

PHIP No. 12-07-0922

**Evaluation of Fort Campbell Army Wellness
Center Injury Prevention Pilot Program**

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September 2022



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14. ABSTRACT This information paper documents a U.S. Army Public Health Center (APHC) pilot program with Soldiers in the 101st Airborne (ABN) Division at Fort Campbell, Kentucky (FCKY). The objective was to test a program to reduce modifiable risk factors for musculoskeletal (MSK) injuries and the incidence of MSK injuries by leveraging existing on-site health promotion services available at the FCKY Army Wellness Center (AWC). Data-driven referral guidelines were developed, focusing on two factors routinely associated with higher injury risk in military populations: low aerobic fitness and high or low body fat. The 3rd Brigade (3BDE), 101st ABN Division identified and referred Soldiers meeting the recommended 2-mile run time criteria of $\geq 15:30$ minutes (males) or $\geq 19:00$ minutes (females). Referrals occurred February 2019 through August 2019, the pilot was discontinued in December 2019 due to unit operational tempo, and AWC and injury metrics were assessed after 9 months (May 2020). Results indicated that approximately 14% of 3BDE Soldiers ($n=534$) met the 2-mile run time criteria and were not currently injured or on profile. Of the 324 Soldiers ultimately eligible for the pilot, 19.1% ($n=62$) visited the AWC for the first time; eight other eligible Soldiers were walk-ins. Given the small total number of referrals ($n=70$), improvements in body mass index, 2-mile run time, VO_2 max, or injury rates were not observed within 9 months of implementation. Referral criteria development continued following execution of this project, and further revisions are planned to develop criteria using Army Combat Readiness Test run time results. Injuries continue to be a leading barrier to Soldier medical readiness, and AWCs offer services to modify low aerobic fitness and body composition, leading risk factors for Soldier injury. Execution of a pilot in a larger Soldier population using revised guidelines, and implementation of recommendations from this pilot, is warranted.					
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TABLE OF CONTENTS

	Page
1. INTRODUCTION.....	1
2. BACKGROUND.....	1
3. PROJECT EXECUTION.....	1
4. FINDINGS.....	3
5. CONCLUSIONS.....	4
6. RECOMMENDATIONS	4
6.1 Planning Phase	4
6.2 Implementation Phase.....	4
APPENDICES	
A References.....	A-1
B Briefing Slides	B-1

**Evaluation of Fort Campbell Army Wellness Center
Injury Prevention Pilot Program
PHIP No. 12-07-0922**

1. INTRODUCTION

This information paper documents a U.S. Army Public Health Center (APHC) pilot program with Soldiers in the 101st Airborne (ABN) Division at Fort Campbell, Kentucky (FCKY). It was the first program to engage operational units in the utilization of injury risk criteria for identification of Soldiers who would benefit from Army Wellness Center (AWC) services aimed at reducing musculoskeletal (MSK) injury risk factors and the incidence of MSK injuries. The program linked injury prevention science, public health program evaluation, and existing on-site FCKY health promotion assets and infrastructure. Results were intended to inform the Army Enterprise on how injuries and injury risk factors affecting Soldier readiness could be addressed upstream of an injury event by leveraging available health promotion resources.

2. BACKGROUND

MSK injuries affect a large percentage of Active Duty (AD) Soldiers and negatively impact Soldier readiness. In 2019, 55% of AD Soldiers experienced an injury, accounting for over 10 million limited duty days (APHC, 2020). Considering FCKY specifically, a 2016 survey of the 101st ABN Division indicated that 35% of male Soldiers and 42% of female Soldiers experienced an injury in a 1-year period (APHC, 2018).

AWCs (called Armed Forces Wellness Centers (AFWC) at Joint Bases) are readiness platforms that provide healthy behavior change through evidenced-based health education/health coaching and advanced fitness testing technology for Soldiers, Family members, Retirees, and Department of the Army Civilians. The AWC/AFWC services have been shown to positively influence health behaviors and outcomes (Rivera et al., 2018).

This pilot program was requested by the Commanding General of FCKY's 101st ABN Division in May 2018, with an effort to prevent Soldier MSK injuries and was directed by a tasker from the U.S. Army Medical Command to APHC (#16248). The goal was to leverage existing health promotion assets and infrastructure located on FCKY to impact readiness positively through assessments of injury risk factors and injury reduction. The pilot program was conducted from September 2018 through March 2021.

3. PROJECT EXECUTION

The APHC Public Health Review Board approved this project (#18-666) as public health practice in September 2018. A Memorandum of Agreement between the APHC and 101st ABN Division was finalized in January 2019.

The APHC first created referral guidelines that would be used to identify Soldiers at high risk for MSK injury and would most likely benefit from referral to AWC services. The APHC Injury Prevention Branch conducted sensitivity and specificity analyses on survey data collected from an airborne division ($n=6,496$). The analyses focused on two modifiable factors routinely associated with higher injury risk in military populations: low aerobic fitness and high or low body fat (Jones et al., 2017; Jones, Hauschild, and Canham-Chervak, 2018). Actionable guidelines were developed to allow leaders to identify and refer Soldiers who would benefit from

AWC services aimed at improving aerobic fitness and body composition (APHC, 2021b). Analyses included the following data elements: Soldier height, weight, sex, injury prevalence, and Army Physical Fitness Test (APFT) run time. Due to physiological differences between sexes, analyses were conducted separately for men and women. The guidelines were then validated using survey data collected from an infantry division ($n=10,984$). The resulting MSK injury referral guidelines identified Soldiers with an APFT 2-mile run time greater than 15:30 minutes (males) or greater than 19:00 minutes (females) as being at higher risk for MSK injury (APHC, 2021b). For the pilot, since AWCs offer prevention, not treatment services, a second criteria for AWC referral was that the Soldier could not be on an injury profile.

