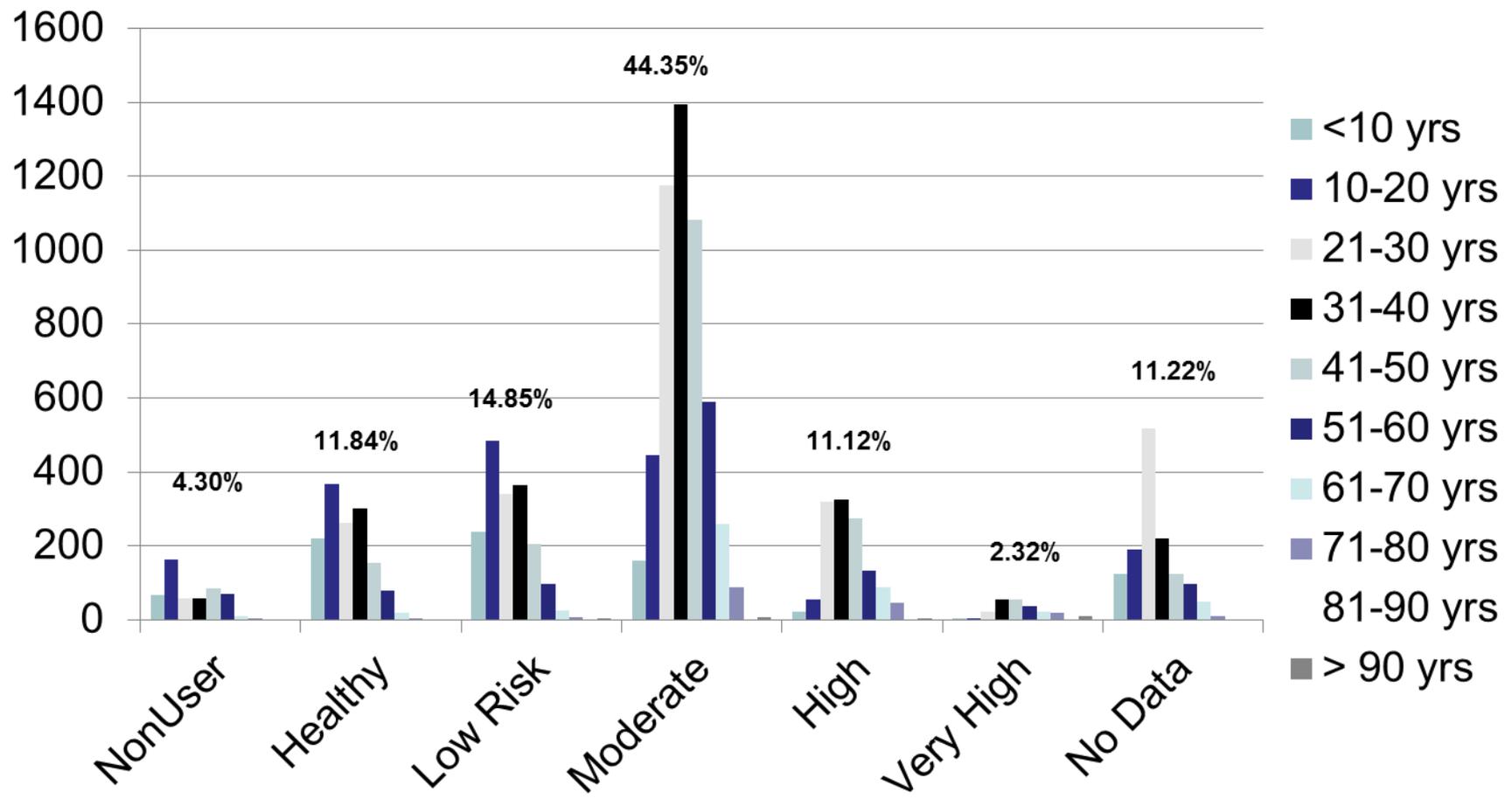
ACG_2011_InfoMap

- SERVICE
- PROVIDER TYPE
- GENDER
- AGE BAND & AGE
- FRAILTY
- DATE
- Emergency Visit Count (
- Inpatient Hospitalization
- Outpatient Visit Count (
- Specialty Count (Total)



Family Medicine Acuity (ACG-RUB)

