

# Navy and Marine Corp Population Health Improvement Guide

Overview

Initial Planning & Design

Baseline Data Collection

Program Identification

Evaluation & Measurement

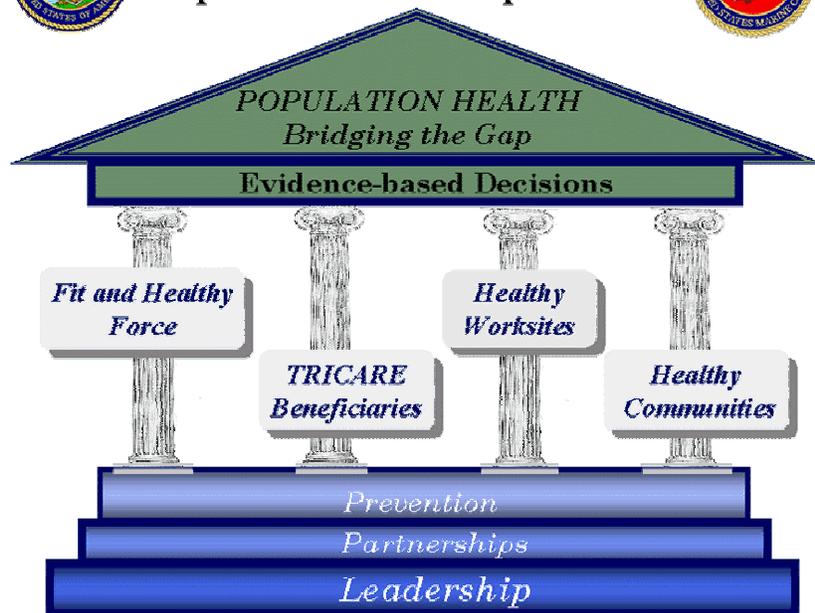
Training

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## Navy and Marine Corps Population Health Improvement



### Forward

This Population Health Implementation Guide is being prepared by the Health Promotion and Population Health Directorate of the Navy Environmental Health Center (NEHC). It is designed to assist program managers in planning, organizing, implementing, and evaluating population health strategies within Navy or Marine Corps organizations. It consolidates recommendations and useful tools from the Department of Defense and other governmental agencies as well as from civilian sources that address health status from a population perspective. The goal is to provide personnel in both healthcare and community settings with guidance that will promote data-driven, evidenced-based decision making.

NEHC totally supports a population health approach to disease and injury prevention as the most effective and efficient method of delivering quality healthcare services and ensuring that our Navy and Marine Corps communities are healthy places in which to live and work.

Your comments and suggestions on the content of this manual are encouraged and can be forwarded to:

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Norfolk, VA 23513-2617

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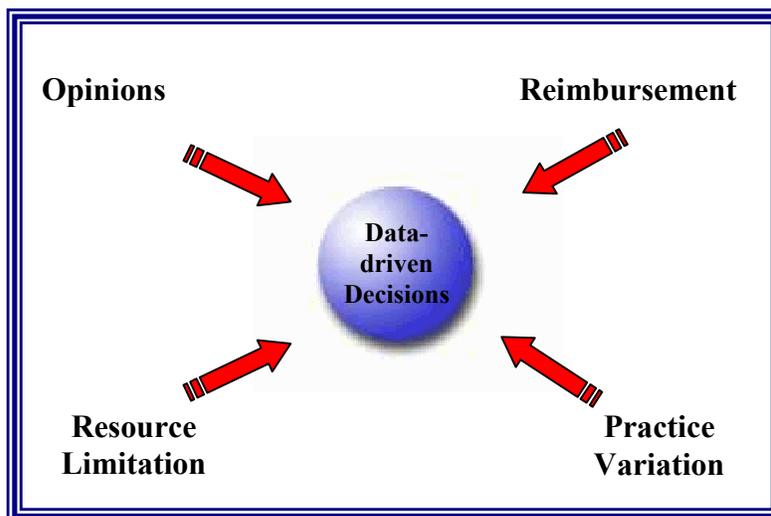
# Navy and Marine Corps Population Health Improvement Guide



## CHAPTER 1: Overview

**1) Background:** The military health system (MHS) is undergoing dramatic changes in order to optimize the delivery of primary care services within the medical and dental treatment facilities (MTF/DTF). These strategies seek to contain costs while still providing the best possible medical care in a timely manner. However, even with more efficient and effective treatments for injuries and illnesses, treatment alone is unlikely to be successful in meeting the national health objectives for our population. The most common causes of disease and injury are highly influenced by the individual's behavioral choices and environmental conditions, and adverse health effects can frequently be prevented or their detrimental effects modified. Thus, additional emphasis on prevention is needed within treatment facilities, at worksites, within the community, and at our operational units.