The APHC worked with the FCKY Commander's Ready and Resilient Integrator (CR2I) to communicate the referral guidelines to 101st ABN Division commanders. Based on training schedules, the 3rd Brigade (3BDE) was selected for participation. The CR2I then worked with the 3BDE Training Office to draft a Tasking Order directing—

- All Battalion (BN) training officers or delegates to ensure that all 2018 fall/winter APFTs were completed and event data were uploaded into the Data Training Management System (DTMS) by 20 December 2018, and
- All BN training officers or delegates to provide rosters of Soldiers by name who met the AWC referral guidelines to the 3BDE Surgeon's Office.

The 3BDE Surgeon's Office used e-Profile to review the rosters and identify Soldiers who were on an injury profile. Soldiers currently on profile, given ongoing injury treatment and rehabilitation, were not eligible for AWC referral. Rosters were then provided to FCKY AWC health educators, who were responsible for contacting all eligible Soldiers to schedule AWC appointments. Participation was voluntary, but encouraged by leadership. The AWC enrollment period was 19 February to 31 August 2019. Unit rosters indicating those who met referral guidelines (run time and profile criteria) were shared with APHC to define participant, eligible non-participant, and non-eligible non-participant groups for injury rate comparisons.

Upon visiting the FCKY AWC, health educators provided primary prevention services to address known MSK injury risk factors, including low estimated VO_2 maximum (ARIEM, 1984), high or low body mass index, low physical activity level, and inadequate sleep. It was anticipated that Soldiers who met the referral guidelines and utilized AWC services would experience improvements in MSK injury risk factors and decreases in the incidence of MSK injuries.

Rosters were obtained monthly from 3BDE. If a Soldier was within the 3BDE during the enrollment period (February to August 2019), they were included in the analyses.

Ongoing pilot coordination with 3BDE, 101st ABN Division ended in December 2019. They were unable to support continuation of the pilot due to tight schedules in all units.

To assess the extent to which participants experienced improvements in MSK injury risk factors, average body mass index, average APFT 2-mile run time, and VO_2 max were assessed at participants' initial and first follow-up AWC visits. Due to small sample sizes and low follow-up rates, comparative analyses could not be computed.

To assess changes in injury incidence, three timeframes of interest were considered: Pre-implementation (01 May 2018–31 January 2019), program enrollment (19 February 2019–31 August 2019), and post-implementation (01 September 2019–31 May 2020). MSK injury rates (# MSK injuries/person-months) for pre-implementation and post-implementation

timeframes were compared using a repeated measure Poisson regression ($p < 0.05$ indicating statistical significance). Data on injuries were from the Defense Medical Surveillance System maintained by the Defense Health Agency (DHA) Armed Forces Health Surveillance Division.

4. FINDINGS

An evaluation summary is available in Appendix B. Key findings for each evaluation question were as follows:

- 1) *To what extent did 101st Soldiers referred for AWC services as part of this project meet injury risk criteria?*
 - About 1 in 7 Soldiers (14.0%, $n=534$) were referred for AWC services because they met the 2-mile run time criteria for MSK injury risk and were not currently injured/on profile.
- 2) *To what extent did 101st Soldiers who met injury risk criteria utilize AWC services?*
 - Nearly 1 in 5 Soldiers (19.1%, $n=62$) who met injury risk criteria completed an initial AWC visit. Additionally, 8 walk-in Soldiers met injury risk criteria at the initial AWC visit.
- 3) *Did the percentage of FCKY AWC clients who initially met injury risk criteria increase?*
 - The percentage of FCKY AWC clients who initially met injury risk criteria increased between fiscal year (FY) 2019 quarters (Q) 1 and 2 when AWC referrals began. The percentage of FCKY AWC clients who initially met injury risk criteria remained constant between FY19Q2 and FY19Q4, when AWC referrals continued for the pilot. Due to small sample sizes, results should be interpreted with caution.
- 4) *To what extent did 101st Soldiers who met injury risk criteria and utilized AWC services experience improvements in MSK injury risk factors?*
 - Of the 70 Soldiers who utilized AWC services for MSK injury risk factors, a small proportion (11-49%; varied by AWC service type) followed-up with the AWC. Due to small sample sizes, comparative analyses could not be conducted to determine improvements.
 - Given the limited data, notable improvements in body mass index, APFT 2-mile run time, and VO_2 maximum were not observed between referred Soldiers' initial AWC visit and their first follow-up. Due to small sample sizes, results should be interpreted with caution.
- 5) *To what extent did 101st Soldiers who met injury risk criteria and utilized AWC services experience a change in MSK injury incidence?*
 - The difference in participants' pre- and post-implementation injury rates was not statistically significant. The small sample size limited the pilot study's ability to detect a potential significant difference in injury rates.
- 6) *How did MSK injury incidence compare between 101st Soldiers who met injury risk criteria and utilized AWC services, and 101st Soldiers who met injury risk criteria but did not utilize AWC services?*
 - Post-implementation injury rates (September 2019–May 2020)
 - Participants: 11.9 injuries/100 Soldier-months
 - Eligible non-participants: 13.6 injuries/100 Soldier-months
 - Non-eligible non-participants: 12.6 injuries/100 Soldier-months

- Differences in injury rates among participants and non-participants were not statistically significant. Due to small sample sizes, results should be interpreted with caution.

5. CONCLUSIONS

Due to low participation rates in the FCKY 101st ABN Injury Prevention Pilot, the effects of AWC referral on MSK injury could not be determined.

Referral body composition and run time guideline development continued following execution of this project and are documented in an APHC technical report (APHC, 2021b). Development of criteria using Army Combat Readiness Test (ACFT) run times is planned, in which longer run times have been associated with higher injury risk (APHC, 2021a). Development of revised criteria will occur after the ACFT becomes the test of record (1 October 2022) and sufficient data are available.

Injuries continue to be a leading barrier to Soldier medical readiness, and AWCs/AFWCs offer services to modify low aerobic fitness and body composition, which are leading risk factors for Soldier injury. Execution of a pilot in a larger Soldier population using revised guidelines, and implementation of the recommendations listed above is warranted.