Patient Count = 11921

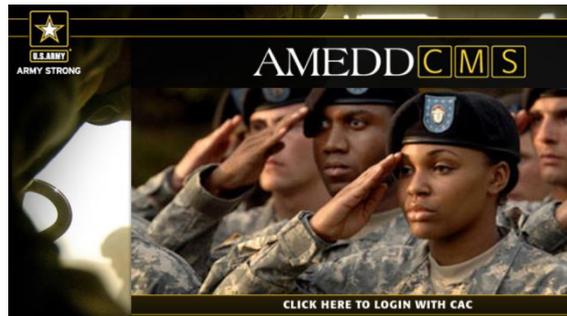


Percentages shown are the percent of the total patient count



ARMY MEDICINE
Serving To Heal...Honored To Serve

AMEDDD Command Management System (CMS)



Army HEDIS Composite Score



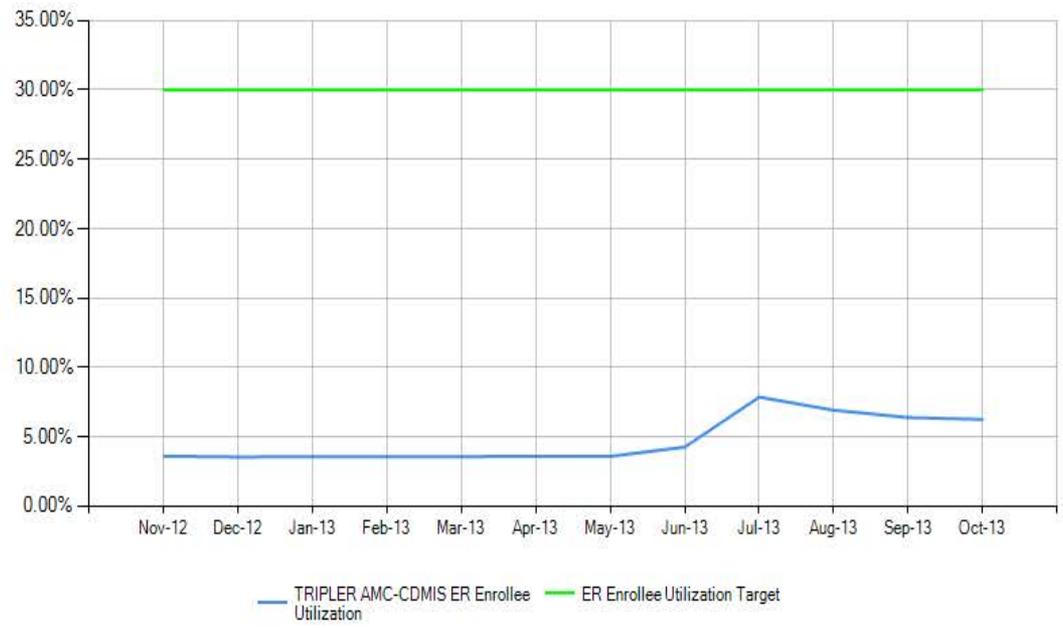
Export Choices

Data - Please make your selections and click Apply Changes to view the updated chart [Apply Changes](#) | [Hide](#)

Pivot: Time

	Jan-13	Feb-13	Mar-13	Apr-13	May-13	Jun-13	Jul-13	Aug-13	Sep-13	Oct-13	Nov-13	Dec-13
TRIPLER AMC-CDMIS % Earned Points	72.50%	72.50%	70.00%	67.50%	72.50%	75.00%	70.00%	70.00%	70.00%	70.00%	67.50%	60.00%
TRIPLER AMC-CDMIS # Earned Points	29	29	28	27	29	30	28	28	28	28	27	24
TRIPLER AMC-CDMIS Total Possible HEDIS Points	40	40	40	40	40	40	40	40	40	40	40	40

ED Visits per 100 Enrollees

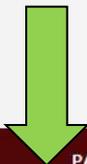


Export Choices

Data - Please make your selections and click Apply Changes to view the updated chart [Apply Changes](#) | [Hide](#)

Pivot: Time

	Nov-12	Dec-12	Jan-13	Feb-13	Mar-13	Apr-13	May-13	Jun-13	Jul-13	Aug-13	Sep-13	Oct-13
TRIPLER AMC-CDMIS ER Enrollee Utilization	3.5947	3.5299	3.5579	3.5630	3.5514	3.5944	3.5751	4.2453	7.8511	6.9068	6.3790	6.2402
TRIPLER AMC-CDMIS # ER Enrollee Utilization	7,788	6,686	5,816	4,898	3,974	3,110	2,155	1,621	1,917	2,573	3,181	3,322
TRIPLER AMC-CDMIS Total ER Enrollee Utilization	216,651	189,407	163,466	137,471	111,910	86,522	60,287	38,173	24,422	37,254	49,859	53,236
ER Enrollee Utilization Target	30.00%	30.00%	30.00%	30.00%	30.00%	30.00%	30.00%	30.00%	30.00%	30.00%	30.00%	30.00%



