

Field Experience and Capstone Project

An Asset-Based Community Assessment of Physical Activity at Fort Riley Installation

Joshua L. O'Neal
Masters of Public Health Candidate
Field Experience and Capstone Project
Fall 2013

Outline

◆ Fort Riley Health Department Student Internship

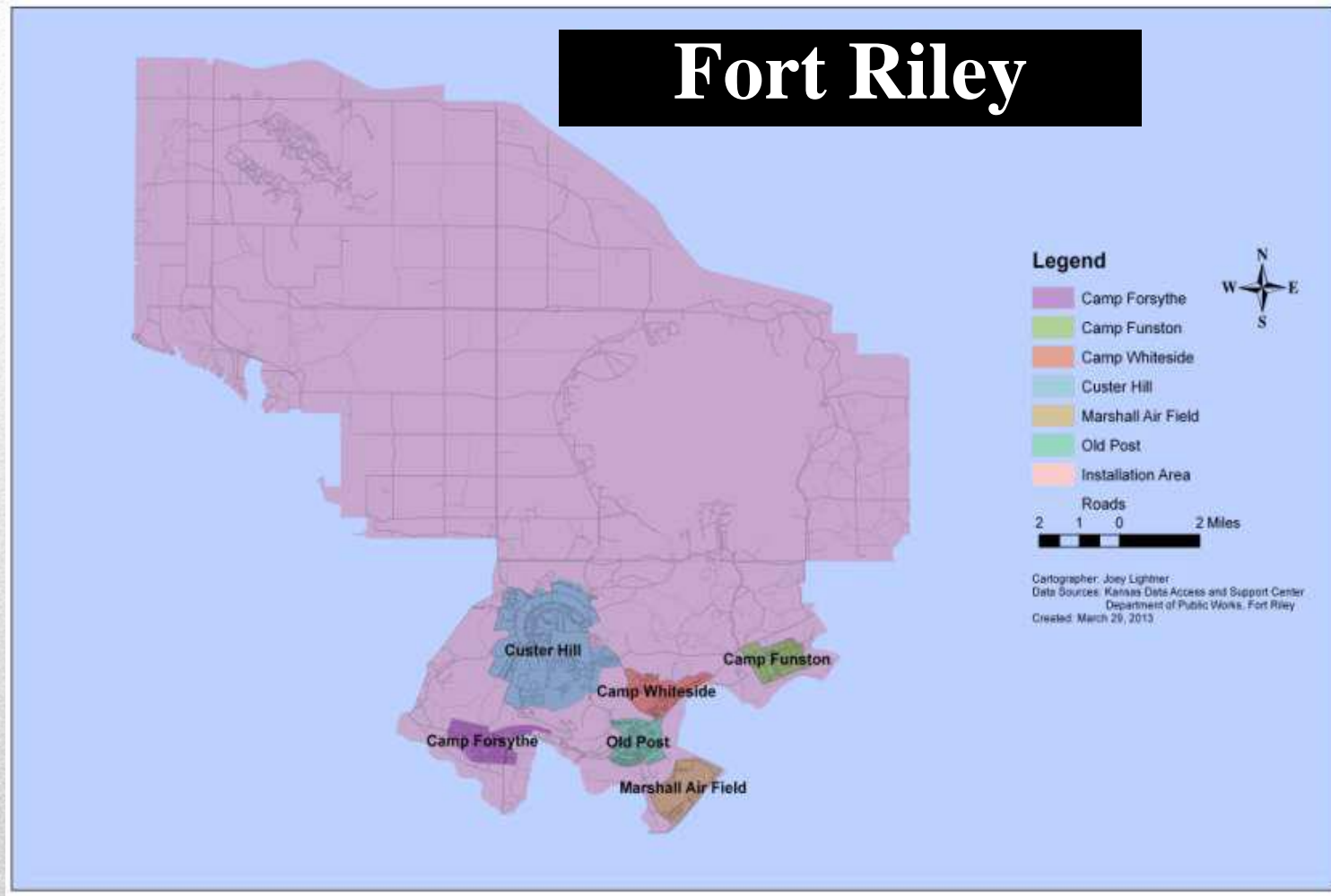
◆ Field Experience Project

- *Background*
 - *Literature Review*
 - *Asset Mapping*
 - *Purpose & Objectives*
 - *Methods*
 - *Results*
 - *Discussion*
 - *Limitations*
 - *Conclusion & Recommendations*
 - *References*
 - *Acknowledgements*
-



Fort Riley Health Department Student Internship

Fort Riley



Areas of Fort Riley (Image provided by Joey Lightner MPH)