6. RECOMMENDATIONS

The lessons learned from the pilot informed the following recommendations to consider during future implementation of a similar program:

6.1. Planning Phase

- Identify more than one brigade for implementation to obtain sample sizes needed for measurement of desired outcomes and address potential fluctuations in population size, particularly in units that can deploy.
- Select brigades with high likelihood of availability and few anticipated leadership changes.
- Obtain additional outcomes data such as MSK profiles and ACFT performance, when possible.
- Confirm current contact information for Soldiers.
- Keep Brigade Surgeon as primary point of contact for referral list.

6.2 Implementation Phase

- Encourage leadership emphasis with planned communications reiterating command support.
- Plan additional AWC staffing for initial contact, and establish a master roster.
- Consider AWC group assessments with extra equipment on stand-by.
- Lessen time for AWC fitness assessments by pre-programming exercise prescriptions with available data.
- Require VO₂ maximum test for referred Soldiers who visit the AWC; educate on link between aerobic fitness and injury risk.

APPENDIX A

REFERENCES

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APPENDIX B
BRIEFING SLIDES

Fort Campbell 101st Airborne Division Injury Prevention Pilot



U.S. ARMY PUBLIC HEALTH CENTER

Public Health Assessment Division
Health Promotion and Wellness Directorate

Injury Prevention Program
Directorate of Clinical Public Health and Epidemiology

May 2021

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Disclaimer and Disclosure

Disclaimer: The views expressed in this presentation are those of the author(s) and do not necessarily reflect the official policy of the Department of Defense, Department of the Army, U.S. Army Medical Department or the U.S. Government.

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Purpose and Outline

Purpose: To provide a summary of the Fort Campbell, Kentucky (FCKY) 101st Airborne (ABN) Division Injury Prevention Pilot to the FCKY Army Wellness Center (AWC) and Commander's Ready and Resilient Council (CR2C).

Outline:

- Bottom Line Up Front (BLUF).
- Background.
- Overview of Pilot.
- Methods.
- Results.
- Summary.
- Recommendations.

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Bottom Line Up Front



- Due to low participation rates in the FCKY 101st ABN Injury Prevention Pilot, **the effects of AWC referral on musculoskeletal injury could not be determined.**
- The lessons learned from the pilot informed the following recommendations that Fort Campbell **should consider for future injury prevention support:**
 - Identify more than one brigade with high likelihood of availability and no leadership changes.
 - Confirm current contact information for Soldiers.
 - Keep brigade surgeon as primary point of contact for referral list.
 - Encourage leadership emphasis with planned communications reiterating command support.
 - Plan additional Army Wellness Center staffing for initial contact, and establish a master roster.
 - Consider group assessments with extra equipment on stand-by.
 - Lessen time for fitness assessments by pre-programming exercise prescriptions with available data.
 - Require VO₂ maximum test for referred Soldiers; educate on link between aerobic fitness and injury risk.

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Background

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APHC

Background




Why are musculoskeletal (MSK) injuries important to the Army?

- Among Active Duty Soldiers:
 - In 2017, **56%** of Soldiers had a new injury ¹
 - **71%** of all injuries were cumulative micro-traumatic MSK "overuse" injuries ¹
 - From JAN-JUN 2019, MSK injuries were responsible for **59%** of temporary profile days ²
 - Each year, MSK injuries result in over **10 million** limited duty days (LDD) ³



Preventing MSK injuries is a priority to promote and maintain Soldier readiness.

1-3 See References

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APHC

Background




What are the leading modifiable risk factors associated with MSK injuries?



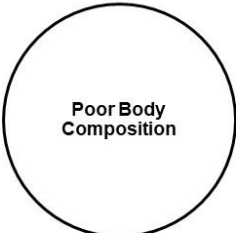
Low Aerobic Fitness

Aerobic Fitness

- Slow 2-mile run time
- Low VO₂ maximum

Greater VO₂ maximum is associated with faster 2-mile run time ⁴
($r = -0.91$)

+



Poor Body Composition

Body Composition

- Low or high body mass index

=



Increased MSK Injury Risk

MSK Injury Risk

- Increased risk of a training-related MSK injury ⁵

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Background

How does the Army address risk for MSK injuries?

- Utilization of AWC services is associated with improvements in MSK injury and other health- and readiness-related outcomes to include: ⁶
 - **Body mass index**
 - **Cardiorespiratory fitness (indexed as VO₂ maximum)**
 - **2-mile run time**
 - Body fat percentage
 - Blood pressure
 - Perceived stress



The AWCs are health promotion assets that help Soldiers address the modifiable MSK risk factors that impact Soldier readiness.

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Injury Prevention Pilot Introduction

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Project Origin

- Fort Campbell, Kentucky (FCKY) 101st ABN requested injury prevention support from the U.S. Army Medical Command (MEDCOM).
 - 101st ABN injuries in past 12 months: 35% (males), 42% (females)
- U.S. Army Public Health Center (APHC) was tasked to execute an injury prevention pilot with the 101st ABN in collaboration with the FCKY AWC.

101st CG
(MG Poppas)

→

TSG
(LTG West)

→

DCS PH
(Mr. Resta)

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Overview of Injury Prevention Pilot

Pilot Objectives

1. Identify 101st Soldiers who meet MSK injury risk criteria.
2. Encourage Soldiers who meet criteria to engage in AWC primary prevention services to address injury risk factors.
3. Evaluate pilot processes and outcomes.

Pilot Goal

- To reduce risk factors for MSK injuries, the incidence of MSK injuries, and unit-level MSK profiles among 101st Soldiers by leveraging existing health promotion assets and infrastructure located at FCKY.

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Evaluation Questions

1. To what extent do 101st Soldiers referred for AWC services as part of this project meet injury risk criteria?
2. To what extent do 101st Soldiers who meet injury risk criteria utilize AWC services?
3. Does the percentage of FCKY AWC clients who initially meet injury risk criteria increase?
4. To what extent do 101st Soldiers who meet injury risk criteria and utilize AWC services experience improvements in MSK injury risk factors?
5. To what extent do 101st Soldiers who meet injury risk criteria and utilize AWC services experience a change in MSK injury incidence?
6. How does MSK injury incidence and Army Physical Fitness Test (APFT) performance compare between 101st Soldiers who meet injury risk criteria and utilize AWC services and 101st Soldiers who meet injury risk criteria but do not utilize AWC services?