Welcome to the PASBA Application Suite

The Patient Administration Systems and Biostatistics Activity (PASBA) is a component of the Program Analysis and Evaluation Directorate, and operates five core lines of effort:

- Data Analysis
- Clinical Coding and Auditing Program
- Data Quality
- Deployed Medical Record Processing Center
- Data Warehousing and Application Development

Most of our applications and reports contain patient-level/encounter-level information and therefore reside on our restricted side of the suite available from your **MyApps**.

For these restricted applications, access must be requested (Click on the Access Request Form button below, fill out the form, save it and send it to the email address stated on the form).

[Access Request Form](#)



3 of 5

The Patient Administration Systems and Biostatistics Activity (PASBA) serves as the executive agent for the Army Surgeon General's Data Quality Management Control Program (DQMCP).

01 02 03 04 05

New Items

3M™ Training now available.
[Providers Documentation Tips](#)

Features

MEDCOM 360

BMI

[Take the BMI Tool Tour](#)

MEDCOM MTF Portal - See what other MT...
[are working on. Read more...](#)

AMEDD ICD-10 Transition is under way!
[Read more...](#)

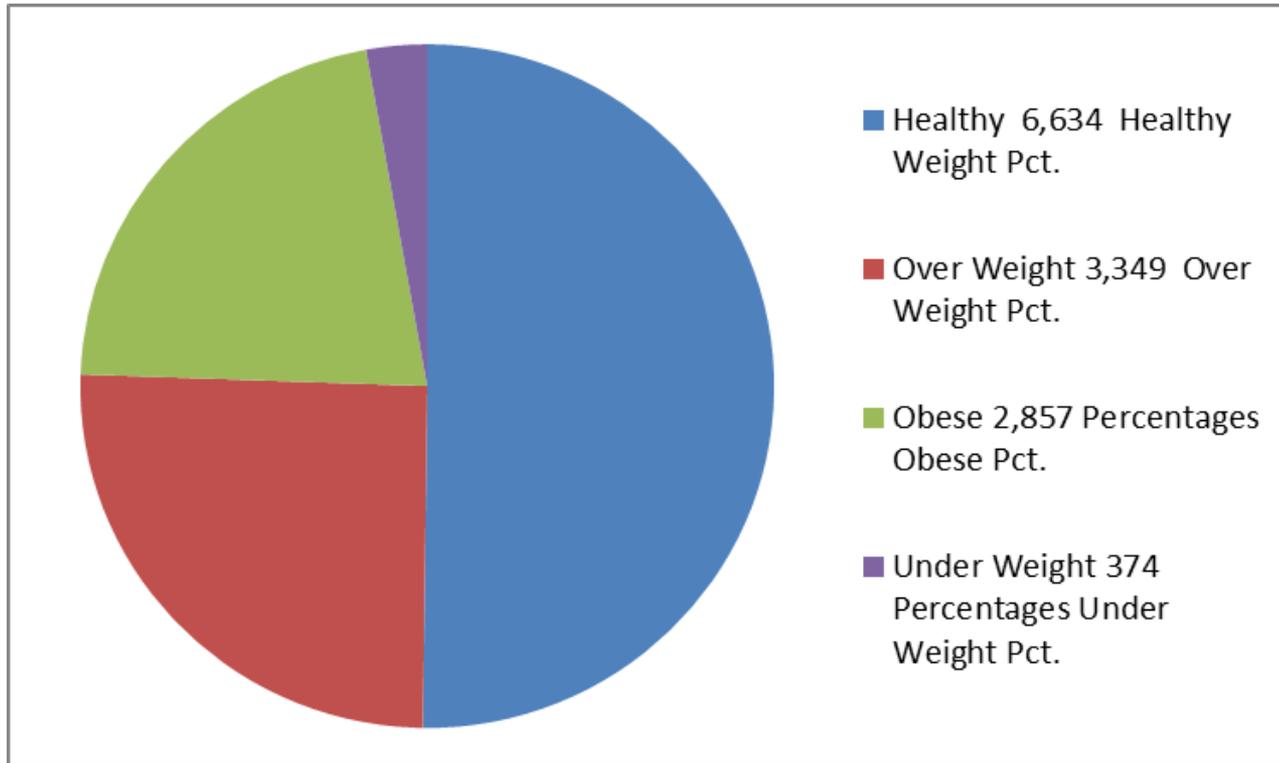
Deployment Guide for PAD personnel Re...
[more...](#)

