



Defense Health Agency (DHA) Clinical Communities Speaker Series

Resource List – Sept 2020

Military Health Care: Select Promising Practices

A Comprehensive Review of the Veterans Affairs (VA)-Department of Defense (DoD) Clinical Practice Management Guidelines for Adult Obesity

The Military Health System's [Total Fitness Force](#) is an entity that promotes healthy lifestyle changes with an emphasis on nutrition. Poor nutrition leads to health issues, including obesity, high blood pressure and diabetes, and negatively impacts medical readiness. The Centers for Disease Control and Prevention reports a 73% increase of US service members between 2011 and 2015. This is due to a variety of causes, however one such culprit is the wide use of energy drinks and dietary supplements among service members. Therefore, the Total Fitness Force highlights the importance of healthy diet and habits to promote an increase in energy through natural means.

[Partnering to Tackle the Obesity Epidemic: How Employers are Rethinking Obesity to Better Address Care, Treatment, and Engagement with Their Employees](#) is an article that introduces some alarming statistics that the obesity epidemic presents. Outside of the typical concerns that obesity and overweight have, such as chronic health issues, the authors discuss the 2016 analysis of the financial impact that obesity and its related conditions have. Due to direct medical care costs along with the indirect costs, including decreased performance and productivity and absenteeism at work, it was estimated that they added up to \$1.42 trillion in the United States alone. The authors discuss the role that employers must take in fostering wellness among their employees, in order to remain a viable and productive workforce. Due to the changing awareness and knowledge surrounding obesity and overweight, current best practice include a Care Continuum model which allows for individual needs to be address more comprehensively along with a learning and behavior modification strategy.

[Obesity and Associated Adverse Health Outcomes Among US Military Members and Veterans: Findings from the Millennium Cohort Study](#) reviews data from three survey cycles from 2001-2008. The findings were analyzed to determine the prevalence of obesity and related health outcomes within US service members and veterans. It was noted that rates of obesity among veterans were significantly higher than service members. There were also higher rates of obesity among males who were separated or retired from the Army or Navy. Similarly, associated health issues, including hypertension, diabetes and sleep apnea were significantly more commons among the individuals with obesity. Additionally, these individuals were more likely to have significantly higher rates of depression and post-traumatic stress disorder compared to their normal weight counterparts. From these results the recommendations are for urgent strategies and solutions to prevent and reduce excess weight gain within the military and veteran populations.

The [NIH-AARP Diet and Health Study](#) conducted a prospective investigation of the association between light at night (LAN) and obesity risk. There has been research that suggests LAN can disrupt circadian rhythms and sleep, which can contribute to the risk for obesity. Therefore, this study delved deeper into the issue and it was determined that higher outdoor LAN was associated with higher odds of developing obesity within 10 years. Therefore, a predictive relationship could be suggested between high LAN exposure and the risk of developing obesity in middle-to-older aged American adults.



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References

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