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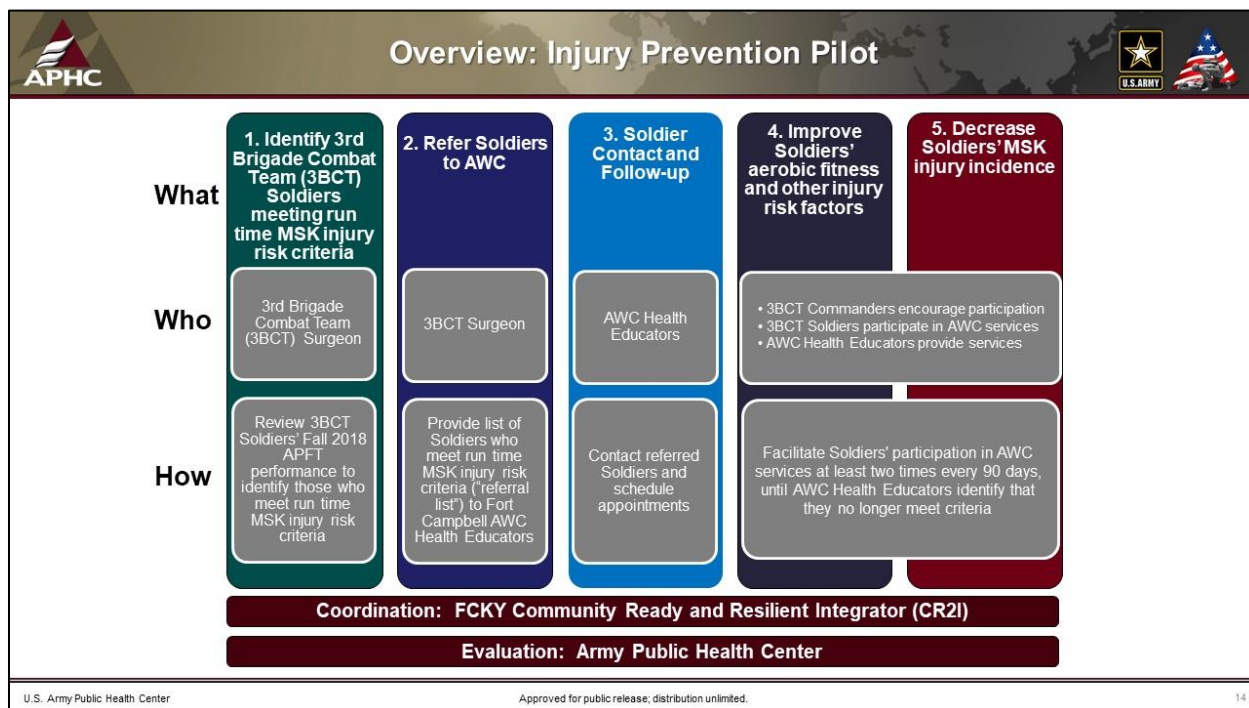


Methods

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Step 1: Soldier Identification

MSK Injury Risk Criteria Creation

- APHC identified MSK injury risk criteria based on injury incidence, APFT run-time, height, and weight survey data from a sample ($n = 6,496$) of 101st ABN Soldiers.

Criteria applied per feedback from 3BCT:	Males		Females
	1. 2-mile run time	> 15:30 minutes	> 19:00 minutes
	2. Not currently injured or on profile		

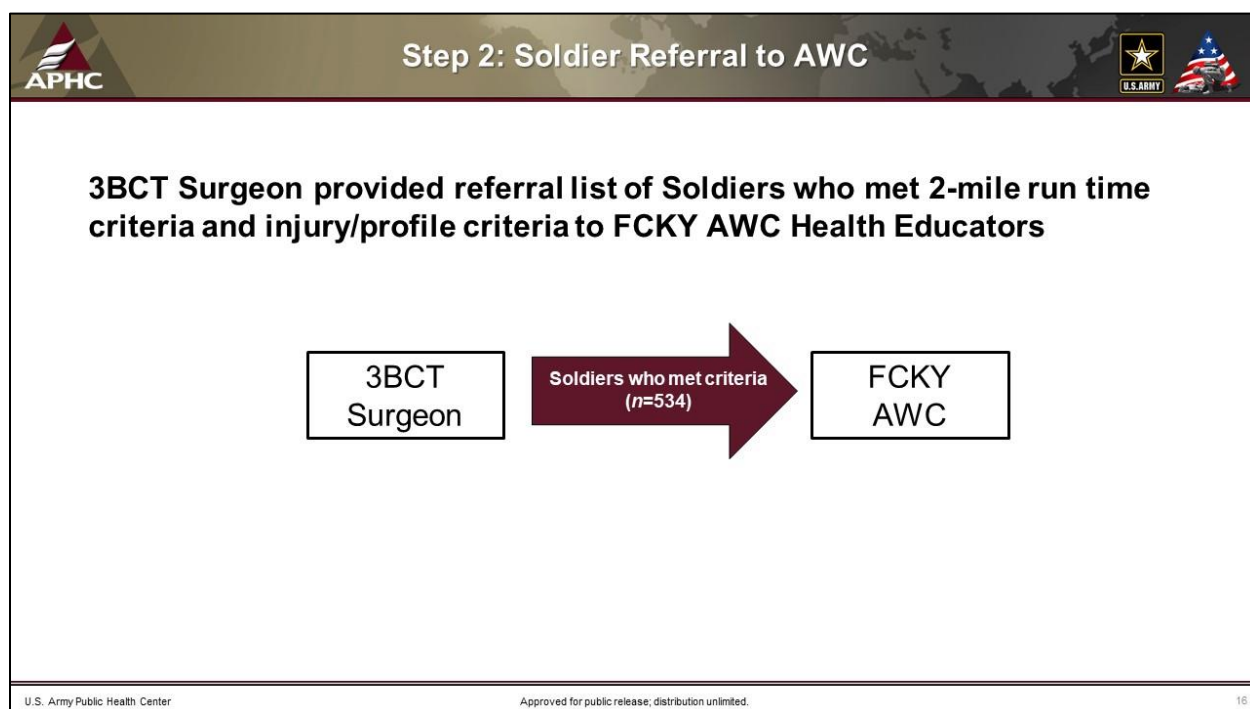
MSK Injury Risk Criteria Communication

- APHC worked with and communicated criteria to the FCKY CR2I and 3BCT Surgeon.

