

# EVALUATING THE EFFECTIVENESS OF A MILITARY WORKSITE HEALTH PROMOTION PROGRAM

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## ABSTRACT

**Background:** Given the high cost of overweight and obesity, diet and exercise interventions that increase healthy behaviors and encourage weight loss and/or maintenance are warranted but their effectiveness must be evaluated in DoD personnel.

**Objective:** This study's purpose was to evaluate the effectiveness of the Jump Into Shape Program (JIS). It was hypothesized that participant health risk indicators (weight, body fat, and blood pressure), nutrition knowledge, diet, and lifestyle habits would change following participation in JIS.

**Design:** A convenience sample of 72 JIS participants was assessed in this pilot intervention study of an eight week worksite wellness program at Womack Army Medical Center, Fort Bragg, NC. In addition to baseline and two month follow-up measurements, body weight, blood pressure, and diet and activity logs were collected at biweekly weigh-ins with body fat measured monthly.

**Results:** Mean participant body weight ( $-0.9 \pm 1.8$  kg,  $r = -0.46$ ), BMI ( $-0.3 \pm 0.7$ ,  $r = -0.47$ ), and percent body fat ( $-1.4 \pm 2.5$ ,  $r = -0.20$ ) changed significantly ( $P < 0.05$ ) by program completion. Blood pressure changes were minimal and non-significant. Clinically significant weight loss ( $\geq 5\%$  body weight) observed in 8.3% ( $n = 6$ ) of participants by week 8 and in 12.5% ( $n = 9$ ) at follow-up.

**Conclusions:** JIS may be an effective workplace wellness program for reducing body weight and percent body fat. Future JIS studies might also consider evaluating the economic impact of weight management and the success of JIS in promoting changes in participant food intake, exercise frequency, and basic nutrition knowledge.

