

2012 Military Health System CONFERENCE



Healthy Weight for Life:

A Comprehensive Weight Management Program

The MHS: Healthcare to Health

Mark A. Tschampl, M.S.

20 January 2012



Health and Wellness Center
Mountain Home AFB, ID
Mark.Tschampl@us.af.mil
(208) 828-2175/DSN: 728-2175

Introduction



- Obesity/Overweight rates for the US Military have nearly doubled in the last 20 years
- These conditions cost the DoD \$1.1B in health care and \$167M in lost productivity annually
- Healthy Weight for Life began July 2011
 - Patients lost an average of 4.6% body fat and gained 6.2 lbs of fat free mass in 6 weeks

Methods



- 4 Medical Appointments Over 6 Weeks
 - 1) 2-hour class (fitness, nutrition, and motivation/goal setting) with body comp measurement
 - 2) Success stories from previous patients and education on use of cardio/weight machines
 - 3) Group workout with individual nutritional counseling and overcoming barriers
 - 4) 2nd body comp measurement and individual review of results/feedback

Results



- 46 patients have participated in the program
 - July 2011-Dec 2011
- Patients lost an average of 4.6% body fat and gained 6.2 lbs of fat free mass in 6 weeks
- 5 patients reduced to a “healthy” weight
 - \$7055 in future medical cost saved per year

Conclusions/Recommendations



- Unique coalition of medical, fitness center, and health and wellness center staff
 - Reduced program redundancy/greater combined resources
- First program to promote healthy weight gain (i.e. muscle) in order to manage weight
- Huge potential return on investment
- Program could be easily replicated at any base