Identification of Eligible Soldiers

- 3BCT Surgeon used APFT data uploaded into the Defense Training Management System (DTMS) and e-Profile to identify Soldiers who met the 2-mile run time criteria and were not injured or on profile.

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Step 3: Soldier Contact and Follow-up

- AWC Staff contacted Soldiers from 01 FEB 2019 through 31 AUG 2019
- FCKY AWC Director and Health Educators contacted all eligible Soldiers and tracked their status, as follows:

1. **Participated:** Clients who participated in an initial visit.
2. **Did not respond to contact:** Clients who did not answer or return phone calls.
3. **Unable to contact:** Clients with invalid contact information (i.e., wrong phone number).
4. **Declined:** Clients who were contacted and declined/refused to participate.
5. **No longer met criteria:** Clients who went on profile, became a Reservist, or no longer met 2-mile run time criteria.
6. **Permanent Change of Station (PCS):** Clients who experienced a PCS and were assigned to a new location.
7. **Expiration – Term of Service (ETS):** Clients whose current contract expired and were free to leave the military.
8. **No-show:** Clients who scheduled an appointment to participate but did not show-up and did not reschedule.

	n	%
Referred Soldiers	534	100%
Participated	74	14%
	n	%
Did not respond to contact	169	32%
Unable to contact	119	22%
Declined to participate	65	12%
No longer met criteria	43	8%
PCS	29	5%
ETS	19	4%
No-show for appointment	16	3%

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17







Results

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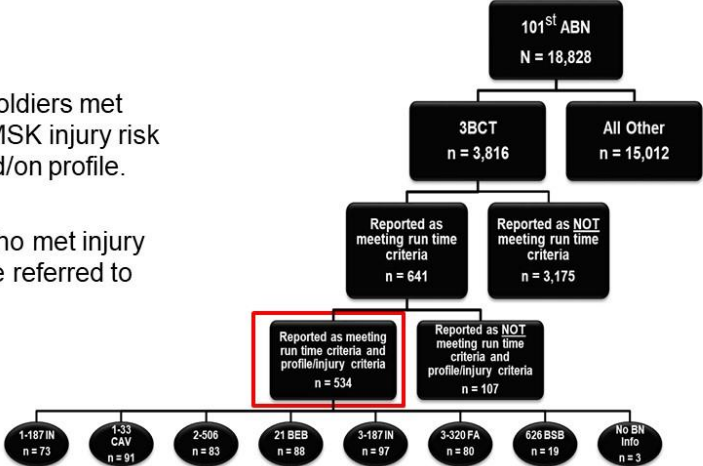


Guiding Question 1: To what extent do 101st Soldiers referred for AWC services as part of this project meet injury risk criteria?




Summary

- 14.0%** (534 / 3,816) of 3BCT Soldiers met the 2-mile run time criteria for MSK injury risk AND were not *currently** injured/on profile.
- 3BCT identified **534** Soldiers who met injury risk criteria, and therefore, were referred to the AWC as part of the pilot.

