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Award Number: W81XWH-09-1-0616

TITLE: Weight Measurements and Standards for Soldiers, Phase II

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REPORT DATE: October 2013

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

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REPORT DOCUMENTATION PAGE				Form Approved OMB No. 0704-0188	
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1. REPORT DATE (DD-MM-YYYY) October 2013		2. REPORT TYPE Annual		3. DATES COVERED (From - To) 1 October 2012 - 30 September 2013	
4. TITLE AND SUBTITLE Weight Measurements and Standards for Soldiers, Phase II				5a. CONTRACT NUMBER	
				5b. GRANT NUMBER W81XWH-09-1-0616	
				5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S) Tiffany M. Stewart, Ph.D. E-Mail: stewartm@pbrc.edu				5d. PROJECT NUMBER	
				5e. TASK NUMBER	
				5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) Pennington Biomedical Research Center Baton Rouge, LA 70808-4124				8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) U.S. Army Medical Research and Materiel Command Fort Detrick, Maryland 21702-5012				10. SPONSOR/MONITOR'S ACRONYM(S)	
				11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION / AVAILABILITY STATEMENT Approved for Public Release; Distribution Unlimited					
13. SUPPLEMENTARY NOTES					
14. ABSTRACT The specific aims of the study are to: 1) compare body weight and fat changes associated with participation in a population-based intervention in comparison to participation in a control group, 2) compare changes in fitness associated with participation in a population-based intervention in comparison to participation in a control group, 3) evaluate improvement in body weight, body fat, and fitness in the control group when these participants are provided access to the H.E.A.L.T.H. intervention, and 4) evaluate the maintenance of changes in body weight, body fat, and fitness after discontinuation of the promotion associated with the H.E.A.L.T.H. program. The study is a cluster (group) randomized controlled trial in which clusters of Army National Guard units will be randomly assigned to one of two treatment arms: 1) immediate access to the H.E.A.L.T.H. intervention or 2) delayed access to the H.E.A.L.T.H. intervention. The research design will include two years of baseline data, two years of the controlled comparison of the two treatment arms, followed by two years of delivery of the H.E.A.L.T.H. intervention to the treatment arm that received a delayed intervention. Access to the H.E.A.L.T.H. intervention will be continued for one additional year for both treatment arms to evaluate utilization and efficacy after discontinuation of the H.E.A.L.T.H. promotion program. Data will be collected from two sources: 1) the Unit Personnel System-Command Management System (UPS-CMS) and 2) the H.E.A.L.T.H. website. Data will be collected using routinely obtained annual Army Physical Fitness Tests (APFT). Participants will not be required to sign voluntary consent forms due to their anonymity. The H.E.A.L.T.H. intervention will be available for all population Soldiers during periods designated by the research study design.					
15. SUBJECT TERMS nutrition, physical fitness, Soldiers, health, weight, body fat					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT	18. NUMBER OF PAGES	19a. NAME OF RESPONSIBLE PERSON
a. REPORT	b. ABSTRACT	c. THIS PAGE			USAMRMC
U	U	U	UU	19	19b. TELEPHONE NUMBER (include area code)

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Introduction

The Pennington Biomedical Research Center (PBRC) is delivering a program to the Louisiana Army National Guard (LANG) called Healthy Eating, Activity, and Lifestyle Training Headquarters (H.E.A.L.T.H.) (1). This program was designed to address weight management needs and non-compliance with the Army Weight Control Program (AWCP) (2) and the Army Physical Fitness Test (APFT) (3).

The H.E.A.L.T.H. program has two components: 1) an online program that includes personalized eating, fitness, and APFT tools to help Soldiers stay fit and meet AR600-9 and APFT standards, and 2) a promotion program designed to prompt awareness and regular usage of the website program. The H.E.A.L.T.H. program aims to empower Soldiers in healthy and safe lifestyle change to sustain healthy weight and performance on a year-round basis. The H.E.A.L.T.H. website was specifically designed to aid military personnel in achieving healthy management of body weight, healthy nutrition, physical fitness, and combat readiness.