Medical Record - how can I get it? Read...
[more...](#)

[Related Links](#) [Read more...](#)



BMI Data from PASBA



TAMC September 2013



- Amputation
- Asthma
- Bipolar
- Chronic Heart Failure
- Chronic Kidney Disease
- Chronic Opioid Therapy
- COPD
- Diabetes
- Disease Prevention
- Dyslipidemia
- Hypertension
- Ischemic Heart Disease
- Low Back Pain
- Major Depressive Disorder
- Med. Unexplained Symp.
- mild Traumatic Brain Injury
- NBC Illness
- Obesity
- Post Deployment Health
- Post Operative Pain
- Pregnancy
- PTSD
- Stroke Rehabilitation
- Substance Use Disorder
- Tobacco Use Cessation
- AHLTA CPGs
- CPG Shopping Cart
- Pop Health/HEDIS

VA/DoD CLINICAL PRACTICE GUIDELINES

- Welcome
- New
- CPG Updates
- Champion Info.
- Shopping Cart

Welcome to the Clinical Practice Guidelines home page.
 Choose your CPG from the menu on the left.
 Each CPG has its own home page and menu.

On the home page is where you will find information such as:

The VA/DoD Clinical Practice Guideline
 Implementation Documentation
 Provider/Patient Material
 Pharmacy Information
 Tool Kit Items
 Metrics

You can also find timely information about current CPGs,
 web links, and many resources. Click a tab at the top
 of this information panel for more. . .

Thank you for your continued support of Clinical Practice Guidelines



Click on the Shopping Cart to visit our on-line shopping system available to Army, Air Force and Navy facilities to replenish supplies of the Clinical Practice Guideline Tool Kits.

Order refill items for multiple CPGs at one time. Check your order status on-line.

Click here to email any questions pertaining to the CPG Shopping Cart including:

changes to your account
 questions about orders forgotten passwords, etc.

Bipolar Disorder in Adults 2010 version

1 VA/DoD Clinical Practice Guideline Summary

1 Opioid Therapy Summary Guideline VA/DoD

1 VA/DoD Clinical Practice Guideline Summary

Total \$0.00

> Checkout

Login Status

Not logged in

> Login



PID: T-005
"I Quit"

6 x 9 Brochure - 50 per package

Details

Add to cart



PID: T-004
"You Can Quit"

6 x 9 Brochure - 50 per package

Details

Add to cart

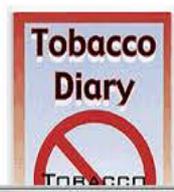


PID: T-009
Self-Management "Action Plan"

2 x 3 Wallet Cards - 50 Per package

Details

Add to cart



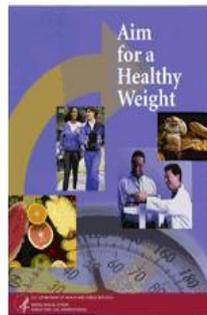
PID: T-010
Self-Management "Diary"

2 x 3 Wallet Cards - 50 per package

Details

Stress Clinical
Practice Guideline
Summary
1 Family Guide
Total \$0.00
» Checkout

Login Status
Not logged in
» Login



PID: O-010
Aim For a Healthy Weight™ Booklet - 25 per package

Details

Aim For a Healthy Weight™ Booklet - 25 per package

Add to cart



PID: O-007
5 Point Checklist for Weight Management

Details

Glue pad of 100 Each

Add to cart



PID: O-005
"5 Ways to Lose Weight"

Details

50 Pamphlets per package

Add to cart



Web Pages

- TAMC Web page
 - TAMC 360-Announcements and Bulletin Board
 - Links to outside sites
- Medical Management
 - Folders with CarePoint help
 - Folders with best practice ideas
 - Most recent data
 - Links to resources and information



Some Healthy Ideas

- Tobacco Free Campus
- Nutritional Information in Dining Facility
- Exercise Motivation