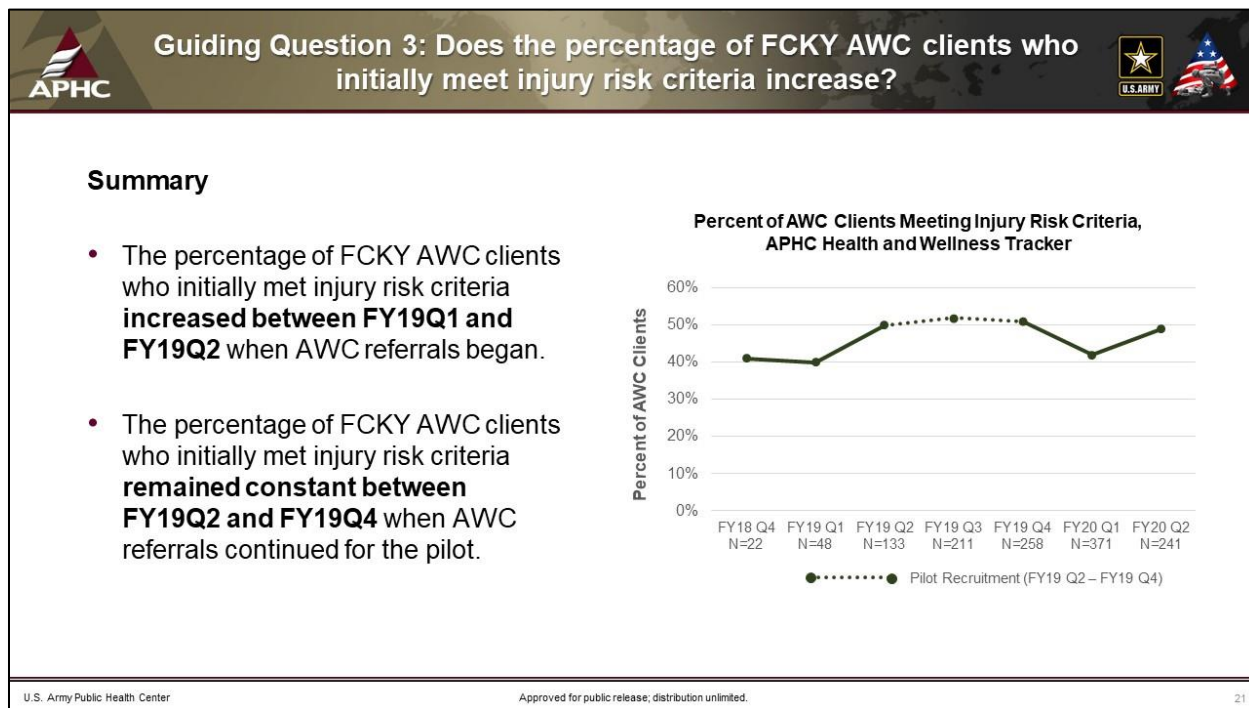
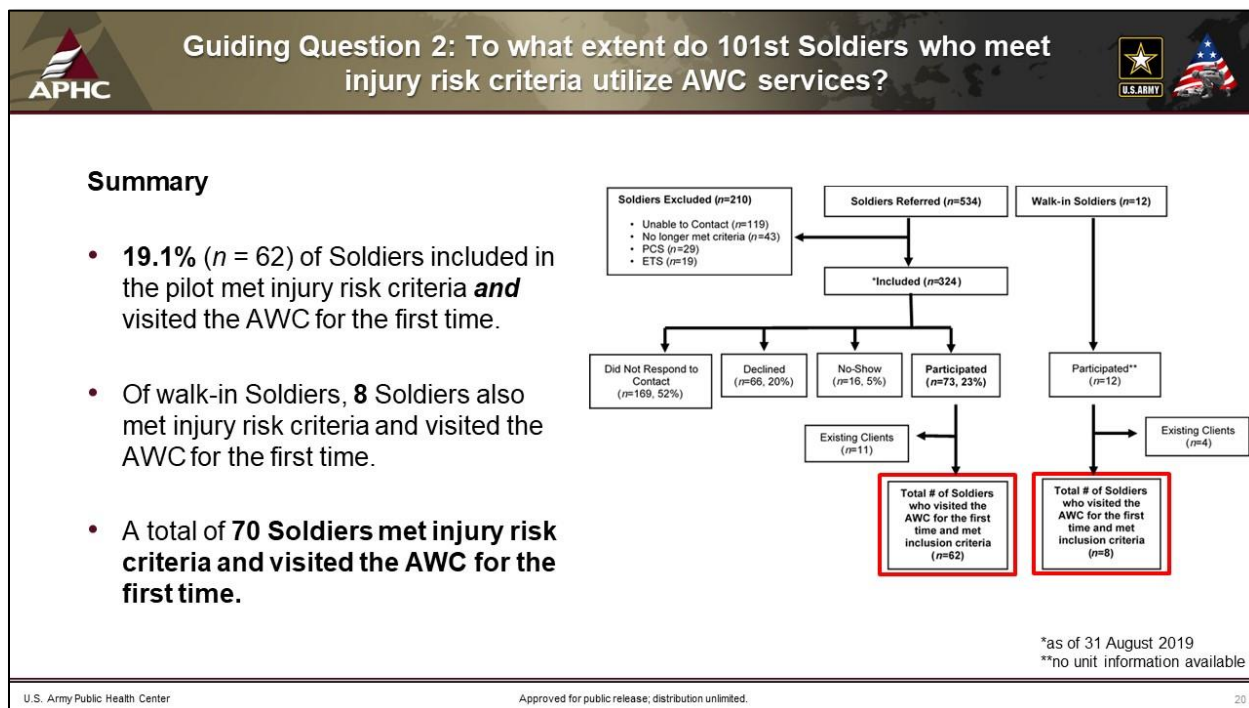