Introduction: Fort Riley

- Established in 1853
 - Major General Bennet C. Riley⁷
 - Purpose
-

U.S. ARMY PUBLIC HEALTH COMMAND

Department of Public Health Mission:

To promote health and wellness, and to prevent disease and injury of Soldiers and military retirees, their families, and Army Civilian employees at Fort Riley through workplace and community health

Objective

- Conduct scheduled rotations with public health specialists while observing and assisting in daily operations that occurred on base
 - Understand how the Department of Public Health at Fort Riley practices the 10 essential services of public health
-

10 Essential Services of Public Health



Public Health Rotation

U.S. Army Public Health Command (USAPHC) Infrastructure at Fort Riley Army Installation

**Department of
Public Health**

**Public Health
Nursing**

**Public Health
Services**

Overall Experience & Recommendations

- Establish Goals
 - Conduct Program Evaluation
 - Invest in technology (e.g., tablets)
-



Field Experience Project

**An Asset-Based Community Assessment of
Physical Activity at Fort Riley Installation**

Background

- ◆ **Obesity** is a military medical concern¹
- ◆ Increased **physical activity** may reduce risks for:
 - Cardiovascular disease
 - Type 2 diabetes
 - Anxiety and depression
 - Injuries

Adults: 2008 Physical Activity Guidelines for Americans

Adults:

- 150 minutes of moderate-intensity aerobic physical activity per week^{5,11,13,15}
 - 75 minutes of vigorous intensity aerobic physical activity per week or a combination of the two^{5,11,13,15}
 - strengthening exercises at least twice a week^{5,11,13,15}
-

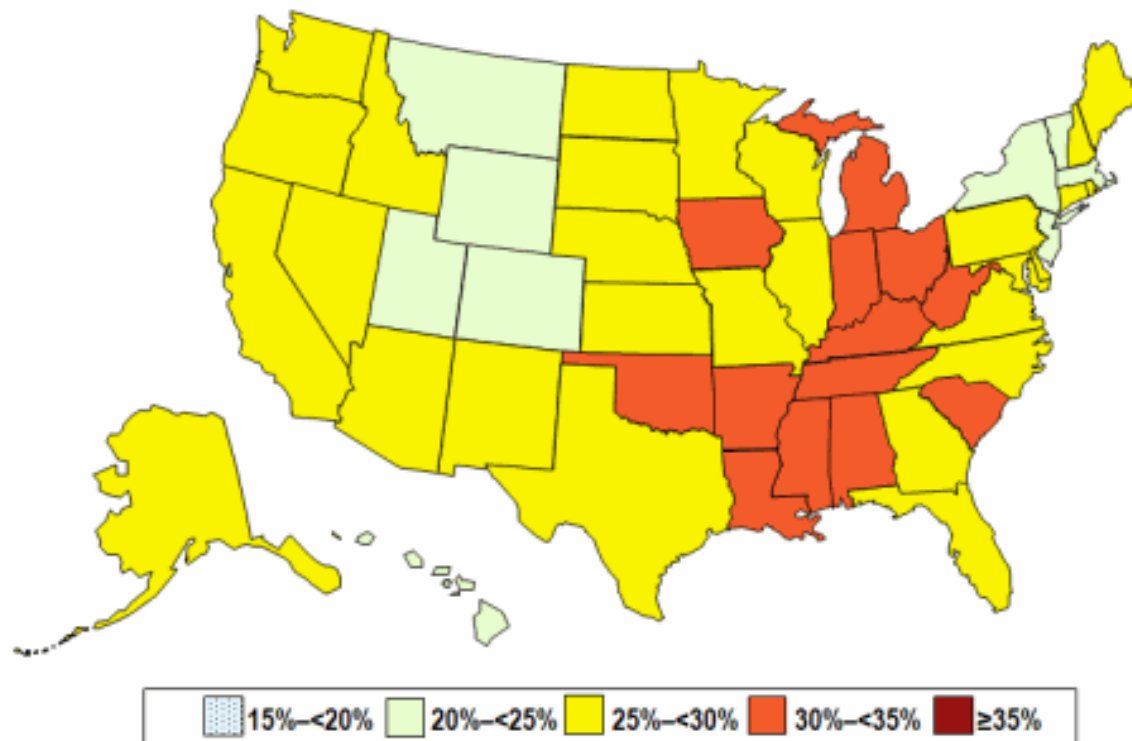
Children: 2008 Physical Activity Guidelines for Americans

Children:

- 60 minutes of moderate or vigorous physical activity per day^{4,11,13}
 - Vigorous intensity physical activity at least 3 days a week^{4,11,13}
 - Muscle strengthening physical activity at least 3 days per week^{4,11,13}
 - Bone strengthening activity should be performed at least 3 days per week^{4,11,13}
-

Prevalence* of Self-Reported Obesity Among U.S. Adults BRFSS, 2012

*Prevalence reflects BRFSS methodological changes in 2011, and these estimates should not be compared to those before 2011.





