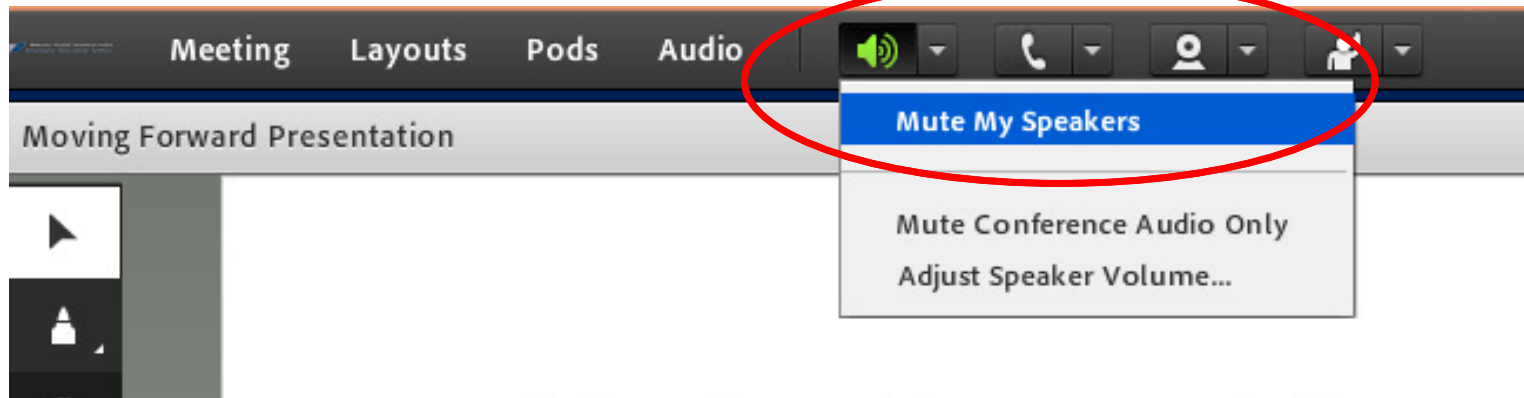


Please remember to mute your speakers.



VA Mobile Discussion Series

For audio, please dial in using VANTS:
1-800-767-1750 pc: 43950#

Thank you for joining. We will begin shortly.



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care



U.S. Department
of Veterans Affairs

VA Mobile Discussion Series

Keeping Veterans Active this Summer with MOVE! Coach

Presenter:

- Lynn A. Novorska, RDN, LDN, MOVE! Dietitian Program Coordinator, VHA Office of Patient Care Service, National Center for Health Promotion and Disease Prevention



Overview of the Discussion

- Overview and Introductions
- VA Technologies for Discussion
 - MOVE! Coach
- Questions
- Closing Remarks and Survey



MOVE! Coach (iOS & Android)

<https://mobile.va.gov/app/move-coach#AppTrainingMaterials>

The screenshot shows the VA Mobile app page for MOVE! Coach. The page features the VA logo and U.S. Department of Veterans Affairs header. The main content area displays the app icon, which is a red shield with a white megaphone and exclamation mark, and the text "VETERANS MOVE! Coach". Below the app icon are links to download the app from the App Store and Google Play. The page also includes a "Description" tab, a "Training Materials" tab, and a "Feedback to VA" link. Under the "Training Materials" tab, there is a section titled "DOWNLOAD MATERIALS" with four links: "iOS FAQs", "Android FAQs", "iOS User Manual", and "Android User Manual". A "Contact Help Desk" button is located at the bottom right.