The H.E.A.L.T.H. study is a cluster (group) randomized controlled trial in which clusters of Louisiana Army National Guard (LANG) units will be randomly assigned to one of two treatment arms: 1) Intervention arm 1: Immediate access to the H.E.A.L.T.H. intervention or 2) Intervention arm 2: Delayed access to the H.E.A.L.T.H. intervention (control group). The research design will include two years of baseline data (collected retroactively), two years of the controlled comparison of the two treatment arms, followed by two years of delivery of the H.E.A.L.T.H. intervention to the treatment arm that received a delayed intervention. Access to the H.E.A.L.T.H. intervention will be continued for one additional year for both treatment arms to evaluate utilization and efficacy after discontinuation of the H.E.A.L.T.H. promotion program (See Appendix A for the Study Timeline).

Data will be collected from two sources: 1) Unit Personnel System/Command Management System (UPS/CMS), and 2) the H.E.A.L.T.H. website. The intervention will be delivered to the entire LANG population and all Soldiers in the LANG will be anonymous participants in the study. Data will also be collected using routinely obtained annual Army Physical Fitness Tests (APFT). Participants will not be required to sign voluntary consent forms due to their anonymity.

Body

This project delivers a weight measurement system for the LANG Soldiers and an Internet-based intervention for assisting Soldiers' adherence to body weight and physical fitness standards described in AR 600-9. This Internet-based program, called H.E.A.L.T.H. (1), is integrated with a promotion program that uses the command structure and existing communication functions of the LANG to promote the use of the internet-based intervention. This approach can be viewed as a population-based health promotion program that will be integrated into existing programs that are designed to assist overweight or unfit Soldiers, e.g., the Army Weight Control Program (AWCP) (2).

PBRC personnel work closely with a Louisiana Executive Advisory Committee (LEAC), as well as a National Executive Committee to guide this research project. During the first year of the project, the primary objectives were: 1) collection of baseline data from the Unit Personnel System/Command Management System (UPS/CMS) and the Army Physical Fitness Test (APFT) (3), i.e., height, weight, fatness estimates, and measures of fitness, 2) assess the unique health risk communication, weight management, and fitness needs of the Louisiana Army National Guard, 3) development of the randomized controlled clusters of the H.E.A.L.T.H. intervention, 4) installation of measurement equipment (scales and stadiometers) in all LANG units, 5) launch of H.E.A.L.T.H. program to intervention arm 1, and 6) future planning of promotion campaigns

and novel communication methods. These objectives were successfully completed during Year 1.

During Year 2, the objectives were: 1) collection of Year 2 APFT and height/weight data from LANG data resources, 2) continued promotion of the H.E.A.L.T.H. program to those units in intervention arm 1, 3) planning for inclusion of intervention arm 2 in Year 3 of the H.E.A.L.T.H. promotion program and 3) preliminary analysis of the initial data that was collected since the start of the H.E.A.L.T.H. intervention. These objectives were successfully completed during Year 2.

During Year 3 the objectives were: 1) collection of Year 3 APFT and height/weight data from LANG data resources, 2) launch of the promotion of the H.E.A.L.T.H. program to units within Intervention Arm 2 clusters (control), 3) planning for Year 4 of the study, and 4) preliminary analysis of data collected since the start of the H.E.A.L.T.H. intervention (to be presented at the December, 2013 annual executive meeting). These objectives were successfully completed during Year 3.

During Year 4, the study objectives will be: 1) collection of Year 4 APFT and height/weight data from LANG data resources, 2) continued promotion of the H.E.A.L.T.H. program to units within Intervention Arms 1 and 2 clusters, 3) planning for Year 5 of the study, and 4) analysis and dissemination of data.

