

Pregnancy and Readiness Campaign Brief



12 July 2001

Working Group Charter

Conduct a comprehensive review of pregnancy-related issues in the Army and recommend a program to foster responsible pregnancy and paternity in soldiers

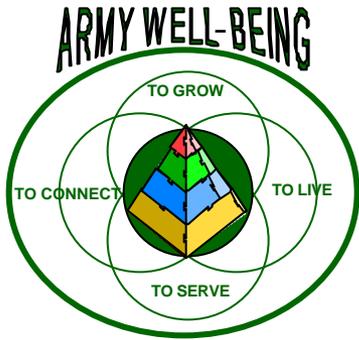
Policy

Training

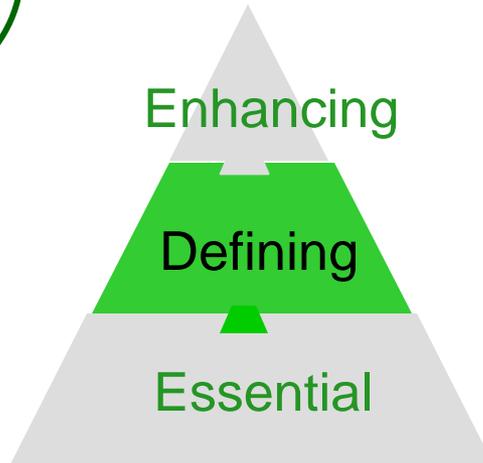
Personal Responsibility Training

Pregnancy Fitness

Pregnancy and Readiness Campaign: A Facet of Well-Being



**Individual
Aspiration**
To Connect



Goal

Provide a unique culture, sense of community, and a record of accomplishment that engenders intense pride and sense of belonging amongst Soldiers, civilians, and their families.



Falls within the Well-Being system of programs and helps achieve success within two published strategies.

- Provide effective command programs that contribute to a positive command climate and maximize personal readiness.
- Promote healthy individual lifestyles.

Program Elements



- Coalesce/condense/clarify Army Policy
 - Profile, convalescent leave, ht/wt, reassignment, paternity, et al
- Awareness Training
- Personal Responsibility Training
- Pregnancy/Postpartum Physical Training Program (PPPT)



Program Elements: Personal Responsibility Training

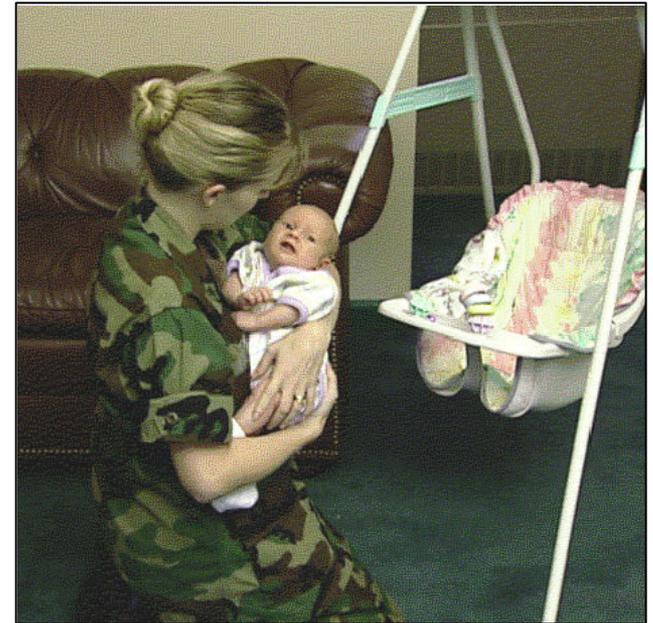
- Personal responsibility = sexually responsible behavior and meshing family planning with career planning.
- Approaches unintended pregnancy and paternity as a readiness issue involving both genders.



Program Elements: Personal Responsibility Training

- **Facts:**

- 51-55% of live births to active duty women are from unintended pregnancies (UPs)
- Most UPs occur in soldiers 25 & younger
- No good data on unintended paternity
- No research on what's effective with people over age 18
- No effective programs in other services



Program Elements: Personal Responsibility Training

- CHPPM mandate: develop a program that works
 - Needs to include both genders
 - Needs to be Army-specific (milieu very different from civilian environment)
- Effective teen programs are specific to sexual behavior, allow skills practice, and are 10-14 hours long!