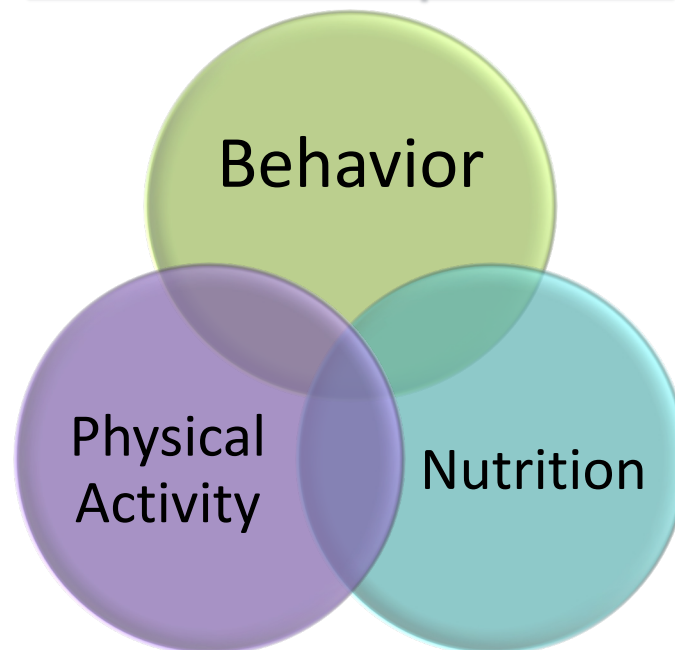
Treatment for Overweight/Obesity



Weight Management Program for Veterans

- Comprehensive lifestyle intervention focusing on behavioral weight self-management and healthy living
- Evidence-based curriculum
- Launched nationally in 2006
- Aligned with Whole Health
- Guided by national policy (National VA Directive: [Core Requirements for MOVE! Weight Management Program For Veterans \(MOVE!\)](#) and [VA/DoD CPG](#))

3 Core Components





Treatment for Overweight/Obesity

Components of MOVE!:

- Increased *physical activity*
- Healthier *diet*
- *Behavior* changes

MOVE! offers Comprehensive Lifestyle Interventions





4



Evidence of Health Benefits with Physical Activity

Short-Term Benefits

- Improve quality of life
- Improve insulin sensitivity
- Improve **sleep** outcomes
- Reduce blood pressure
- Reduce **anxiety**

Long-Term Benefits

- For youth, improve **cognition**
- For adults, prevent 8 types of **cancer** (previously 2)
- For adults, reduce risk of **dementia** including **Alzheimer's** disease
- For older adults, lowers risk of **injuries from falls**
- For pregnant women, reduces the risk of **postpartum depression**.
- For all groups, reduces the risk of **excessive weight gain**

Disease Management

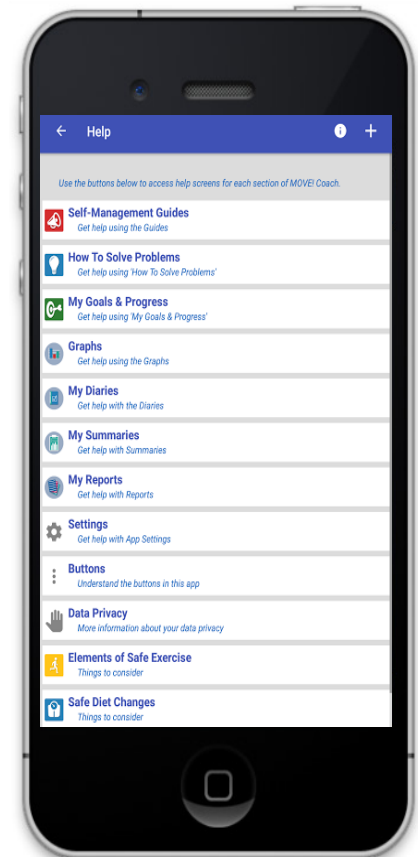
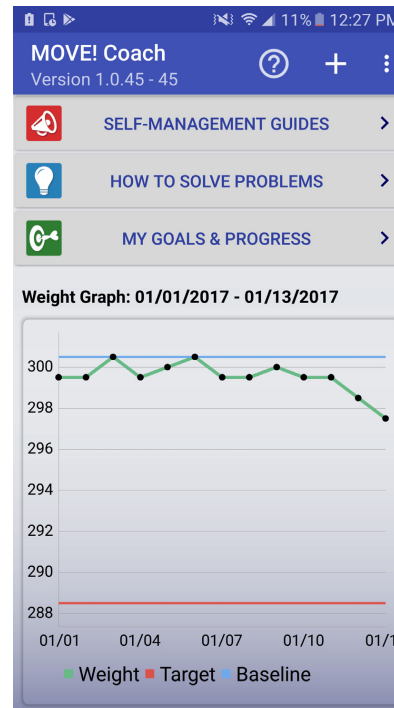
- Decrease osteoarthritis pain
- Reduce progression for hypertension
- Reduce progression for type 2 diabetes
- Reduce symptoms of **anxiety and depression**
- Improve **cognition** for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease



MOVE! Coach Framework

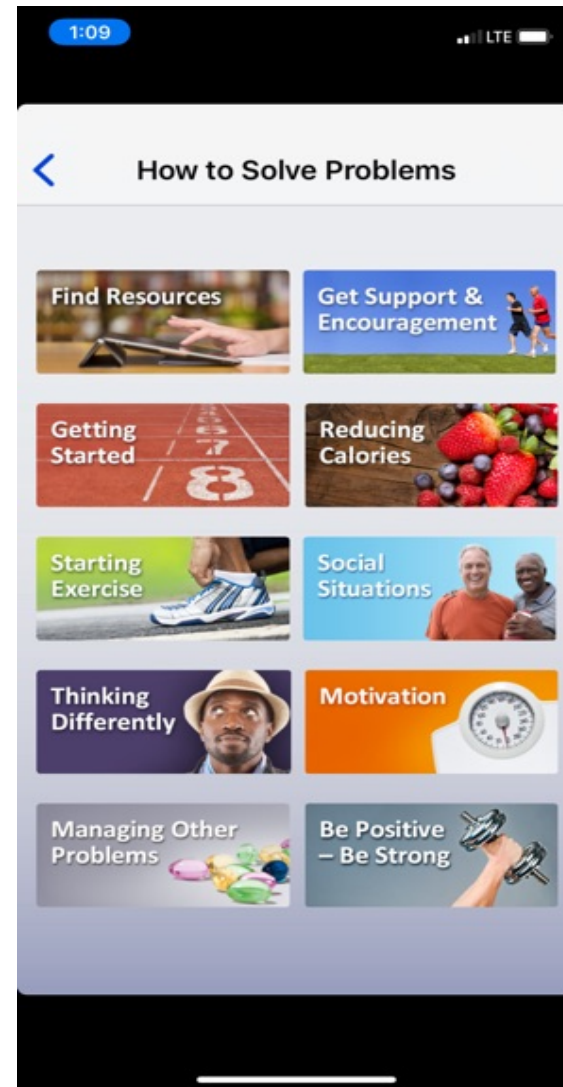
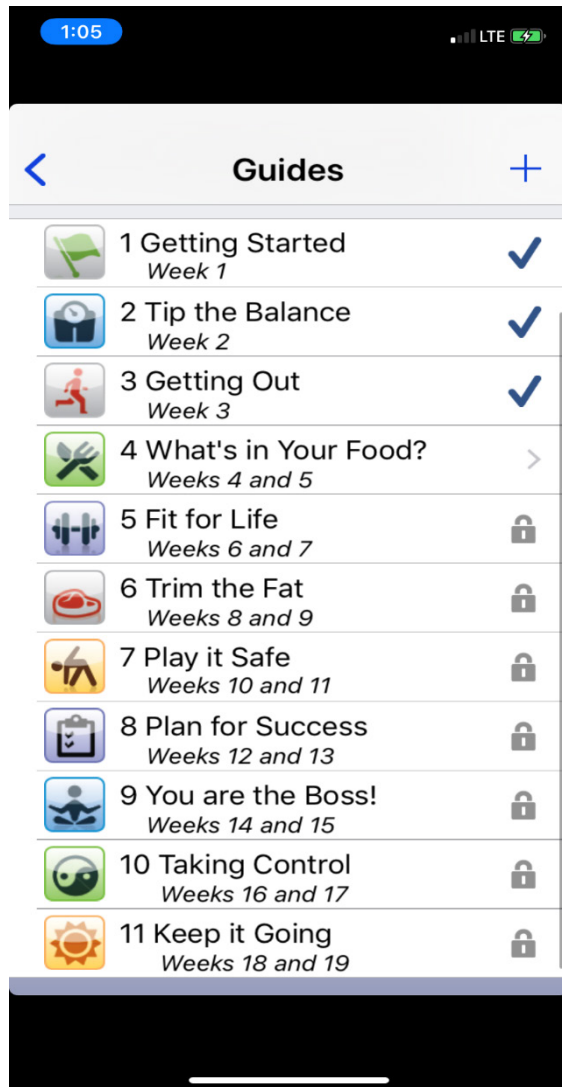
Framework:

- Self-Management Guides
- How to Solve Problems
- My Goals & Progress
- Diaries
- Resources