H.E.A.L.T.H. Website

The H.E.A.L.T.H. website was launched (1Apr2010) and is currently being used by the LANG population. PBRC is continuing to making upgrades to the website in order to make it more user-friendly and accommodating to LANG Soldiers and their families, as well as add fresh content and tools to encourage use of the website for weight management purposes. Upgrades to the website will continue to be made throughout the project.

The H.E.A.L.T.H. website was made mobile and is now able to be accessed and utilized via Smartphone devices, e.g. Droid, iphone, Blackberry. The launch of the program on

Smartphones has enabled field managers to engage Soldiers more efficiently at events. At drill events, it has been noted that most Soldiers have Smartphones. As the Field Managers register Soldiers for the H.E.A.L.T.H. program, the smart phone capability of the website allows the Field Managers to reach more Soldiers in a shorter period of time. This capability also allows for more convenient and “portable” day-to-day use of the program by Soldiers and their family members. Additionally, the smartphone application has been updated to a more sophisticated design, to resemble an application that would be downloaded from the typical application store. These updates have greatly contributed to Soldiers’ use of the website.

Data Collection & Analyses

Data collection for Year 1 was completed November 2011. Data collection for Year 2 was collected in November, 2012, prior to the annual Executive Committee meeting. Data collection for Year 3 will be collected in November, 2013 in preparation for the December executive meeting, 2013.

Promotion of the Use of the H.E.A.L.T.H. Website

The promotion strategy for the H.E.A.L.T.H. program/website consists of a 2 step program:

- Step 1: An awareness campaign that will increase new registration in the intervention arm with a steady increase.
- Step 2: A reinforcement program that will actively communicate new features of the H.E.A.L.T.H. website and tips for usage to existing users to foster continued long-term use of the H.E.A.L.T.H. website for weight loss and weight maintenance.

This 2- step promotion strategy is based on the enrollment outcomes of the H.E.A.L.T.H. pilot studies at Fort Bragg, NC (4) and the New England Reserve Command (94th RRC) (5). The unique design of this promotion program allows both steps 1 and 2 to occur repetitively in Years

1 and 2, while also occurring simultaneously in years 3 and 4 with the inclusion of intervention arm 2 to the H.E.A.L.T.H. program.

Table 1 illustrates the website promotion schedule for distribution of materials to full time members and Traditional Guardsmen of the LANG. A typical day of promotion (during the week) requires that Field Managers make calls, have in-person meetings, give talks to LANG full time personnel, interact with unit Family Readiness Groups (FRG), and attend Soldier Readiness Programs (SRP) when they occur. The interactions of the Field Managers in each of these instances is dependent upon available time and level of awareness by the Soldier, FRG member, speed at which the SRP moves, etc. At each opportunity, the Field Managers communicate the key point of the H.E.A.L.T.H. website and provide an overview of how the website can be used to help an individual achieve their diet/nutrition and exercise/fitness goals. Further, with the use of portable computers and the Soldier's Smartphones, Field Managers are able to register large amounts of Soldiers on site at these events.

The majority of the Field Managers' interactions with the population occur over a drill weekend. This is the time period when the Field Managers have the greatest opportunity to communicate to a large portion of a unit's Soldiers. During drill, the Field Managers are responsible for educating Traditional Guardsmen on the H.E.A.L.T.H. program and being the single point resource for issue resolution (i.e.: technical problems, application issues, etc.) to all Soldiers present. Similarly, the H.E.A.L.T.H. program has been able to develop a working relationship with the LANG Public Affairs Office (PAO), which has allowed for the targeted distribution of electronic newsletters and promotional materials. This tactic, used in combination with the in-person message distribution plan, has worked exceptionally well over the first two years of the study.

Table 1: H.E.A.L.T.H. Promotion Schedule

	Daily	Weekly	Monthly	Quarterly
Military Email			X	
Word of Mouth	X			
Newsletters			X	
Liaisons		X	X	X
Fliers	X			
Brochures	X			
Training	X			X
Contests				X
Promo Material			X	

In addition, a new promotion program was kicked off August 1, 2013 in an effort to boost return/regular usage of the site. This effort incorporates promotional items for different levels of use. For example, if Soldiers use the website on a “regular” basis, as defined by three times per week, for one, two or three months, they receive specific incentives for those levels of use, e.g. training shirt, gloves, water bottle, etc.