Too Fat to Fight



Still Too Fat to Fight

Asset Mapping

- Developed by John P. Kretzmann, founders and John L. McKnight of the Asset-Based Community Development Institute (ABCD)
- Methodological¹⁶
- Focusing on what a community has (strengths) as opposed to what a community needs (lacks)¹⁶
- Used by government agencies, non-profit organization, and health organizations¹⁶



Asset Mapping:

- Applied public health tool
 - Provides framework to navigate projects
 - Assess a particular subject/topic
 - Suggestions for change
-

Purpose:

- Use asset mapping to identify the strengths, gifts, skills and capacities needed to increase physical activity for active duty soldiers and family members at Fort Riley

Objectives:

- Catalog and map all strengths, gifts, skills and capacities in Fort Riley
 - Establish new relationships and networks within Fort Riley Army installation
 - Make recommendations to personnel and staff for increasing physical activity based on results of the asset map
-

Methods

POPULATION

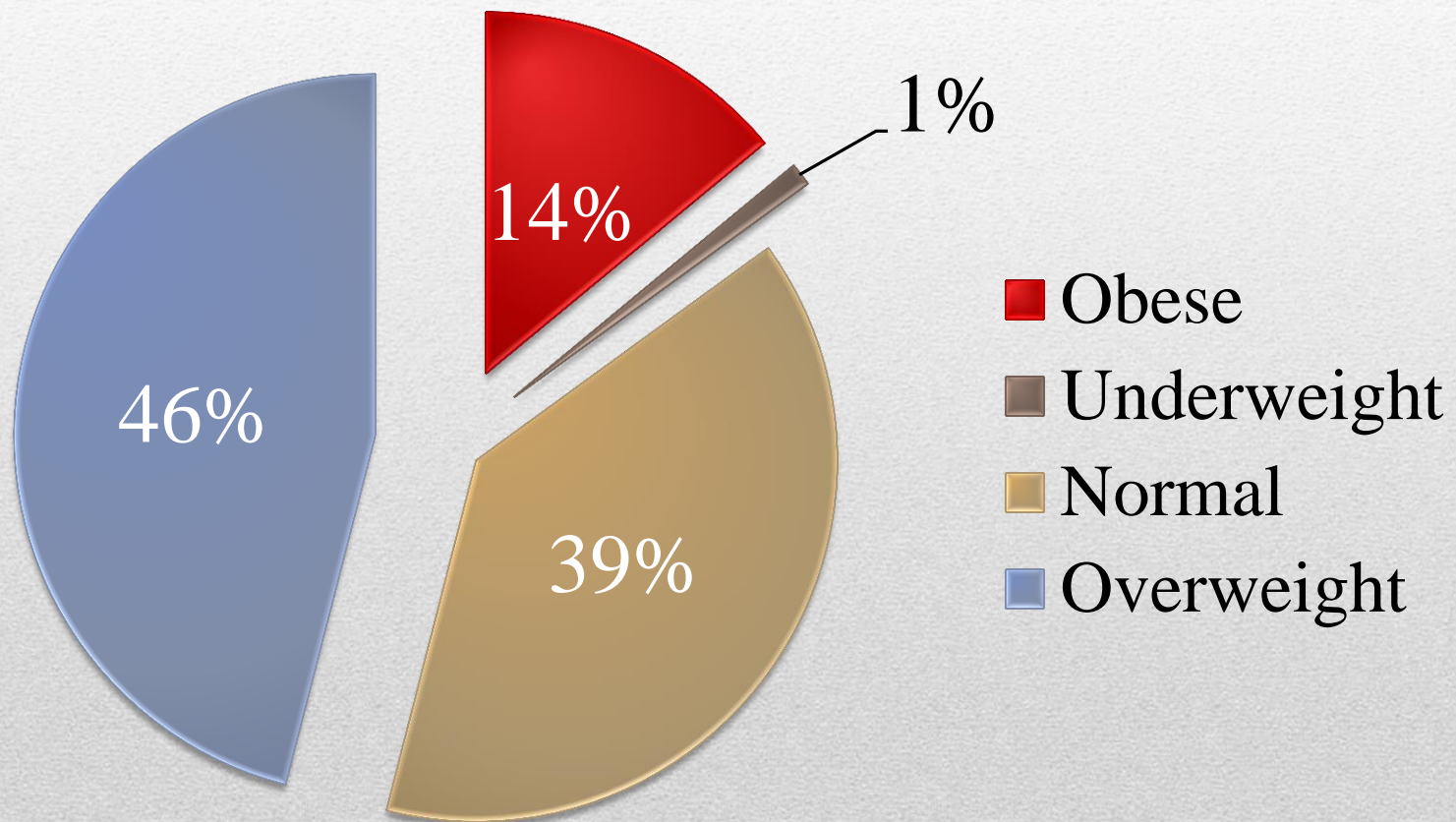
Adults

- Non-deployed active duty service members (n=12,228)
- Military families members on base (n= 24,678)^{7,10}
- Over 50% of the population consisted of young adults ages 20-24 (29.02%) and ages 25-34 (25.63%)^{13,14}

