



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**

# Building Healthy Military Communities

Utilizing Community Capacity Building to Improve Total Force  
Fitness

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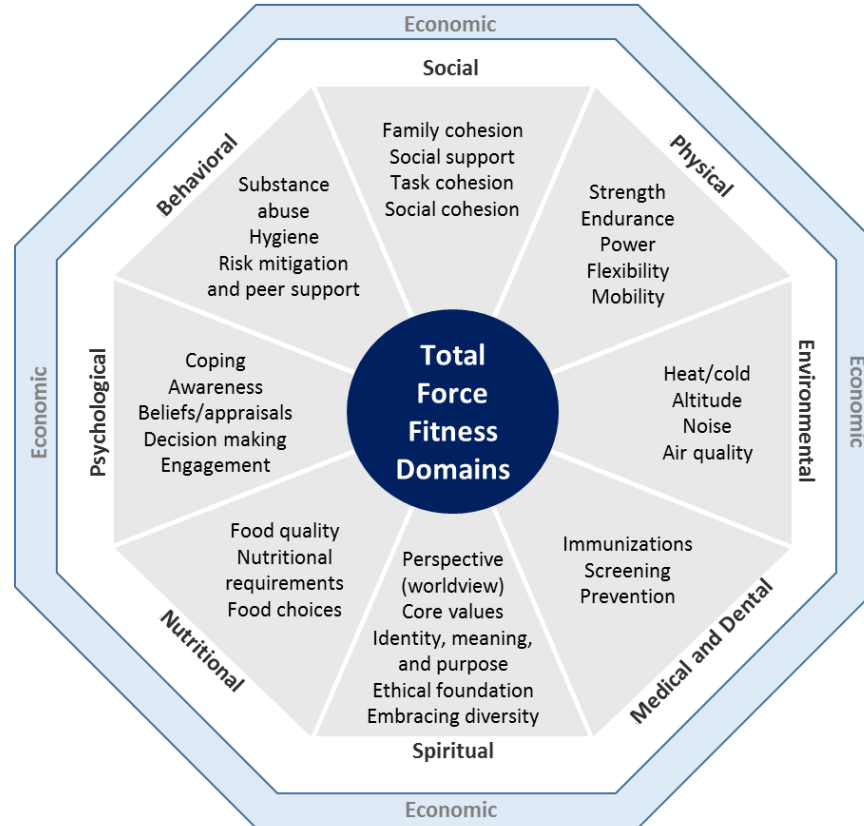


# The Building Healthy Military Communities (BHMC) Pilot

- Managed by the Department of Defense (DoD)
  - Uniformed Services University of the Health Sciences (**USUHS**)
  - Consortium for Health and Military Performance (**CHAMP**)
  - Operation Live Well (**OLW**).
- A multi-year initiative in **seven pilot states**
- Goals
  - Increase readiness and resiliency in service members
  - Data Driven
  - Community Engagement and Partnership Building



# Total Force Fitness





# BHMC Approach and Methodology

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## **Phase One: Rapid Needs Assessment (RNA)**

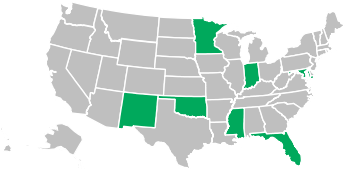
- Data collection
- Interviews
- Analysis

## **Phase Two: Development of Strategic Plan and Capabilities Based Assessment (CBA)**

**Phase Three:** Initiate doctrinal change recommendations, evaluate interventions using process and outcome measures



# BHMC Pilot State Selection



The **selected states meet pre-determined site selection criteria**, including strong leadership commitment and representation of multiple Services from both the AC and the RC. The sites also vary in terms of demographic data and geographic location.