Intervention Website Usage Data: Preliminary Report

The H.E.A.L.T.H. website has been available to the Soldiers and families of the LANG since April 1, 2010. To date, 2902(91%) Soldiers and 294 (9%) civilians have registered on the H.E.A.L.T.H. website. Figure 1 illustrates the cumulative enrollment on the LANG H.E.A.L.T.H. website since its launch.

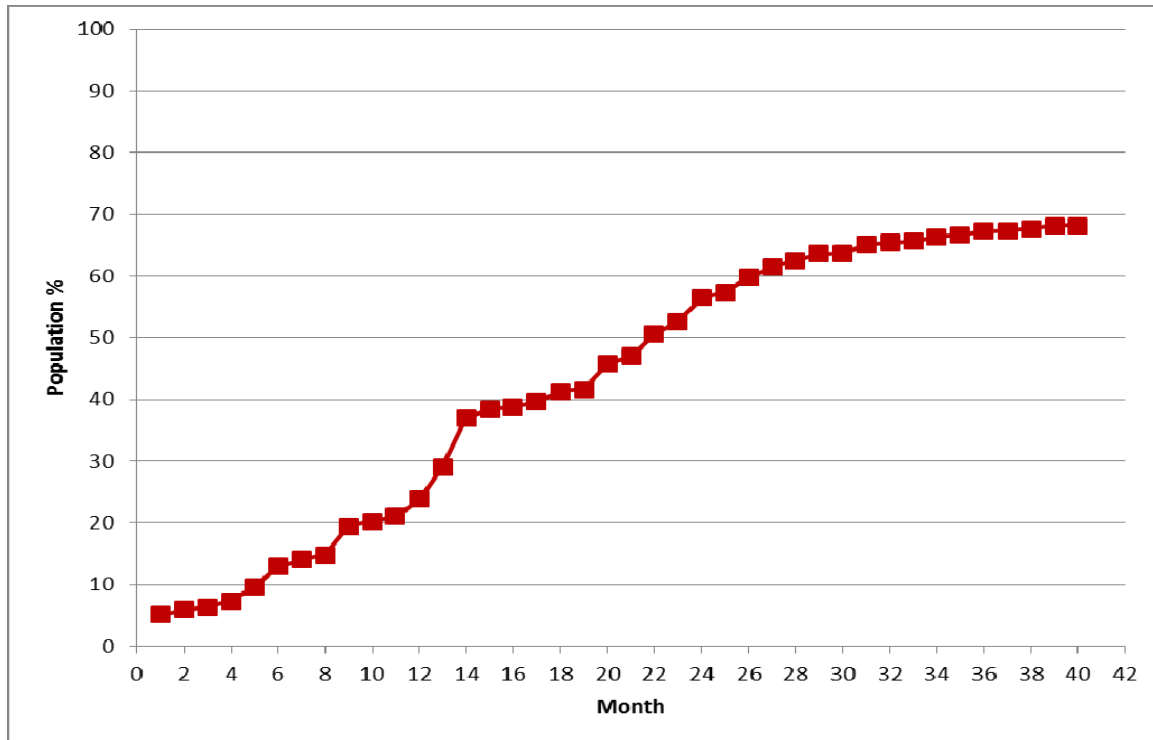


Figure 1: H.E.A.L.T.H. Website Enrollment

Over the past year, this study has been operationally affected as a result missions to Afghanistan, including the deployment of the project manager, Paul Mounts. Mr. Mounts will return in October, 2013 to resume his position at PBRC on the LANG project. Further, project manager, Michael Switzer will deploy for 12 months beginning September, 2013. Despite these missions directly impacting the rate of registration in the H.E.A.L.T.H. program (slowing the rate of registrations across the deployed clusters), we have made significant progress in enrollment of Soldiers and their families on the H.E.A.L.T.H. website, and we have continued to see increased enrollment. That said, as the population has been saturated with information about the program over time, we are beginning to see registration rates slow down. That trend is to be expected at this point and the majority of promotion efforts at this point in the project are focused on getting users to remain engaged with the program, e.g. use the program on a

somewhat regular basis (minority of users), versus registering on the program and never returning (majority of users).