Guides & How to Solve Problems





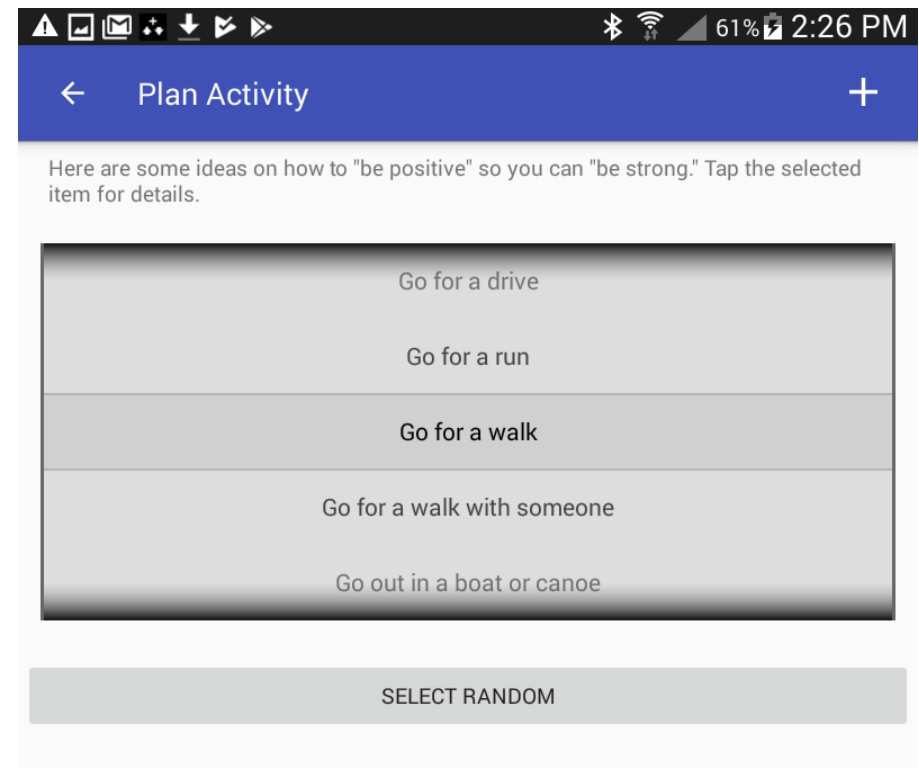
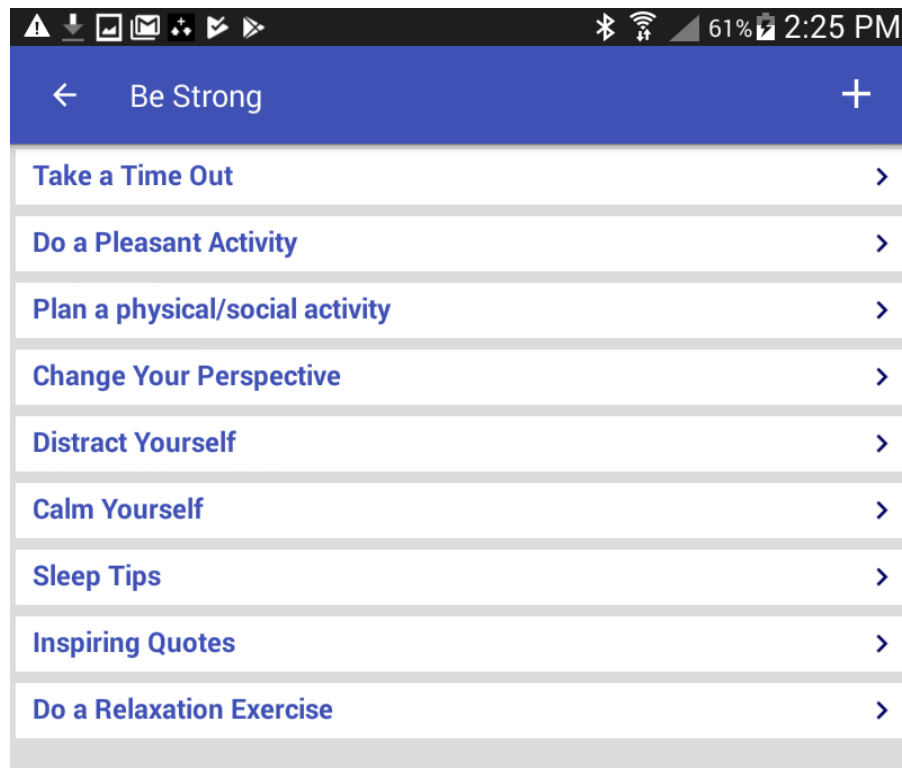
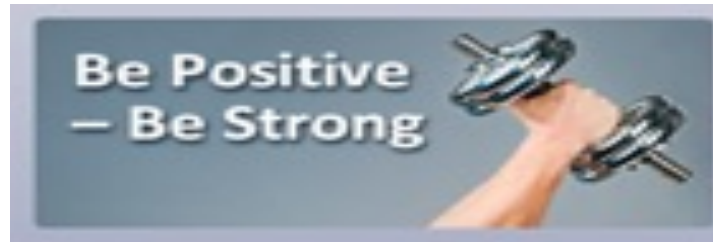
How to Solve Problems → Starting Exercise