- Presidential Fitness, Department Competition, Yoga & Kickboxing at lunch/after work
- Command Led Walks/Runs
- Mini-Gyms within the hospital



- Stress Relief

- Resiliency Training
- Chaplain Led Friday lunch on the Lanai





Tripler Army Medical Center

- Inside TAMC
- Outside TAMC
- Departments
- Tech Support
- PRMC

View All Site Content

Tripler Links

- SHARP
- Suicide Prevention
- Medical Library
- Training
- Strategic Plan
- Bulletin Boards
- Calendars
- Clinical Information Systems
- PRMC CISWIP
- Publications
- Phone Numbers/Directory
- Non-Formulary Drug Request
- Patient Specimen Label
- RRT Group Pagers
- PSR/QAA
- iMedConsent
- DMHRSI Login
- Anuene Cafe Menu
- Emergency Operations Plans
- MD Contact

Send Text Page
 Tripler Public Affairs Officer wants you to know...

- Recently Added
- Administrative
- Civilian
- Clinical
- Military
- Morale
- Expired

Tripler 360

Announcements are sorted by category: administrative, civilian, clinical, military and morale. Anyone can create an announcement by clicking the "Add new announcement" link below or by clicking here. All Tripler 360 announcements are reviewed by Public Affairs prior to displaying below. For assistance, call 433-5783 or email Tripler Public Affairs.

Title	Expires
Category : Administrative (11)	
Flyers for Upcoming Sports Events	3/12/2014
Flyer for Upcoming Sports Event	3/12/2014
Upcoming Sports Events	3/12/2014
Flyer for Upcoming Sports Events	3/12/2014
National Nutrition Month- Crock Pot Cooking Lunch and Learn March 18 NEW	3/18/2014
Empathy: The Human Connection to Patient Care NEW	3/18/2014
Monthly Motorcycle Safety Ride 21 March	3/21/2014
National Nutrition Month Recipe Makeover Competition UPDATE NEW	3/27/2014
Westbound Full Freeway Closure beginning 16 March NEW	3/28/2014
St. Patrick's Day BLOOD DRIVE NEW	3/28/2014
Crock Pot Lunch and Learn Date Change - April 2nd NEW	4/2/2014
Category : Civilian (2)	
Call for Civilian Nominations for Senior Enterprise Talent Management Program	3/26/2014
CIVILIAN TAPES EVALUATIONS/AWARDS TRAINING	4/22/2014
Category : Clinical (2)	
AHLTA LOCAL MODE (12 Hours) 15 March 2014 from 1000 - 2200 hrs	3/16/2014
"What is a MIDLINE?" NEW	3/28/2014

Key System Status (Click on the System name for details)

Icon	System Name	Modified
D	AHLTA	3/14/2014 6:45 AM
D	AHLTA	3/14/2014 6:45 AM
+	CHCS	3/14/2014 6:45 AM
+	Essentris	3/14/2014 7:48 AM

<Click Here> for Staff Instructions in the event of a downtime.

System Status Definitions

- System is fully operational
- System has limited functionality (see details)
- System is unavailable (see details)
- Scheduled Downtime/Failover (see details)

Information Systems Announcements

- Patient Safety Advisory - HAIMS Search Results** 2/13/2014 7:09 AM
 Include Assets for Two Patients @
 by Arai, Deborah A Ms TAMC
- ALCON,
 BLUF: HAIMS search results includes assets for two patients, in isolated incidents. Users may not realize the error and may be reviewing assets of a patient other than the intended.
- RECOMMENDATIONS AND NEXT STEPS
 1. HAIMS users...
- PATIENT SAFETY ADVISORY - CHCS LAB RESULTS** @ 2/6/2014 6:24 AM
 by Arai, Deborah A Ms TAMC

TAMC INTRANET

Working Groups

Inside TAMC Outside TAMC Departments Tech Support PRMC

Tripler Army Medical Center > Working Groups > webpages > tfc

Tobacco Free Campus



- View All Site Content
- Tripler Links**
- SHARP
 - Suicide Prevention
 - Medical Library
 - Training
 - Strategic Plan
 - Bulletin Boards
 - Calendars
 - Clinical Information Systems
 - PRMC CISWIP
 - Publications
 - Phone Numbers/Directory
 - Non-Formulary Drug Request
 - Patient Specimen Label
 - RRT Group Pagers
 - PSR/QAA
 - iMedConsent
 - DMHRSI Login
 - Anuene Cafe Menu
 - Emergency Operations Plans
 - MD Contact
- Send Text Page
- Search