## Indiana was selected because:

- Well represented with NG and moderate density of Service members
- Strong leadership support
- Public Health trends: high obesity, low median income

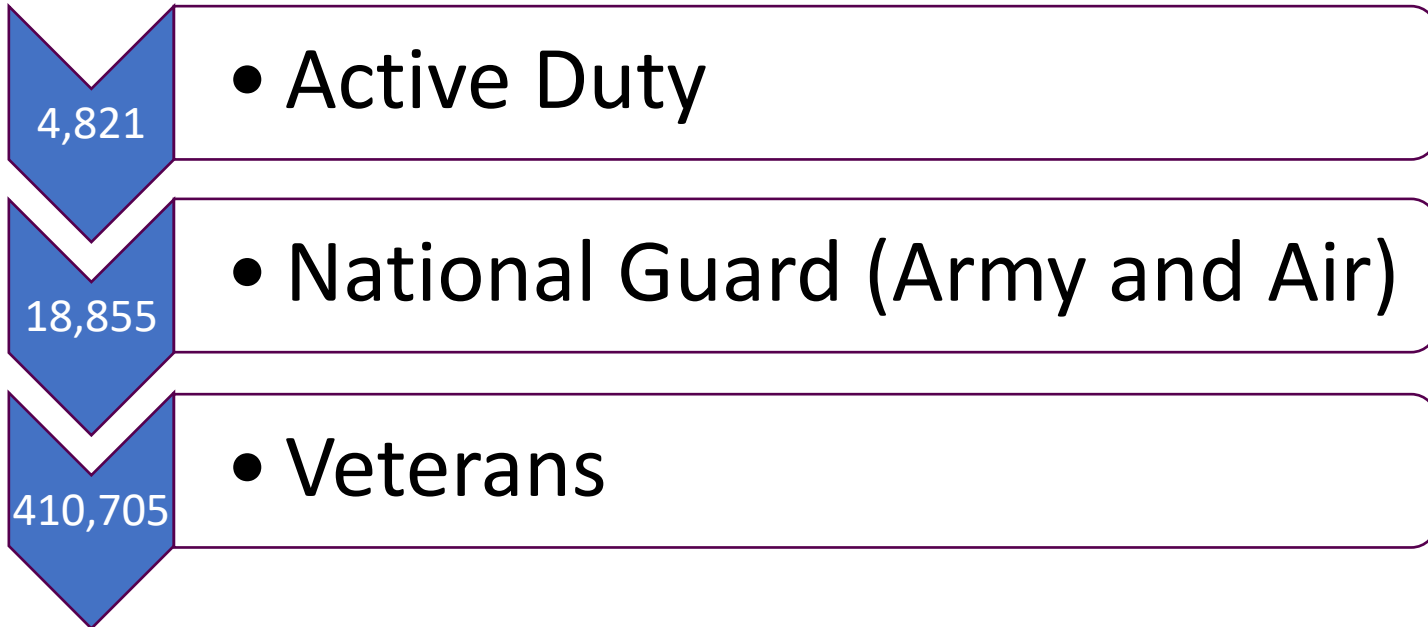
The RNA was completed on April 2-6, 2018

## The 6 counties visited were:

- |            |           |              |
|------------|-----------|--------------|
| • Allen    | • Madison | • Tippecanoe |
| • Delaware | • Marion  | • Vigo       |