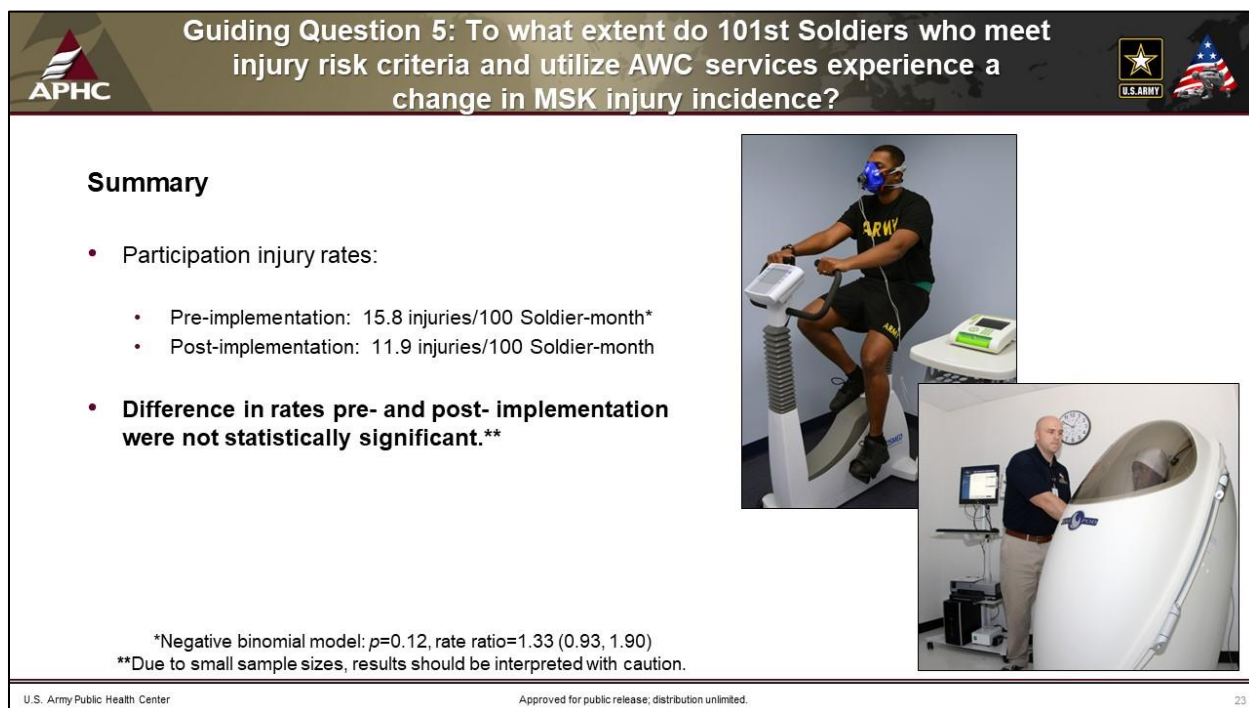
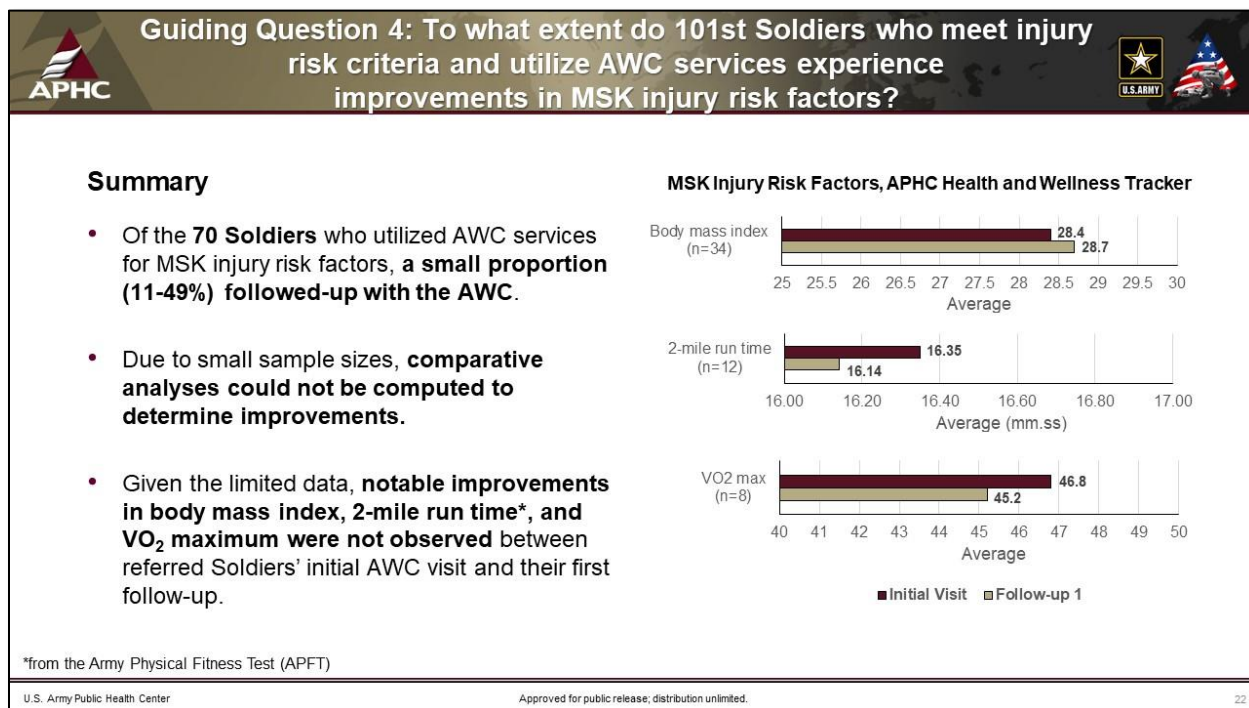
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graph TD
    A["101st ABN  
N = 18,828"] --> B["3BCT  
n = 3,816"]
    A --> C["All Other  
n = 15,012"]
    B --> D["Reported as meeting run time criteria  
n = 641"]
    B --> E["Reported as NOT meeting run time criteria  
n = 3,175"]
    D --> F["Reported as meeting run time criteria and profile/injury criteria  
n = 534"]
    D --> G["Reported as NOT meeting run time criteria and profile/injury criteria  
n = 107"]
    F --> H["1-187 IN  
n = 73"]
    F --> I["1-33 CAV  
n = 91"]
    F --> J["2-506  
n = 83"]
    F --> K["21 BEB  
n = 88"]
    F --> L["3-187 IN  
n = 97"]
    F --> M["3-320 FA  
n = 80"]
    F --> N["626 BSB  
n = 19"]
    F --> O["No BN Info  
n = 3"]
  
```

*as of December 2018

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Guiding Question 6: How does MSK injury incidence compare between 101st Soldiers who meet injury risk criteria and utilize AWC services and 101st Soldiers who meet injury risk criteria but do not utilize AWC services?




Summary

- **Post-implementation injury rates (SEP 2019 – MAY 2020)**
 - Participants: 11.9 injuries/100 Soldier-month
 - Eligible non-participants: 13.6 injuries/100 Soldier-month*
 - Non-eligible non-participants: 12.6 injuries/100 Soldier-month
- **Difference in rates among participants and non-participants were not statistically significant.****

*Negative binomial models controlling for gender, rank:
 $p=0.40$, rate ratio=1.18 (0.80, 1.75)
 $p=0.94$, rate ratio=0.98 (0.66, 1.47)

**Due to small sample sizes, results should be interpreted with caution.




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Guiding Question 6: How does MSK injury incidence compare between 101st Soldiers who meet injury risk criteria and utilize AWC services and 101st Soldiers who meet injury risk criteria but do not utilize AWC services?




Summary



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Pilot Summary





Due to low participation rates, the team was unable to determine the effects of AWC referral on MSK injury.
The key findings for each guiding question include the following:

Evaluation Question	Key Findings
1. To what extent do 101st Soldiers referred for AWC services as part of this project meet injury risk criteria?	About 1 in 7 Soldiers (14.0%, n=534) referred for AWC services as part of this project met the 2-mile run time criteria for MSK injury risk and were not currently injured/on profile.
2. To what extent do 101st Soldiers who meet injury risk criteria utilize AWC services?	Nearly 1 in 5 Soldiers (19.1%, n=62) included in the pilot met injury risk criteria and visited the AWC for the first time. Additionally, 8 walk-in Soldiers met injury risk criteria and visited the AWC for the first time.
3. Does the percentage of FCKY AWC clients who initially meet injury risk criteria increase?	Yes, the percentage of FCKY AWC clients who initially met injury risk criteria increased between FY19Q1 and FY19Q2 when AWC referrals began. The percentage of FCKY AWC clients who initially met injury risk criteria remained constant between FY19Q2 and FY19Q4 when AWC referrals continued for the pilot.*
4. To what extent do 101st Soldiers who meet injury risk criteria and utilize AWC services experience improvements in MSK injury risk factors?	Notable improvements in body mass index, 2-mile run time, and VO₂ maximum were not observed between Soldiers' initial AWC visit and their first follow-up.*