Figure 2 shows the association between promotion events and enrollment and return usage of the H.E.A.L.T.H. program. As seen in Figure 2, the largest increases in participant registration are associated with drill weekends. Over the last year, the majority of new registrations as well as return users to the website have occurred during the events scheduled by PBRC Field Managers on a monthly scheduled, drill weekend. In addition to drill weekend, there has been increased registration during specific events such as an SRP (Soldier Readiness Processing) event or YRT (Yellow Ribbon Training) events. These additional events have allowed for more face time for our Field Managers in presenting the website program both to the Active Guard and Reserve (AGR) unit staff and traditional Soldiers. That said, use of completely anonymous (no contact with counselors, no direct feedback from program via email, etc.), automated feedback based programs is expected to be somewhat low.

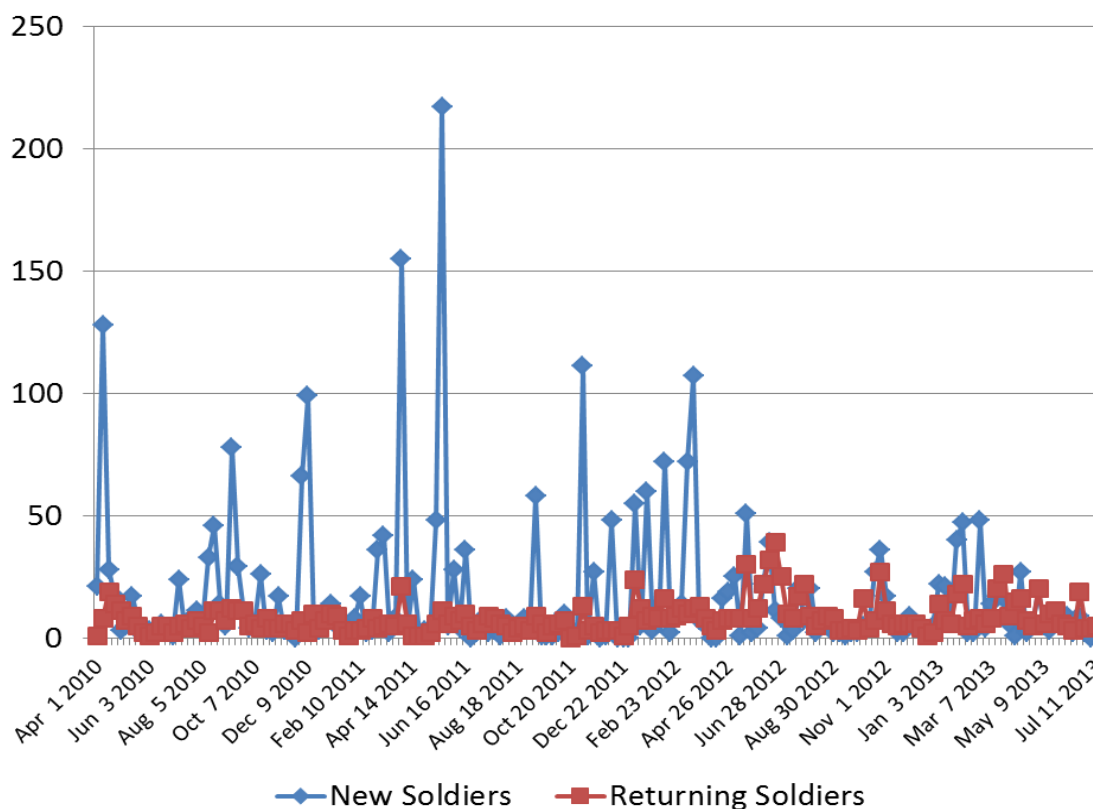


Figure 2: H.E.A.L.T.H. Website Soldier Registrations by Week

New Project

New! Field Testing of the H.E.A.L.T.H. Program

This spring, Army Medicine will implement a Performance Triad (Nutrition, Fitness & Sleep) pilot program at multiple military installations. Currently, the PBRC team is in close collaboration with the Performance Triad administration to prepare for the launch of this pilot program (target date for roll out is September/October 2013). The PBRC team is currently updating, adapting, and rebranding the Army H.E.A.L.T.H. website to be used with this program. In this regard, there has been significant progress made in updating the tool and databases as well as the mobile application for the Triad program launch.

As a part of this effort, the PBRC team has created new website components, upgraded tools, and updated databases to support this “field test”. Further, supporting information

components were created by the PBRC for distribution of information and instructions related to the H.E.A.L.T.H. program for Soldiers, Civilians, and Leaders that will participate in the field test. As this effort further develops, we will report all updates in future reports.