**2) Terminology:** Population Health refers to the general status of wellness within a group. While the total military population includes active duty personnel, reservists, retirees, civilian employees, and family members, population health initiatives or programs can certainly be applied to smaller, defined subgroups of the entire population such as a ship, a Reserve Command, Marine recruits, a shore-based installation, etc. An initiative may also focus on specific activities such as back injury reduction, STD prevention, improvement in immunizations, women's health, or cost-savings for a specific medical condition. Population Health Improvement (PHI), then, are strategies to improve the overall health of defined population groups by targeting those issues that are identified as health threats to that group. What makes PHI different from previous healthcare strategies is that the focus is on the health improvement of large groups instead of focusing on individuals. PHI is data-driven, and effective PHI strategies are evaluated by outcome metrics. PHI stresses prevention at all levels (primary, secondary, and tertiary). It utilizes the expertise of many persons in addition to that of medical care providers in addressing health-related issues.



*Population Health Improvement requires an ongoing, systematic collection of data that can be transformed into useful information for decision makers.*

Figure 1. Pressures Opposing Data-Driven Decision Making

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**3) Definition of the Problem:** The problem is relatively simple. Our U.S. population has not achieved a high state of general health, even though more money is spent per capita on healthcare in the U.S. than in any other country. Increasing costs of drugs, new technologies, increasing governmental regulations, and the aging of the population are expected to continue to burden the treatment system.

The U.S. is ranked 24<sup>th</sup> by the World Health Organization for its citizens living in what is termed "full health.". In 1997, national health expenditures exceeded \$1.1 trillion, with per capita healthcare spending of nearly \$4000. Health spending as a share of the gross domestic product was 13.5% in 1997.

**4) Purpose:** This Implementation Guide is being developed as a tool for local planning, implementing, and evaluating PHI strategies in a variety of settings. It will promote evidence-based decision making and focus on those actions which have demonstrated cost-effective health benefits for groups of people. It will promote specific prevention interventions at the primary, secondary, and tertiary levels that can significantly improve population health, reflected by the Healthy People 2010 Leading Health Indicators. It will bridge the gap between strategies that occur:

- In operational units
- At medical and dental treatment facilities
- In worksites
- Throughout communities

to ensure we are addressing the RIGHT healthcare needs, for the RIGHT groups, at the RIGHT time in a coordinated manner. It will identify critical resourcing issues and recommend ways to maximize scarce resources . Finally, it will reflect the multitude of skills and cooperative relationships needed for successful implementation of programs.

## **Population Health:**

- ✓ Population oriented
- ✓ Data-driven
- ✓ Evidenced-based decision making
- ✓ Prevention focused
- ✓ Multi-disciplinary

**5) Target Audience:** This guide is intended for general use by persons responsible for the health and wellness of groups of military healthcare beneficiaries:

- Active duty
- Reservists
- Retirees
- Family members
- Civilians employees of the military

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It is also specifically intended for persons tasked with implementing comprehensive PHI programs, e.g., for their ship, Fleet Marine Force (FMF), medical treatment facility (MTF), or shore installation, or for persons instituting specific population health improvement strategies, e.g., Clinical Preventive Services, FECA claims reductions, reduction of training injuries, automation of data to track health status.

**6) Goal and Strategies:** The Navy and Marine Corp Population Health Improvement Guide will provide specific advice on designing, implementing, and evaluating population health solutions for specific groups within military communities, resulting in measurable outcomes such as improved health status, reduced frequency of illness and injury, cost-savings, and increased military readiness. Emphasizing a team-building approach, it will accomplish the following:

- Identify key elements of a population health improvement program.
- Guide PHI managers through the proper sequence of actions for successful implementation.
- Describe how and by whom actions can be completed.
- Identify existing resources and personnel and their roles in supporting population health.
- Cite key PHI recommendations and provide PHI staff with additional sources of support. It will mirror the general guidance provided by the DoD Population Health Improvement Plan and Guide.

## **How to use this Guide:**

- ✓ **Read the Guide as chapters are placed on line**
- ✓ **Refer to those portions that you're interested in**
- ✓ **Use the Guide to find additional references on specific topics**

## **References:**

Healthy People 2010 Leading Health Indicators

<http://www.cdc.gov/nchs/about/otheract/hpdata2010/2010indicators.htm>

DoD Population Health Improvement Plan and Guide, 1 April 2000

[http://www.tricare.osd.mil/opt\\_int/DoD\\_PHI\\_Plan\\_Guide.pdf](http://www.tricare.osd.mil/opt_int/DoD_PHI_Plan_Guide.pdf)

Military Health System Optimization Plan

[http://www.tricare.osd.mil/mhsoptplan/optim/MHSOT\\_optim.html](http://www.tricare.osd.mil/mhsoptplan/optim/MHSOT_optim.html)

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