5. To what extent do 101st Soldiers who meet injury risk criteria and utilize AWC services experience a change in MSK injury incidence?	The 101st Soldiers who meet injury risk criteria and utilize AWC services did not experience a change in MSK injury incidence. Differences in participant injury rates, pre- and post-implementation were not observed.*
6. How does MSK injury incidence compare between 101st Soldiers who meet injury risk criteria and utilize AWC services and 101st Soldiers who meet injury risk criteria but do not utilize AWC services?	Differences in MSK injury incidence were not observed between 101st Soldiers who meet injury risk criteria and utilize AWC services and 101st Soldiers who meet injury risk criteria but do not utilize AWC services.*

*Due to small sample sizes, results should be interpreted with caution.

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26

APHC	Recommendations	U.S. ARMY	U.S. ARMY
			
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27




Recommendations based on Lessons Learned

Planning phase

- Identify more than one brigade for implementation.
- Select brigades with high likelihood of availability and no leadership changes.
- Have unit confirm current contact information for Soldiers.
- Keep brigade surgeon as primary POC for referral list.

Implementation phase

- Encourage leadership emphasis with planned communications reiterating command support.
- Plan additional AWC staffing for initial contact, and establish a master roster.
- Consider group assessments (BN or CO) with extra equipment on stand-by.
- Lessen time required for fitness assessments by pre-programming exercise prescriptions with available data.
- Require VO₂ maximum test for referred Soldiers; educate on link between aerobic fitness and injury risk.

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28




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29



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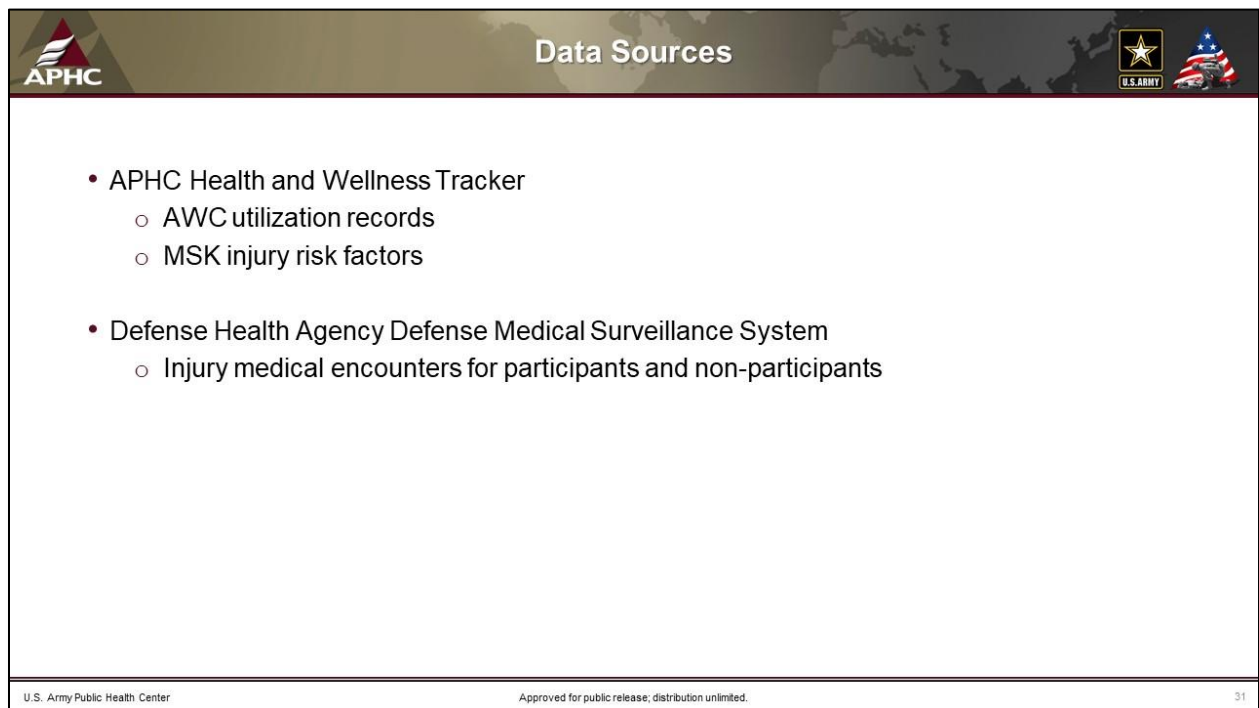
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Backup Slides

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30



APHC

Data Sources

- APHC Health and Wellness Tracker
 - AWC utilization records
 - MSK injury risk factors
- Defense Health Agency Defense Medical Surveillance System
 - Injury medical encounters for participants and non-participants

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31



Challenges with Contact and Follow-up

- AWC Health Educators contacted eligible Soldiers, but Soldiers were not always sure about whether leadership was supportive of participation
- Recruitment paused MAR – APR 2019
 - Soldiers attended Joint Readiness Training Center (JRTC)
- Incorrect contact information
 - AWC Health Educators were unable to contact 119 (22%) of the 534 referred Soldiers
- Deployments hindered follow-up assessments at the AWC
 - Multiple BNs deployed beginning SEP 2019

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Data Limitations

Outcomes unable to assess:

- Unit-level decreases in the proportion of Soldiers with a MSK profile and the proportion with a MSK injury-related Medical Readiness Category 3 (MRC3) status
 - Office of the Surgeon General (OTSG) Medical Readiness Assessment Tool (unit-level MRC status, profiles) not available beyond April 2019
- APFT performance differences between 101st Soldiers who meet injury risk criteria and utilize AWC services and 101st Soldiers who meet injury risk criteria but do not utilize AWC services
 - Complete DTMS data not available

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