Key Research Accomplishments

- The Smartphone application was reconfigured to a more sophisticated and user friendly design.
- The launch of the website to Intervention Arm 2 (delayed condition) occurred in November 2012.
- The annual Executive Committee meeting was held in Baltimore, November, 2012.
- The H.E.A.L.T.H. website program was promoted to the LANG Soldiers at drill, pre-mobilization training, Family Day, SRP, State Family Workshops and YRT events.
- Publicity materials designed to promote use of the H.E.A.L.T.H. website, e.g. t-shirts, mugs, fliers, banners, etc. were distributed.
- A new promotion campaign was launched to reinforce increased levels of usage of the website program on August 1, 2013.
- The LANG H.E.A.L.T.H. electronic newsletter was distributed monthly to LANG Soldiers by the LANG Public Affairs Office.
- To date, 2,902 Soldiers and 294 civilians have enrolled in the H.E.A.L.T.H. program.
- Dr. Tiffany Stewart, Principal Investigator, traveled with Michael Switzer to brief the LANG leadership on the overall mission of the project and how to implement the H.E.A.L.T.H. program more successfully with Soldiers and family members
- Dr. Tiffany Stewart, Principal Investigator, traveled to Ft. Dedrick for the Triad workshop meeting, “Leveraging Technology: Creating and Sustaining changes for Health”, to present a talk on nutrition intake tracking and the H.E.A.L.T.H. program.
- The Army H.E.A.L.T.H. website has been updated for the Triad field test

Reportable Outcomes

Not applicable at this time.

Conclusions (Summary)

1. Overall Progress: Progress has been made in the development of new applications for the H.E.A.L.T.H. website and promotion of the website to Soldiers. The website will continue to be a dynamically updated program, incorporating cutting edge programming in nutrition and fitness, in order to keep the information on the site interesting, useful, current, and personalized for Soldiers and their families.

2. Data: Collection of available Year 3 is ongoing and will be completed October 31, 2013. Website data collection is ongoing and up to date preliminary results are presented in other sections of this report.