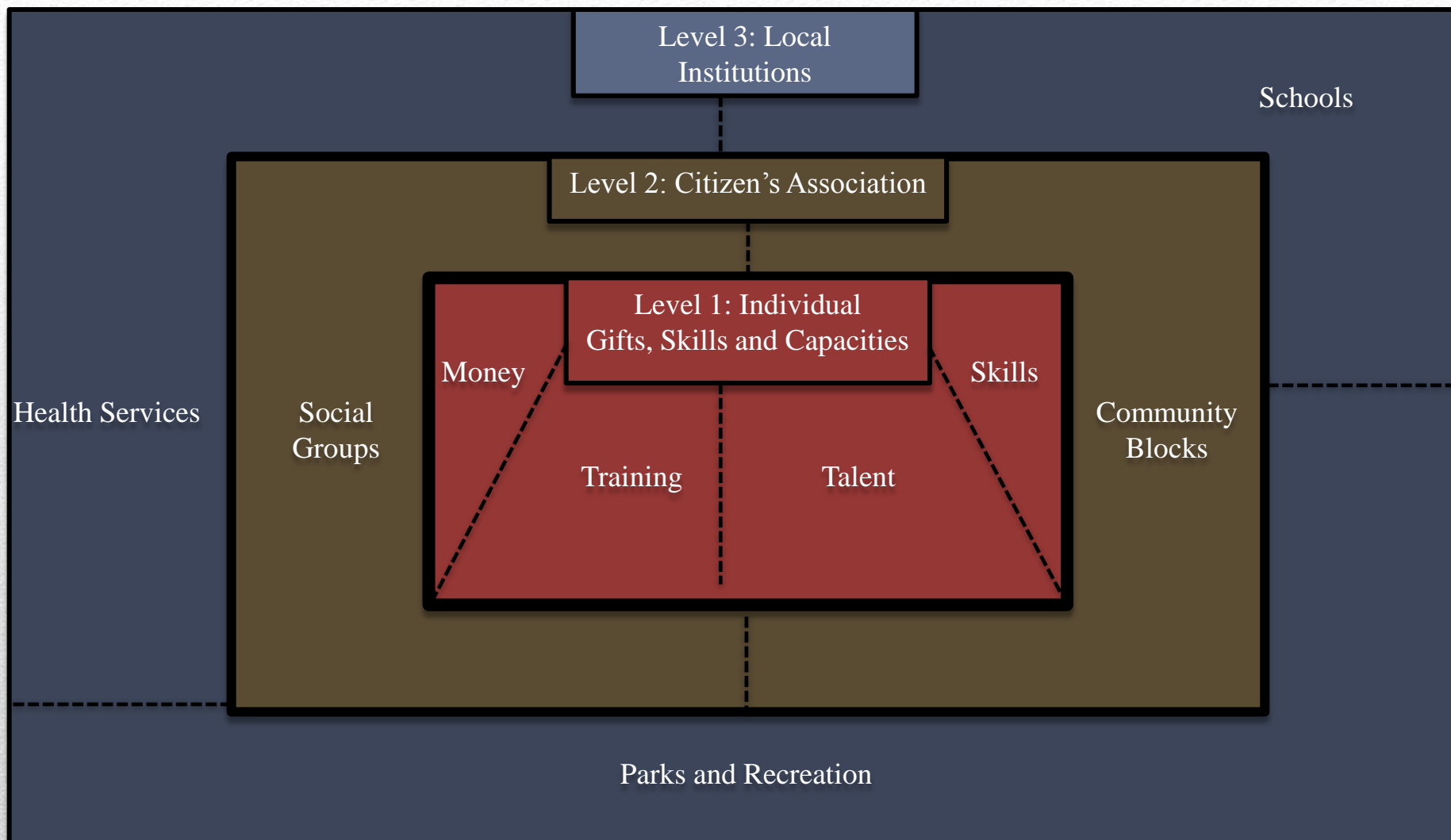
Children and adolescents

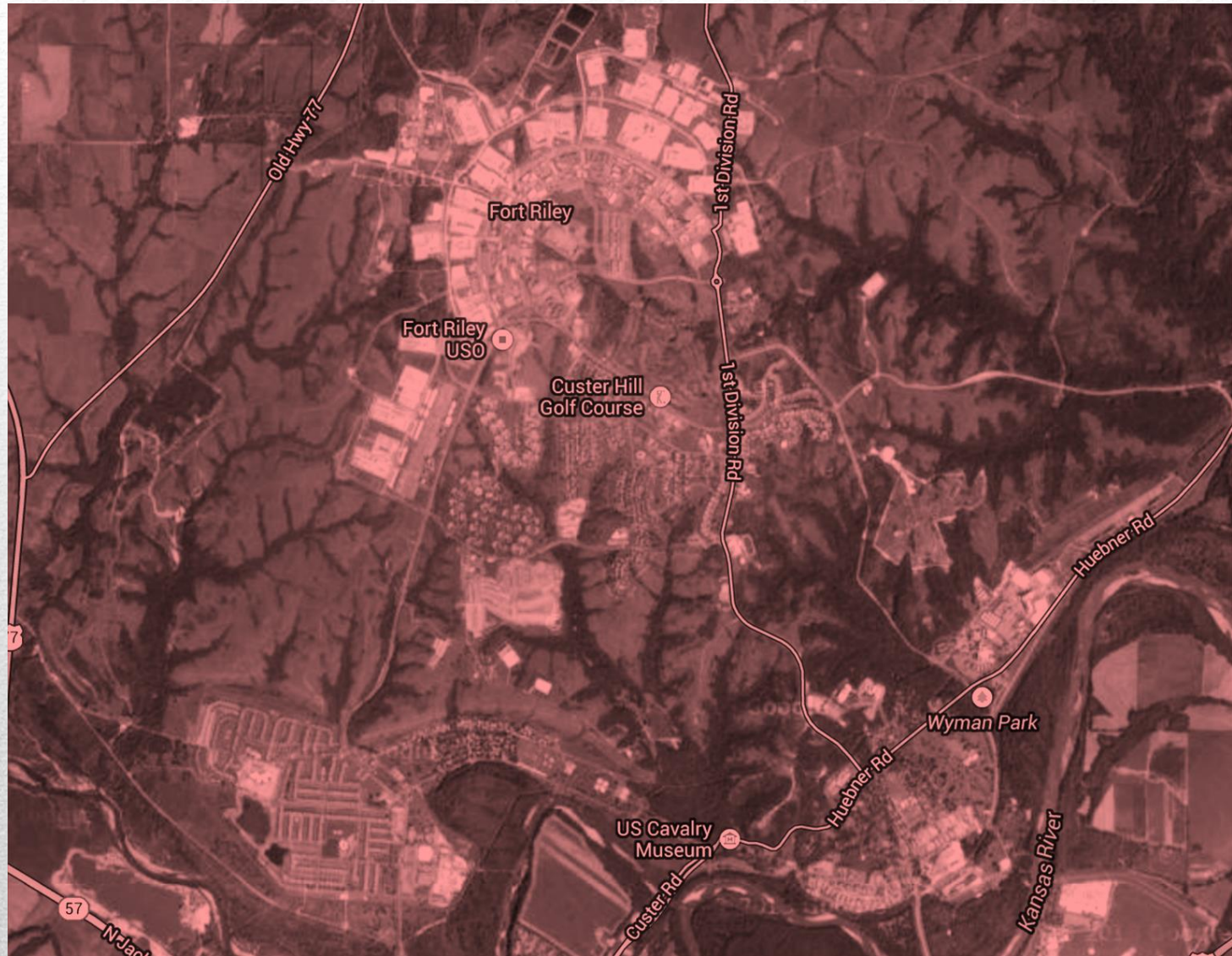
- Total population (n=2,495)¹³
 - 13.52% of children were < 4 years of age¹³
 - 18.63 % were ages 5-17¹³
-