Tobacco Free Campus

Tripler Army Medical Center Tobacco Free Campus

Click on Photos to Enlarge



For the health and safety of our patients, staff and guests

On 1 January 2014
TRIPLER ARMY MEDICAL CENTER
will become a
Tobacco-Free Campus



Additional Links

- Quit Tobacco
- Clear the Smoke
- Smoking and Tobacco Use
- Tricare - Tobacco Cessation
- Commander's Policy for Tobacco Free Campus

Content Manager

For questions about the content on this page please contact **LTC Kylee Plummer** at **433-6615** or **COL Alex Zotomayor** at **433-6647**.

Frequently Asked Questions about a Tobacco-Free Campus

Why are military treatment facilities (MTFs) implementing tobacco-free campuses?
Tobacco use is the leading preventable cause of death in this country (443,000 deaths annually). Those exposed to secondhand smoke exposure have higher risk for heart attacks and cancers. The U.S. Surgeon General has emphasized that there is no safe level of secondhand smoke. Of particular concern to DoD is the widespread smokeless tobacco use, which causes oral health problems and cancers. Every day, TAMC personnel are treating the adverse and costly health effects of tobacco use among our healthcare beneficiaries. Healthcare organizations have a mission to improve the health of individuals and communities they serve. We need to lead by example and implement evidence-based, effective policies that promote health and a healthier environment. This demonstrates commitment to a system of health in support of the 2020 DoD goal for tobacco free installations and the medical center's leadership role on the major public health issue of tobacco use.

What are the benefits of a tobacco-free campus?
The tobacco-free campus protects the health of our staff, patient, and visitors while providing a supportive environment for tobacco users who are trying to quit or cut back on their use of tobacco. The benefits of a tobacco-free campus are diverse and include:

- Increased mission readiness
- Increased productivity
- Increased physical endurance
- Decreased absenteeism
- Improved wound healing
- Lower costs of medical expenditures associated with tobacco use
- Lower consumption rates among non-quitters
- Improved success in long-range tobacco cessation
- Reduced safety hazards from secondhand tobacco smoke
- Increased cost savings for employer, including costs associated with the risk of fire, property damage, maintenance, and employee benefits (Worker's Compensation, Disability, Retirement, Injury and Insurance)
- Leading by example to the rest of DoD and workplaces everywhere

Have other medical institutions adopted tobacco-free campus policies?
Tobacco-free MTF campus policies have ample precedence. Over 3700 Civilian Healthcare institutions have adopted tobacco free campus policies to include Mayo Clinic and Johns Hopkins. Federal agencies such as the National Institutes of Health and the Department of Health & Human Services are also tobacco free campuses. Within DoD, an increasing number of Navy, Air Force and Army MTFs have already implemented tobacco-free campus policies. Despite initial concerns, the transition to a tobacco



Health Related Campaigns

National Nutrition Month 2014

Dust off that Crock Pot and have dinner ready when you get home!

Crock Pot Lunch and Learn

Tuesday, March 18th
12:00-12:30pm

DFAC, Executive Dining Room



Slow cooker basics
Healthy food choices
Taste testing of sample recipes

Please bring/buy your own lunch.

Sign up on the poster in the DFAC, near the comment card table



Contests

This month of March is the National Nutrition Month. So this year the Nutrition Care Division is hosting the "The Amazing Waist!" You in a team of 3 race around the hospital test your knowledge on challenging nutritional facts and fun information. Your team will go up against others to see who will win "2014 The Amazing Waist!"





The President's Challenge

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FEBRUARY 27, 2014
Elevate Health (formerly Research Digest) is The President's Challenge Fitness Quarterly.

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Drug or Herbal Remedy Name

Symptoms

TOPICS IN THE NEWS

Sleep Disrupted? Maybe It's Daylight Saving Time; It's harder to 'spring forward' than to 'fall back,' doctor says.(Brief article). Mar 10, 2014.

When Smartphone Is Near, Parenting May Falter; Study found many caregivers focused on devices instead of children. Mar 10, 2014.

Outcomes Improving for Kids With Kidney Transplants; Study finds steady increase in survival rates, organ function, but there's still room for improvement. Mar 10, 2014.

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HEALTH HIGHLIGHTS

Why Weight Matters: Obesity and Your Health

Think watching your weight is just a cosmetic concern? Think again.





Questions?