Starting Exercise
<i>Starting to exercise can be a challenge.</i>
<i>Remember that some activity is better than no activity. Even though many people don't like it, in order to lose weight and keep it off you need to Start Exercising. These resources will help you to set goals, stay engaged, and avoid boredom with physical activity.</i>
<i>Resources from the MOVE! website to help you increase your activity:</i>
Why Warm-up, Cool-down and Stretch? P04
Making a Good Fit! Shoes for Active Feet P12
Prevention Tips for Sore Muscles or Cramps P13
Physical Activity and Your Safety P14
When to Stop Exercising P19
Physical Activity Limitations for Certain Medical Conditions P21
Increasing Physical Activity for Veterans with Physical or Medical Limitations P22
Sample Aerobic Activity Plan for Beginners P31
Sample Strength Activity Plan for Beginners P32
Sample Flexibility Plan for Beginners P33



How to Solve Problems → Be Positive-Be Strong





Daily Diary Entries



Weight Diary

Most recent weight: 262.0 lbs on 01/26/2018

Enter Weight: 00 X DONE

Date	Weight (lbs)	Time
January 26, 2018	262.0 lbs.	10:17 AM
January 11, 2018	271.0 lbs.	8:00 AM
	272.0 lbs.	7:47 AM
	275.0 lbs.	7:33 AM
January 04, 2018	280.0 lbs.	12:17 AM

1	2	3
4	5	6
7	8	9
	0	.

Diet Diary

Budget	Food	Activity	Remaining
2500	0	0	2500
Breakfast: 0 Calories +			
Lunch: 0 Calories +			
Dinner: 0 Calories +			
Snack: 0 Calories +			
Water: 0.0 fl oz +			

Activity Entry

Budget	Food	Activity	Remaining
2375	0	0	2375
Weekly Physical Activity			
Aerobic	Strength	Flexibility	Steps
0 Min	0 Days	0 Min	0
Physical Activity: 0 Calories 0 Steps			

Activity Entry

Budget: 2375, Food: 0, Activity: 0, Remaining: 2375

Weekly Physical Activity

Aerobic	Strength	Flexibility	Steps
0 Min	0 Days	0 Min	0

Physical Activity: 0 Calories | 0 Steps

Enter Weight, Enter Diet, Enter Activity, Enter Steps, Enter Water



Creating Physical Activity Entries

Activity Entry

Budget	Food	Activity	Remaining
1200	0	197	1397

Weekly Physical Activity

Aerobic	Strength	Flexibility	Steps
55 Min	0 Days	0 Min	13000

Physical Activity:
197 Calories | 3000 Steps

Walking, 2 mph (30 min/mile)
55 minutes, 197 Calories

Activity Entry ? Done

Calories: Eaten Burned Remaining
0 0 1425

Weekly Activity

Aerobic Strength Flexibility Steps

Select Entry Type:

