Health Promotion and Prevention Intiatives (HPPI) Newsletter

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The HPPI Program is managed by the Directorate of Health Promotion and Wellness at the U.S. Army Center for Health Promotion and Preventive Medicine.

IN THE SPOTLIGHT

Hypertension

Fast Facts

- 72% of adults aged 18 years and older with high blood pressure are taking action to control it (Healthy People 2010 preliminary data; age adjusted to the year 2000 standard population)
- 49% of military personnel who have a history of hypertension take action to control their high blood pressure (DoD data, 2004)
- Healthy People 2010 target, adults with high blood pressure taking action to control it: 95%

Hypertension and force readiness

When asymptomatic hypertension is present, the additional stress of military/war environments can lead to a crisis event, like heart attack or stroke. Those with hypertension who are identified and managed are less likely to have a crisis event.

Lessons learned from HPPI projects

- Hold screenings at other times and locations besides an annual health fair: for example, food courts during lunch times, installation-wide events, and APFT test sites.
- When blood pressures are taken, include a short education component to explain what blood pressure readings mean.
- Suggest that individuals monitor their blood pressure readings so they can monitor trends over time.
- Provide education to other health care providers so that providers will routinely say to patients: “Your blood pressure is XXX/XX. This is high/borderline/OK/low.”

IDEAS FROM THE FIELD

Use technology to leverage assets

Use technology to make the most of your time. For example, broadcast email enables you to send an email to a whole group of people with one mouse click. Find out if your IT department can set this up for you.

Do you have audiences in remote locations? Use your installation’s video teleconference (VTC) set-up to hear AND see those groups. For smaller remote groups, use a bridge telephone line for a telephone conference.

Check the availability of television or radio time at your installation. You could advertise upcoming programs or secure a regular time for a “health promotion today” show.

To support participants after a program ends, provide a CD-ROM of program materials.

HEALTH PROMOTION RESOURCES

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure *http://www.nhlbi.nih.gov/guidelines/hypertension/jnc7full.pdf*

Prevent and Control America’s High Blood Pressure: Mission Possible

http://hp2010.nhlbihin.net/mission/

PROGRAM POINTERS

Managing survey data

Surveys are often used in health promotion programs. Use the following tips to avoid headaches when analyzing survey data:

- For best results, tabulate and analyze survey data right away. Surveys that sit are less likely to ever be looked at. So, schedule time as soon as possible after collecting the surveys to analyze the responses.
- Keep the surveys organized and well-defined. You won't always remember that the Tuesday class surveys are in the pile on the shelf, and the Friday class surveys are in the pile on the floor.
- If you are using an electronic spreadsheet or database to tabulate survey responses, consider assigning numbers to each response in order to make the data analysis easier. For example, for a yes/no question, enter a "1" for yes and a "0" for no. If the survey includes a list of responses to choose from, use a number for each response, instead of typing in the word(s).
- When using an electronic format to tabulate survey data, keep good notes to remind you what the column headings mean.
- When designing a survey, limit the use of open-ended questions. Instead, use lists of the most typical responses. Include an "other" blank that can be filled in with an item not in the list.
- If you need data analysis help, consider using interns at the MTF. Interns can help collect data and are often in need of research projects and data to analyze.

DON'T REINVENT THE WHEEL

Evaluation

Do some homework before designing a survey, assessment, or knowledge test from scratch. Evaluation tools such as pre/post knowledge tests, satisfaction surveys, fitness tests, etc. from other military or nonprofit institutions may already be available and ready for use.

For example, the coordinator of a pain management program found a validated and publicly available pain measurement scale. In another case, the coordinator of a pediatric weight management program used an initial assessment tool available from the U.S. Centers for Disease Control (CDC).

Evaluation resource ideas: use the HPPI, CDC, or NIH web sites; do a Medline search.

HPPI NEWS and FAQs

HPPI FY07 Request for Proposals (RFP)

The HPPI FY07 Request for Proposals (RFP) has been released and can be accessed on the HPPI web page at: *http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx*

Any health promotion initiative may be submitted for consideration of HPPI FY07 funding. However, preference will be given to applications in these areas: stress management/resiliency, STI/STD education, spiritual fitness, and health promotion in times of deployment.

Contact the HPPI Program at *hppi_program_info@amedd.army.mil* with any questions about the HPPI FY07 RFP.

For more information about HPPI , to see past issues of the HPPI Newsletter , or to contact HPPI .