Fort Riley Active Duty Body Mass Index (BMI) for 2012

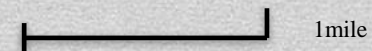


Conceptual Community Asset Map Procedure Fort Riley





Areas of Fort Riley



Results

Level 1: Individual

- Government Budget
- 4 main facilities/departments that provide knowledge and experience

Level 2: Citizen Association

- Recreational Services & Intramurals
- 14 Identified Community Blocks

Level 3: Local Institutions

- 7 CDCs
- 12 Gyms and Fitness Centers
- 4 Public Swimming Pools
- 12 Playground Facilities for Children
- 6 Trails
 - > Footpaths

Exercise Facilities: Custer Hill, Camp Whiteside, Camp Forsythe



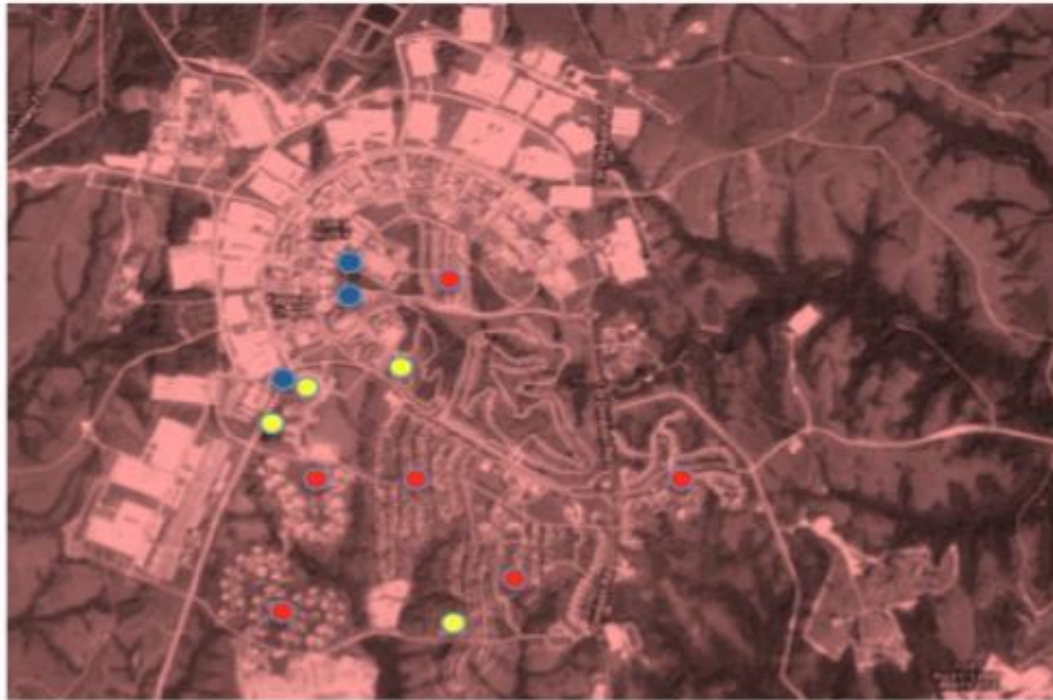
Custer Hill

Custer Hill Trails (walking,
jogging biking)



**Primary trails used at Custer Hill (walk, jog, bike). Map
provided by Google Maps.**

Custer Hill



Child Development Center (CDC), Public pools, and communities located on Custer Hill. Map provided by Google Maps.

Camp Whiteside



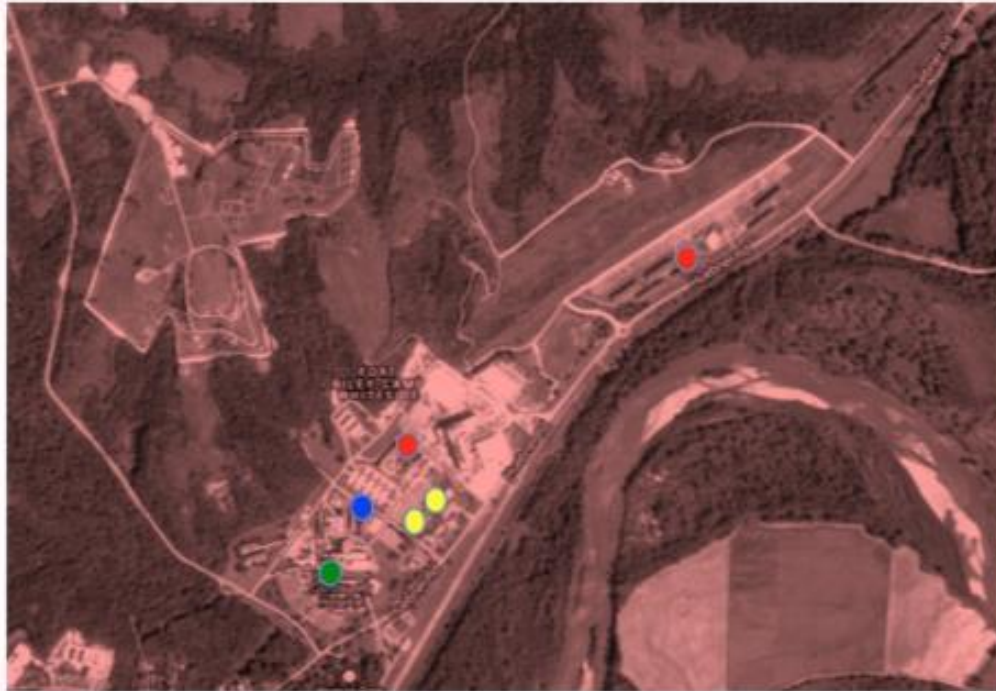
Camp Whiteside Trails
(walking, jogging biking)