- Search
- Favorite
- Custom
- Steps
- Cancel

Physical Activity - 07/24/19

SEARCH CUSTOM

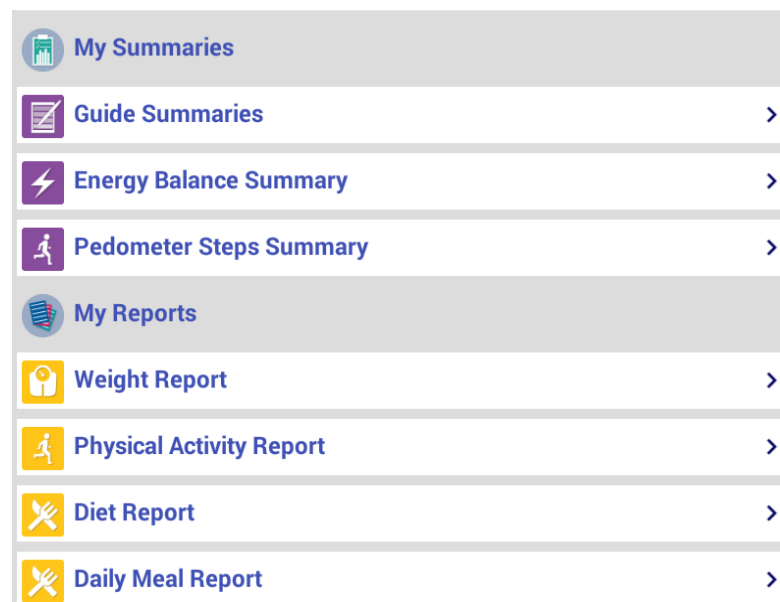
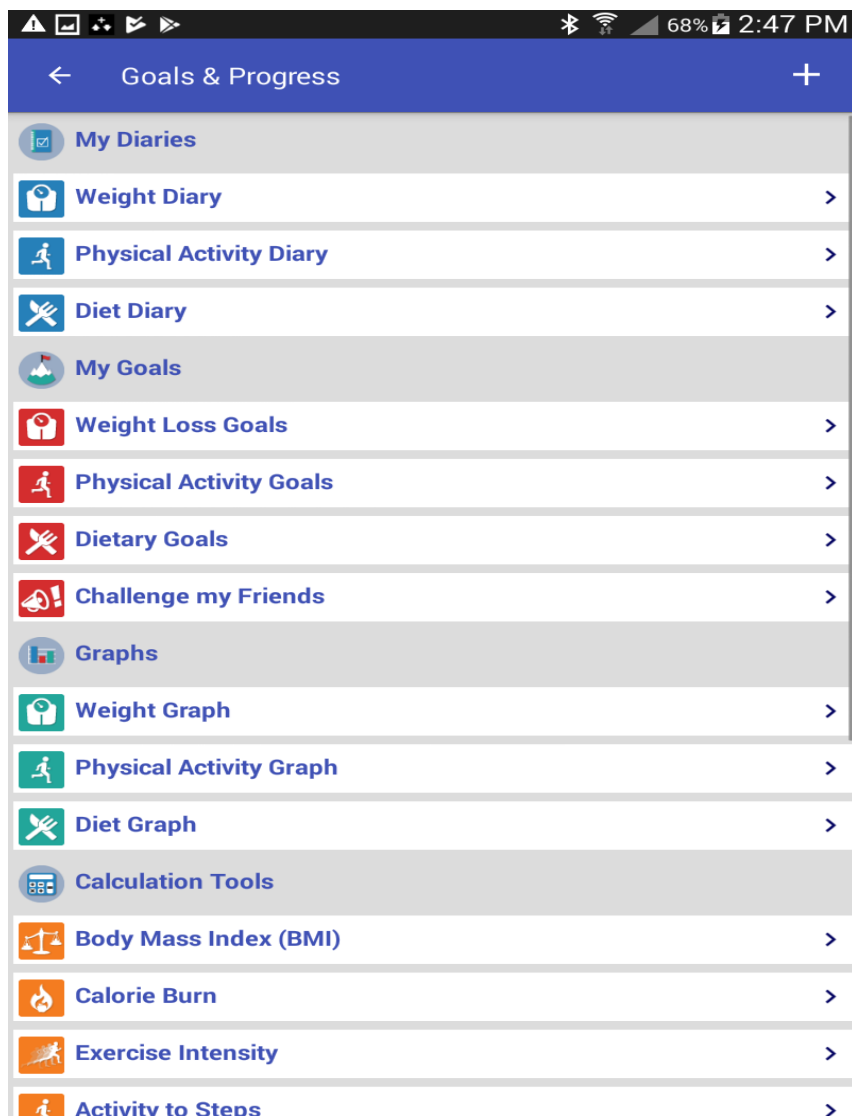
Enter Search Text

Working at an active workstation, walking (e.g. treadmill desk)
176 Calories/Hour

Aerobics, low impact
383 Calories/Hour



MOVE! Coach Goals & Progress





Example of Physical Activity Goals

Physical Activity Goals

Physical Activity SMART goals

Specific
Measurable
Action-Oriented
Realistic
Time-Based

TAP HERE TO REVIEW THE SMART GOALS VIDEO.