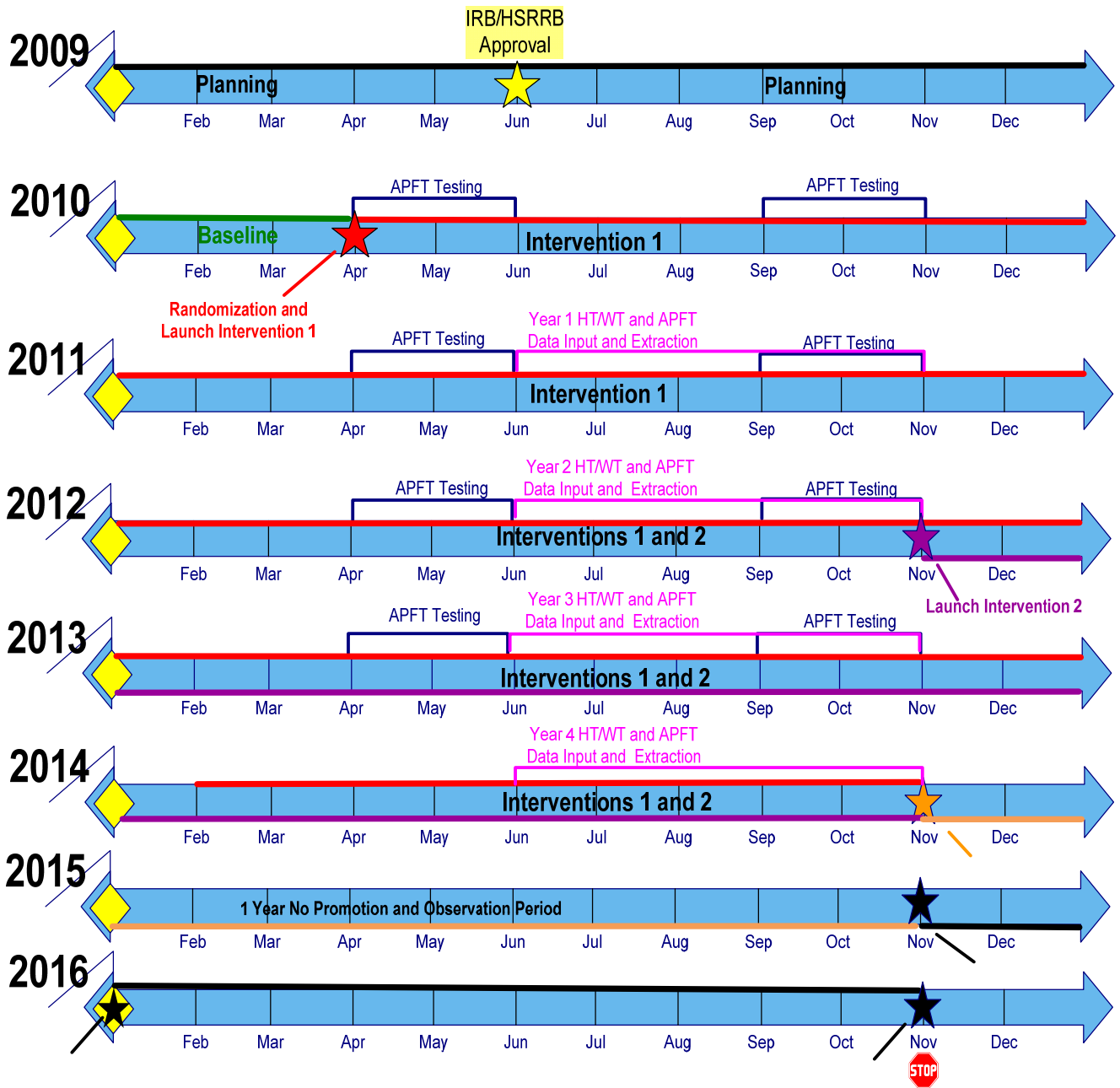
3: Future Directions:

- a. Collection of Year 4 data (November 2013-October 2014).
- b. Continued promotion of the H.E.A.L.T.H. website will commence. Return usage of the site will be the goal of the next year of the study.
- c. Website and Smartphone application upgrades will continue throughout the duration of the program. We will continue to improve the feature and tools of the website to increase usage and provide the participants with a path to weight loss/maintenance, and improved APFT results.
- d. The website and smartphone application will continue to be upgraded for the TATRC field test exercise and rolled out in the coming months.
- e. The annual Executive Steering Committee meeting will be held at Pennington Biomedical, December 2013.

