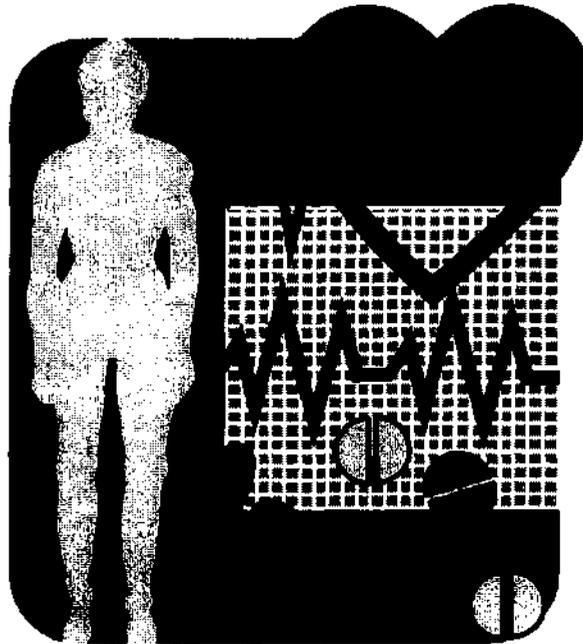




CIVILIAN HEALTH PROMOTION PROGRAM "WELLNESS"



CECOM Bottom Line: The Soldier



CIVILIAN HEALTH PROMOTION PROGRAM "WELLNESS"



BACKGROUND

- AR 600-63 governs the Civilian Health Promotion Program
 - DCSPER message Mar 96 (interim change to AR 600-63)
- MSCs are responsible for managing their own programs
- Program must meet strict requirements
- Goal: encourage civilian employees to enjoy a better quality of life by improving their health and fitness



CIVILIAN HEALTH PROMOTION PROGRAM “WELLNESS”



REQUIREMENTS

- Civilians authorized up to 3 hours per week excused absence
 - For on-post wellness activities
 - Sign out/Sign in required
- Duration of the program is up to six months
- Pre and Post evaluation required
- Program must include exercise and nutritional education
- Employees participate only once and are closely monitored

UNION NEGOTIATIONS REQUIRED

CECOM Bottom Line: The Soldier



CIVILIAN HEALTH PROMOTION PROGRAM "WELLNESS"



FOUR MAIN PHASES OF THE PROGRAM

- **Assessment:** Determine baseline fitness and health levels before starting program
- **Health Education:** Lifestyle Classes/Health for Life
- **Sustainment:** Six months of physical exercise
- **Evaluation:** Post Test Assessment



**CIVILIAN HEALTH PROMOTION PROGRAM
"WELLNESS"**



FORT MONMOUTH WELLNESS PROGRAM

Carol Rippetoe, Fort Monmouth, Program Coordinator

Mark Smith, Fitness Professional

Jackie Bruno, MWR Marketing

Joan Vetter, Registered Nurse, PACH

Support Activities/Organizations

Drug & Alcohol

ACS for Support Group

Mental Health Center

Food and Beverage Operations

Personnel & Training

Public Affairs Office

Chaplain

CECOM Bottom Line: The Soldier



CIVILIAN HEALTH PROMOTION PROGRAM “WELLNESS”



PROGRAM PARAMETERS

- 20 Participants per class
- New intake every 60 days
- Employees must be in “good standing”
- Supervisor’s approval required
- MOU signed (employee and supervisor)



CIVILIAN HEALTH PROMOTION PROGRAM “WELLNESS”



PROGRAM PARAMETERS cont

- Physician's clearance required if health risks
 - Personal physician does screening
- 3 hours duty time per week for six months
- Continuous monitoring of participants
- Fee based \$150 - \$200 per participant (non-refundable)



CIVILIAN HEALTH PROMOTION PROGRAM "WELLNESS"



ASSESSMENT PHASE

- Health History Questionnaire/Survey.
- Pre Assessment of Fitness:
 - Height/Weight/Body Composition
 - Muscular Strength/Endurance
 - Flexibility
 - Cardiovascular Endurance
- Pilot group selected from Health for Life attendees



CIVILIAN HEALTH PROMOTION PROGRAM “WELLNESS”



HEALTH EDUCATION PHASE

- Orientation Session & Program Overview
- Nutritional information (Gibbs/Lane Hall menus)
- Wide variety of class offerings (open to all Ft. Mon employees)
 - Health education/Lifestyle
 - Aerobic & Strength Training
 - Spiritual Wellness
 - Medical Issues
 - Personal growth



CIVILIAN HEALTH PROMOTION PROGRAM "WELLNESS"



SUSTAINMENT PHASE

- On-going periodic assessment and monitoring for goal modification
 - Passport to Health
 - Four designated Monitors
- Support group motivational lectures planned
- Incentives
 - Cost • reduced fitness center membership
 - MWR health promotion items
 - certificates for achievement



CIVILIAN HEALTH PROMOTION PROGRAM “WELLNESS”



EVALUATION PHASE

- **Post Fitness Assessment:**
 - **Height/Weight/Body Composition**
 - **Blood Pressure/Cholesterol**
 - **Muscular Strength/Endurance**
 - **Flexibility**
 - **Cardiovascular Endurance**
- **Post Assessment Questionnaire**
- **Recognition for Success**



CIVILIAN HEALTH PROMOTION PROGRAM “WELLNESS”



SEQUENCE/TIMELINES

(Target Date: 14 Jun 99)

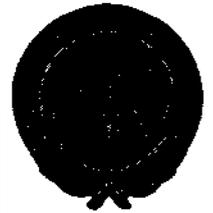
3 - 24 May - Negotiations with the Unions

24 May - 7 Jun - CG's memo/Publicity release

- Potential participants identified
- Health Assessment by applicant
- Physician Referral (when appropriate, 1-15 days)
- Participant signs release
- MOU (Participant/Supervisor)



CIVILIAN HEALTH PROMOTION PROGRAM “WELLNESS”



SEQUENCE/TIMELINES (cont)

- 7 - 8 Jun - Letter of Acceptance to participate in program

- 10-11 Jun - Fitness assessment at Physical Fitness Center
- Goal Setting and Personalized Fitness Plan

- 14 Jun - Program begins, participants given guidelines

- 14 Aug - Next group begins - intakes every 60 days