Examples: "I will walk briskly for at least 15 minutes every day this week."
or "I will take the stairs up to my office at least once each day that I am at work."

First Physical Activity SMART Goal

walk on treadmill M-F for min. of 45 min.

Second Physical Activity SMART Goal

neighborhood walk 1 day each weekend OR complete yard work/mow lawn

TAP HERE TO ADD OR CHANGE CHECK-IN DATE.

1 of 1

DONE



Technology can assist with goals



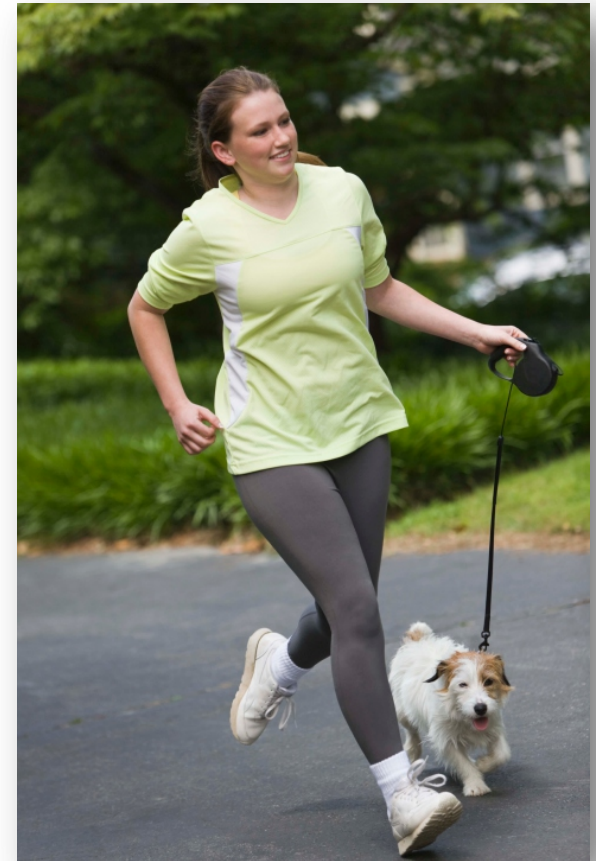
Remote delivery

- Telephone
- Virtual coaching
- Text messaging



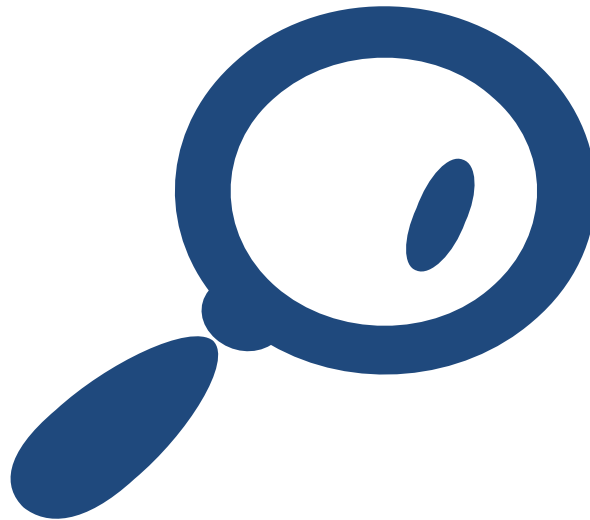
Key Physical Activity Guidelines for Adults

- **MOVE more and sit less**
 - ✓ Some physical activity is better than none
- For substantial health benefits
 - ✓ At least **150 minutes to 300 minutes a week** of moderate-intensity aerobic physical activity
- For additional health benefits
 - ✓ More than **300 minutes a week** of moderate-intensity aerobic activity
- **Muscle-strengthening** activities for all major muscle groups on **2 or more days a week**





Questions



QUESTIONS?

Please use the chat feature on the right to submit your questions.



Survey

What future topics would you like to discuss?

Let us know by providing feedback at this link:

<https://www.surveymonkey.com/r/B2NM3VV>