Old Track

Potential development for
future physical activity
facilities

Primary trails as well as old track used at Camp Whiteside (walk, jog, bike). Map provided by Google Maps.

Camp Whiteside



Child Development Center



IACH



Public Health Command



Communities of Camp
Whiteside



Child Development Centers (CDC), IACH, Public Health Command, and communities located on Camp Whiteside. Map provided by Google Maps.

Camp Forsythe



Camp Forsythe Trails
(walking, jogging biking)



Potential future
development for physical
activity facilities.



Primary trails used at Camp Forsythe (walk, jog, and bike). Map provided by Google Maps.

Camp Forsythe



Child Development Center



Communities of Camp
Forsythe

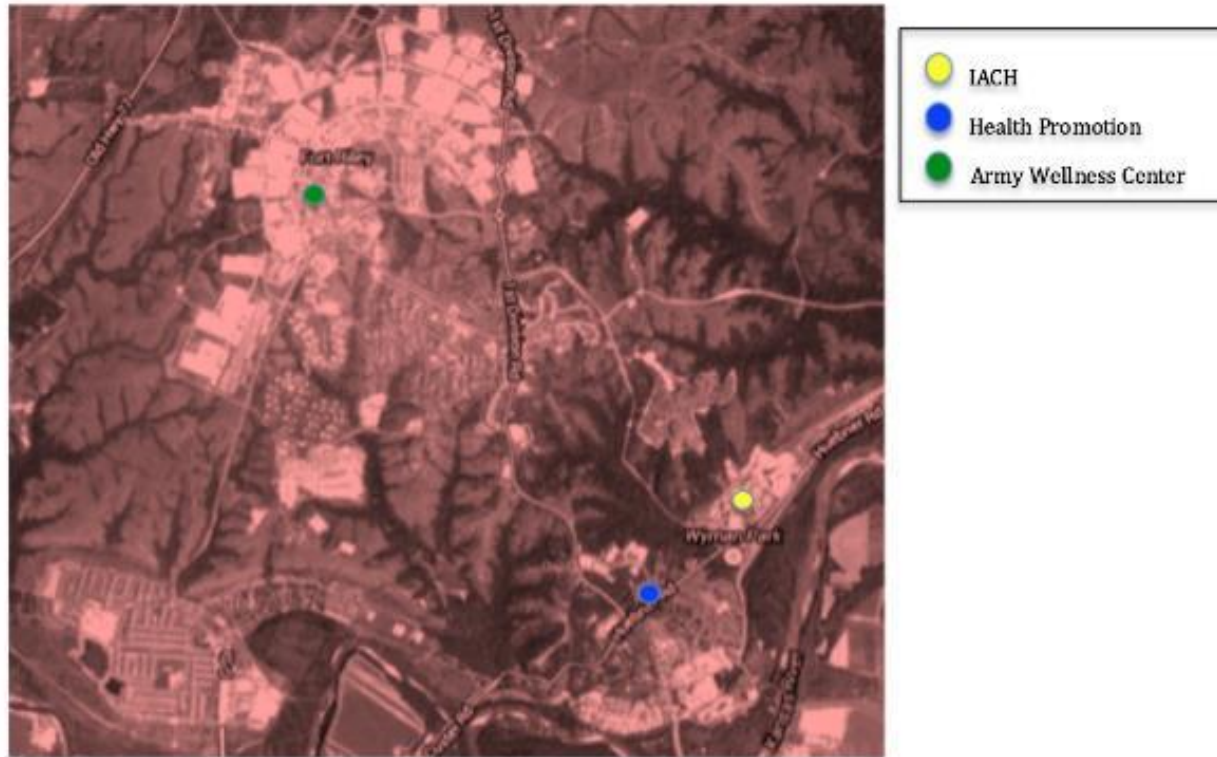


Child Development Center (CDC) located on Camp Forsythe. Map provided by Google Maps.

