

Building Healthy Military Communities

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INTRODUCTION

- The **B**uilding **H**ealthy **M**ilitary **C**ommunities (BHMC) is a pilot project out of the United States Department of Defense (DOD) that aims to improve the readiness, resilience, and well-being of geographically dispersed Service members and their families through increased access to military and community resources that promote well-being.
- Despite heavy investment in programs supporting Service members, data suggest the **need for more support across Total Force Fitness** for the geographically dispersed Uniformed Services population.
- DOD **increasingly relies on the Guard and Reserves** due to factors such as decreasing budgets and personnel and funding reductions.
- **DOD is interested in partners like NACDD and state Chronic Disease Directors/Designees (CDD) to help them build a comprehensive plan** to improve policies and programs that support the well-being of Service members and families across the DOD.
- The BHMC project, led by the DOD, **will pilot State Coordinator positions in seven states** to leverage Commanding and/or Adjutant Generals' relationships and networks to build healthy community partnerships. The seven pilot states are:
 - 1) Florida
 - 2) Indiana
 - 3) Maryland
 - 4) Minnesota
 - 5) Mississippi
 - 6) New Mexico
 - 7) Oklahoma
- NACDD is working with CDC DNPAO to **link** the seven DOD State Coordinators hired in the pilot states with CDD's in each state to **connect the healthy community effort to chronic disease subject matter experts** in those states.



GOALS & OBJECTIVES

DOD Goals and Objectives:

- **DOD to develop a long-term strategic plan for health and well-being of the military population**, to coordinate and integrate existing DOD, federal, state, regional, and local efforts in support of Service members and their families.
- **DOD to hire State Coordinators in each of the seven pilot project states** to serve as the state focal point for well-being resources, and to begin developing strategic relationships with DOD, national, state, and local resources supporting readiness and well-being.

NACDD Goals and Objectives:

- Take the lead role in coordinating **large-group kick-off call** to bring DOD, CDC DNPAO, NACDD, DOD State Coordinators, and CDD's together to orient them to the project and potential peer learning opportunities.
- Develop and implement a **BHMC peer learning Community of Practice** between DOD State Coordinators and CDD's to foster peer learning, sharing, and networking around BHMC project areas relating to healthy communities and chronic disease prevention.

IMPACT

- DOD will increase understanding of requirements, capabilities, and gaps to optimize well-being, readiness, and resilience for Service members and their families.
- DOD will produce an informed, joint, and comprehensive well-being strategy for DOD's geographically dispersed Service members and their families.

OUTLOOK

- NACDD seeks to continue to be a BHMC partner to DOD and CDC DNPAO, by convening DOD State Coordinators and CDD's in project states and beyond!