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Appendix A Study Timeline



Appendix B Summary of Travel

Nov 3-4 2012	LANG Units throughout Louisiana	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion	- Conduct LANG Drill registration drives and promotions
Nov 21 2012	Monthly Camp Beau Meeting	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
Nov 29 2012	Annual Executive Committee Meeting	Tiffany Stewart Ray Allen Sarah Tavernit Michael Switzer	-Annual Executive Committee Meeting to discuss project status
Dec 8-9 2012	LANG Units throughout Louisiana	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion	-Conduct LANG Drill registration drives and promotions
Dec 19 2012	Monthly Camp Beau Meeting	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
Jan 12-13 2013	LANG Units throughout Louisiana	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion	- Conduct LANG Drill registration drives and promotions
Jan 16 2013	Monthly Camp Beau Meeting	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
Feb 20 2013	Monthly Camp Beau Meeting	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
Feb 23-24 2013	LANG Units throughout Louisiana	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion	- Conduct LANG Drill registration drives and promotions
Mar 7 2013	2013 LANG Senior Leadership Conference	Tiffany Stewart Jeremy Bouillion Michael Switzer	-Brief on executive oversight and background of LANG H.E.A.L.T.H. A recap of the overall mission and purpose of the program and how to implement it from a leadership perspective
Mar 20 2013	Monthly Camp Beau Meeting	Michael Switzer, Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
Mar 22- 23 2013	LANG Units throughout Louisiana	Michael Switzer, Verdis Walker, Jonathan Zeno	- Conduct LANG Drill registration drives and promotions

Mar 26 2013	PBRC Meeting	Tiffany Stewart, Ray Allen Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Shelly Ragusa, Heather Walden, Archana Acharya, Hongmei Han	-PBRC team meeting to discuss further strategy for increasing registrations and usage of the website intervention. Also to discuss the dynamics of the upcoming website changes
Apr 13- 14 2013	LANG Units throughout Louisiana	Verdis Walker, Jonathan Zeno, Jeremy Bouillion	- Conduct LANG Drill registration drives and promotions
Apr 24 2013	Monthly Camp Beau Meeting	Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
April 27 2013	2013 LANG Officer Convention	Tiffany Stewart, Jonathan Zeno, Jeremy Bouillion, Verdis Walker	Meeting with the LANG Officer Leadership promote registration and return usage
May 18- 19 2013	LANG Units throughout Louisiana	Verdis Walker, Jonathan Zeno, Jeremy Bouillion	- Conduct LANG Drill registration drives and promotions
May 22 2013	Monthly Camp Beau Meeting	Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
May 28- 31 2013	PBRC visit to Fort Dedrick, MD	Dr. Tiffany Stewart	-Dr. Tiffany Stewart presented a brief at the TATRC/Triad, "Leveraging Technology: Creating & Sustaining Changes for Health" meeting
Jun 1-14 2013	LANG Units throughout Louisiana	Verdis Walker, Jonathan Zeno, Jeremy Bouillion	-Conduct LANG Annual Training registration drives and promotions
July 13- 14 2013	LANG Units throughout Louisiana	Verdis Walker, Jonathan Zeno, Jeremy Bouillion	- Conduct LANG Drill registration drives and promotions
August 1, 2013	LANG Units throughout Louisiana	Verdis Walker, Jonathan Zeno, Jeremy Bouillion	-Release of the new reward incentive program to all units in the LANG to promote overall return usage
July 24 2013	Monthly Camp Beau Meeting	Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status
Aug 3-4 2013	LANG Units throughout Louisiana	Verdis Walker, Jonathan Zeno, Jeremy Bouillion	-Conduct LANG Drill registration drives and promotions
Aug 21 2013	Monthly Camp Beau Meeting	Verdis Walker, Jonathan Zeno, Jeremy Bouillion, Tiffany Stewart	-Monthly meeting with members of the LANG Executive Committee to discuss project status

*Note: Travel included for key events in the LANG H.E.A.L.T.H. project are listed in the table. This table does not include all daily visits to units for promotion purposes as it would be too cumbersome for the purposes of this report.