Program Elements: Personal Responsibility Training

- Best teen curriculum modified for the Army
 - Army scenarios, 10 hours in length (2 hr blocks)
 - Emphasis on basic facts, role play, discussion, career planning
 - Ready and scheduled for pilot-testing
 - Phase I – “teachability” (Ft. Campbell) – 3/01-9/02
 - Phase II – effectiveness (Ft. Jackson) – TBD (MG Miller’s request)

PPPT Current Status

- Background

- A minimum of 6% of female soldiers are pregnant or postpartum at any one time
- Exercise can prevent unwanted body fat and promote faster return to physical readiness

- Problem

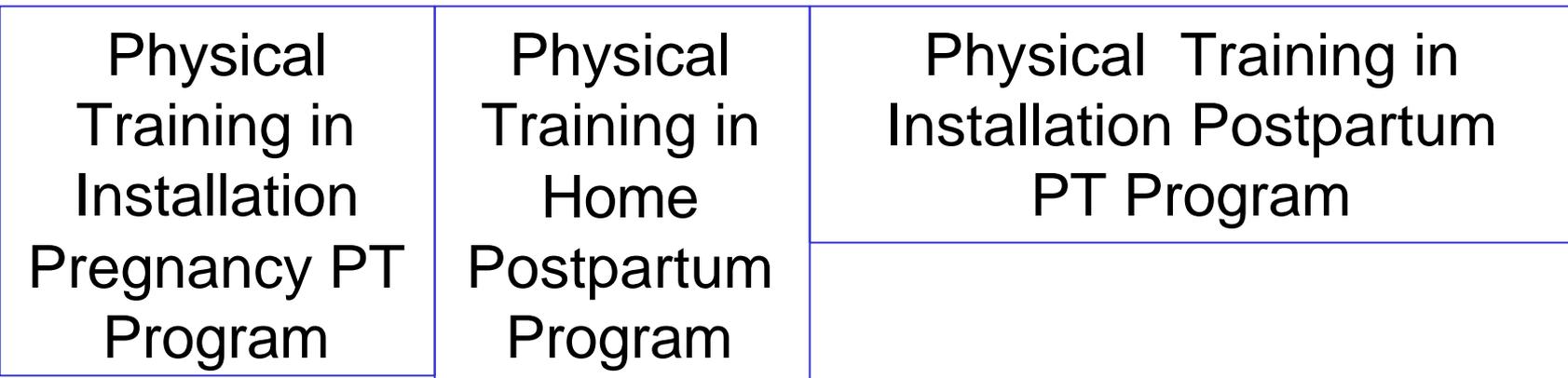
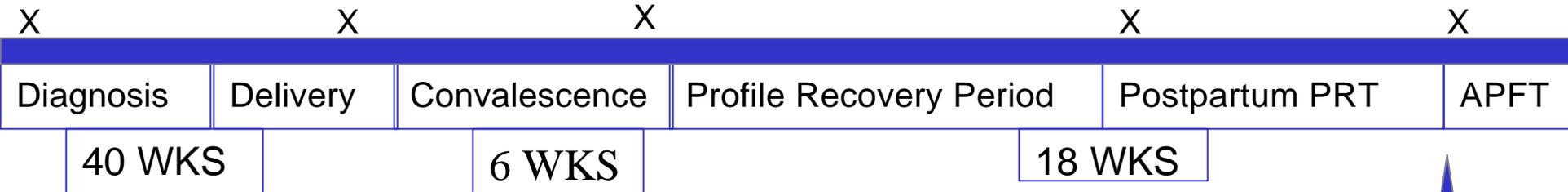
- No standardized Army PPPT program
- No system for certifying PPPT leaders



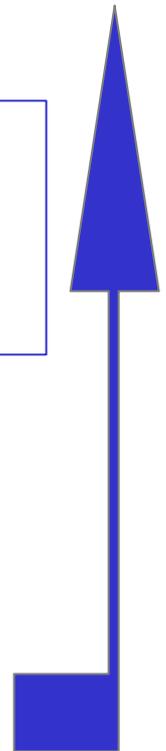
PPPT Concept

PREGNANCY
9 + Months

POSTPARTUM
6 Months



Regular unit PT activities begin at the conclusion of 6-month postpartum period as outlined in AR 350-41.



PPPT Components

Certification Program

- Conducted by PPPT Program Proponent
 - Proponent serves as program subject matter expert
 - Team consists of 3 people
 - DCSPER staffing action to TRADOC to determine program proponency - coordination with MEDCOM
- Trains Installation Medical Experts and Instructor Trainers

Installation Program

- Standardized through the Implementation Guide
- Team consists of 3 people

Pregnancy Campaign