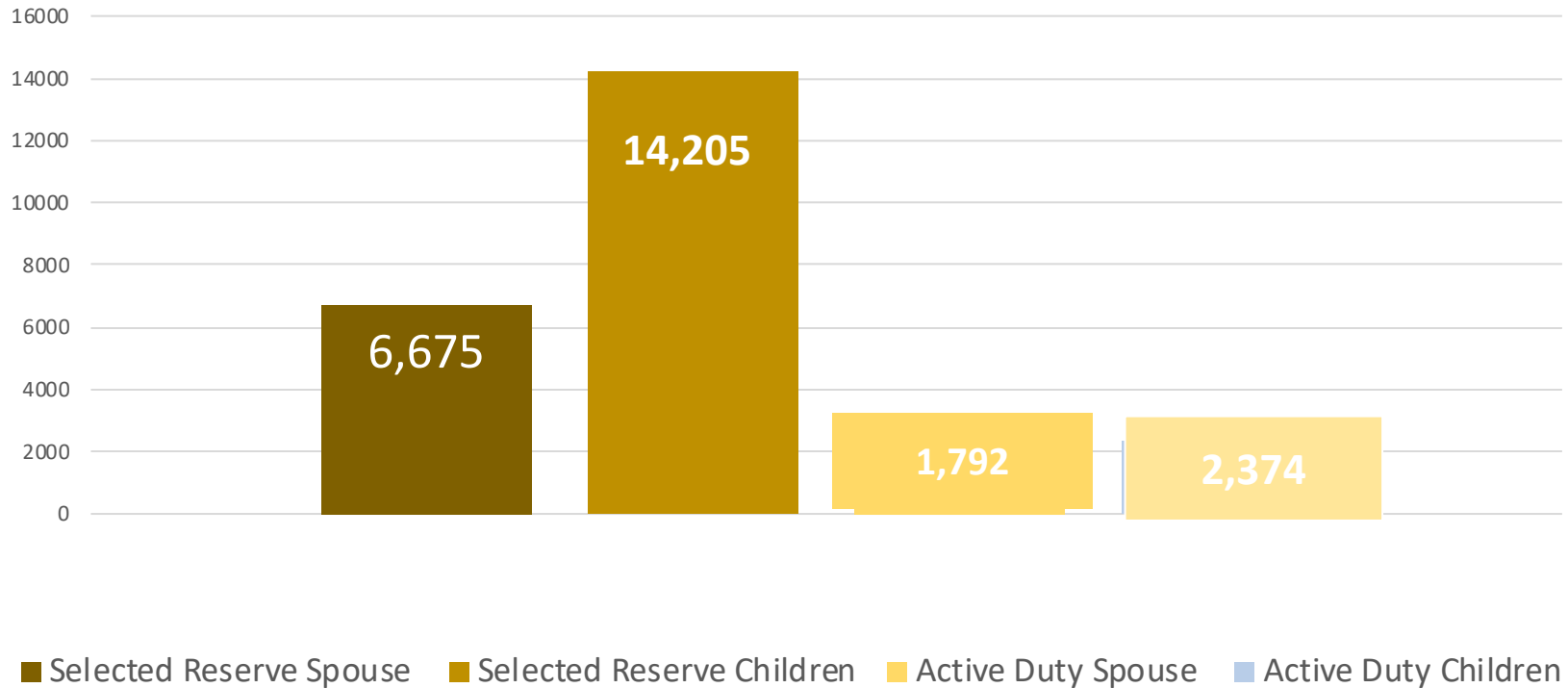
# Indiana's Military Population



[www.measuringcommunities.org](http://www.measuringcommunities.org)



# Selected Reserve and Active Duty Dependents





# Key Issues Across All States

- Communication and Coordination – Within DoD; Between DoD and non-DoD
- Family Support
- Transportation and Geographic Dispersion
- Jobs and Employment
- Mental Health Care and Substance Abuse
- Adverse Health Behaviors





# Key Issues Specific to Marion County

- Median Household Income - \$45,300 (54,272/60,424)
- Uninsured – 13.70% (11.30/10.90)
- Adult Obesity – 32.70% (32.00/28.00)
- Smoking Rate – 21.40% (19.50/15.60)
- Excessive Drinking – 19.20% (18.10/18.60)
- Higher Reports of Poor Mental and Physical Health Overall



# Indiana State Action Plan Priorities

- Priority Area 1: Financial Education and Security
- Priority Area 2: Physical and Nutritional Health
- Priority Area 3: Behavioral Health and Substance Abuse



# Key Strategies

- Connecting resources to programs working directly with Service Members and their families
- MSCI in partnership with MFRI
- Specific Classes and Programming in Support of ACFT
- “Ask the Question” Initiative
- Suicide Prevention Educational Seminars
- Tobacco Cessation partnership with ISDH