



National Center for Health Promotion and Disease Prevention

FY 2020 HIGHLIGHTS



The **National Center for Health Promotion and Disease Prevention (NCP)** is a field-based national program office of the Office of Patient Care Services that strives to improve the quality of life for Veterans by providing VA clinicians evidence-based health care practices.

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Healthy Living Matters.
Prevention Works.



Infection Don't Pass It On (IDPIO)

Developing Guidance and Best Practices

IDPIO developed guidance for planning and implementing immunization clinics during the COVID-19 pandemic. This guidance is used to allow for vaccinations while keeping Veterans safe by minimizing exposure to medical clinics and other hospital areas where patients are being seen and treated.

IDPIO also developed best practices for offering influenza vaccine via drive-through clinics. This toolkit with accompanying sample resources were made available to flu teams across the healthcare system.

VHA has partnered with over 60,000 providers across the U.S. to increase access to flu shots and other medical services to enrolled Veterans. The Community Care Network (CCN) is organized into six regions throughout the U.S and includes a variety of providers, urgent care centers, and retailers in each region.

MOVE! Weight Management Program

76 Veteran Success Stories Published

In 2020, the entire MOVE! team collaborated to share the inspiring success that Veterans across the country continue to achieve in their weight loss efforts. This year's collection of 76 stories marks a new height for the program, with many more to come in 2021!



Increased Focus on Technology

A 90-day TeleMOVE! weight management protocol was developed and implemented for the Low Acuity Low Intensity (L2) platform. Additionally, a 30-day Annie weight management protocol was implemented to assist Veterans in weight management efforts and treatment. MOVE!'s focus on integrating technology into care prepared its teams and the Veterans they support to rapidly transition to virtual care options during VA's COVID-19 response.

MOVE! Veteran Workbook Translated to Spanish

To better serve those Veterans whose preferred language is Spanish, the NCP and Puerto Rico MOVE! teams collaborated to translate the MOVE! Veteran Workbook.

Clinical Preventive Services (CPS)

Building a Foundation of Knowledge

CPS completed ten evidence-based [VHA CPS Guidance Statements](#): Screening for HIV, Prevention of HIV Infection with Preexposure Prophylaxis (PrEP), Human Papilloma Virus (HPV) Immunization, Chlamydia and Gonorrhea Screening, Pneumococcal Immunization, Measles, Mumps and Rubella (MMR) Immunization, Hepatitis C Screening, Screening for Cognitive Impairment, Tetanus/Diphtheria (Td) and Tetanus Toxoid/ Reduced Diphtheria/Acellular Pertussis (Tdap) Immunization and Seasonal Influenza 2020-2021.

CPS also updated six NCP-sponsored [national clinical reminders](#): HPV Vaccination, Pap Smear Screening, Pneumococcal Immunization, Hepatitis C, Flu and Meningococcal Immunization.

CPS updated and published [VHA Directive 1120.05](#): The National Center for Health Promotion and Disease Prevention and the Coordination and Development of Clinical Preventive Services.

Health Promotion and Disease Prevention (HPDP)

A New Healthy Living Message

NCP collaborated with subject matter experts to develop a "Sleep Well" Healthy Living Message. Sleep Well resources include a [patient handout](#), links to related Veterans Health Library information, and to tools such as the Insomnia Coach mobile app. Clinician information ranging from a brief overview to a 152-page [Clinical Practice Guideline](#) on Insomnia and Sleep Apnea is included.

Healthy Living Performance Metrics

The Healthy Living Performance Metrics spreadsheet was converted to a web-based tool within Pyramid Analytics. Local Healthy Living teams can use this tool to view facility data and pinpoint areas for improvement.

[HealthLiving Assessment:](#)

11,000+
Veterans completed the **HealthLiving Assessment** in FY20



This brings the total number of assessments completed to over **130,000!**

TEACH and MI Training

Working to Better Prepare Clinicians

In 2020, Quarterly Communication Training Calls emphasized building effective COVID-19-related interactions in the context of overarching concerns of health equity and implicit bias. In a survey of clinicians who completed communication training, respondents indicated high levels of success in implementing communication techniques with patients, and improved overall clinical performance.

93%

believed MI Training improved their ability to meet VHA strategic objectives!

Use of VISTS (Virtual Interview Skills Training System), which offers an engaging virtual coaching experience in a game-like format, continued to steadily increase.

Additionally, the NCP Communication Training Team developed Moving Veterans to Flu Vaccines During COVID-19 and Moving Veterans to Vaccine Acceptance to address new challenges presented by the pandemic.

Telephone Lifestyle Coaching (TLC):

Climbing to New Heights in Veteran Satisfaction

In 2020, TLC had an especially productive year. The program expanded to 27 sites across VHA, and Veteran satisfaction with TLC rose even higher to an overall rating of 94%! More than 3,000 consults were received, and 2,300 Veterans enrolled in the program, for a conversion rate of 74%.

The most recent six-month survey of Veteran TLC participants revealed that 50% of the more than 200 respondents had increased their time spent on physical activity each week. In addition to an average weight loss of 10 pounds for all respondents, more than one in five also reported a decrease in stress level even under COVID restrictions!



Veterans Health Education and Information (VHEI)

Establishing Direction and Informing Veterans

In 2020, VHEI published [VHA Directive 1120.04: Veterans Health Education and Information \(VHEI\) Core Program Requirements](#). This new directive clarifies the requirements and responsibilities of the VHEI program at the national program office, VISN, and VA medical facility levels. It aligns VHEI programming with VHA's mission, core values, and overall vision as well as emphasizing the concept of a High Reliability Organization and the Whole Health model of care. The directive reinforces the value of health education to support VHA in delivering personalized, proactive and patient-driven health care.

The Veterans Health Library (VHL)

In 2020, the [Veterans Health Library](#) revised 636 health sheets in both English and Spanish, updated 17 videos, and added 10 new resources focused on wellness and mindfulness. The VHL also prioritized the development of interactive tools to support Veterans' engagement in their health care. This effort included the addition of three [Shared Decision-Making Tools](#) to support diabetes self-management. The VHL also updated the [Go To Guide series](#), which features six interactive workbooks to help Veterans manage aspects of common health conditions.

The VHL continues to provide Veteran-centered evidence-based health information to support Veterans in partnering with their health care team to manage their chronic health conditions. This has proven especially important during the COVID-19 pandemic, as with the shift in health care delivery to virtual environments, the VHL is both a trusted and easily accessible resource.



636
Health Sheets



17
videos



10
new resources