Discussion

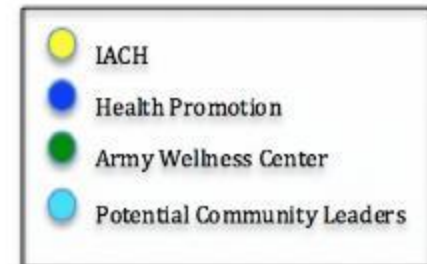
- Soldiers are meeting physical activity
 - Over 60% of Fort Riley Soldiers are overweight or obese
 - Multiple assets
 - Lack of community leaders
 - Social networking
 - Built environment
-

Current Departments that Support Physical Activity



Map of departments that promote physical activity on Fort Riley.

Departments and Potential Community Leaders that Promote Physical Activity on Fort Riley



Map of departments and potential community leaders that promote physical activity on Fort Riley

Limitations

- Government shutdown and furlough
 - Physical activity levels of military family members were unknown
 - Attendance rates at recreational facilities and other services were not obtained
-

Conclusion & Recommendations

- **Establish communities leaders** to support physical activity and to increase physical activity adherence
 - **Encourage social networking** by having physical activity functions located at Camp Forsythe, Camp Whiteside, and Custer Hill
 - **Administer surveys** on what the community needs in order to be more physically active
 - **Use current trends** in exercise to promote physical activity
 - **Develop a stronger partnership** with the MPH-Physical Activity staff at Kansas State University
-

References

1. Armed Forces Health Surveillance Center (2011). Duration of service after overweight-related diagnoses, active component, U.S. Armed Forces 1998-2010. *Military Surveillance Monthly Report*, 18(6), 2-6.
 2. Barlas, F. M., Higgins, W. B., & Pflieger, J. C. (2013). *Department of defense health related behaviors survey of active duty military personnel*. Retrieved from <http://tricare.mil/tma/dhcape/surveys/coresurveys/surveyhealthrelatedbehaviors/downloads/Final%202011%20HRB%20Active%20Duty%20Survey%20Exec%20Summary.pdf>
 3. Centers for Disease Control and Prevention. (2010). *10 essential public health services*. Retrieved from <http://www.cdc.gov/nphsp/essentialservices.html>.
 4. Centers for Disease Control and Prevention. (2013a). *Adolescent and school health: Childhood obesity facts*. Retrieved September 9, 2013, from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>
 5. Centers for Disease Control and Prevention. (2013b): *Physical activity: Facts about physical activity*. Retrieved from <http://www.cdc.gov/physicalactivity/data/facts.html>
 6. C., Lindsey, Army Nursing, September 25, 2013
 7. MilitaryINSTALLATIONS. (2013). *Fort Riley, Kansas* [Webpage]. Retrieved from http://www.militaryinstallations.dod.mil/MOS/f?p=132:CONTENT:0::NO::P4_INST_ID,P4_INST_TYPE:2665,INSTALLATION
 8. Mission: Readiness Military Leaders for Kids. (2010). *Too fat to fight*. Retrieved from http://cdn.missionreadiness.org/MR_Too_Fat_to_Fight-1.pdf
-

References (Cont.)

9. Mission: Readiness Military Leaders for Kids. (2012). *Still too fat to fight*. Retrieved from <http://www.missionreadiness.org/2012/still-too-fat-to-fight/>
 10. U.S. Army. (2013a). *1st Infantry Division & Fort Riley* [Webpage]. Retrieved from <http://www.riley.army.mil/units/default.aspx>
 11. U.S. Army Medical Department. (2013a). *Army Wellness Centers Operation* [Webpage]. Retrieved from <http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx>
 12. U.S. Army Medical Department. (2013b) United States Army Public Health Command [Webpage] Retrieved from phc.amedd.army.mil/organization/Pages/default.aspx
 13. U.S. Census Bureau. (2010). *State and county quickfacts*. Retrieved from [http://censusviewer.com/city/KS/Fort%20Riley%20\(U.S.%20Army\)](http://censusviewer.com/city/KS/Fort%20Riley%20(U.S.%20Army))
 14. U.S. Census Bureau. (2012). *State & county quickfacts: Fort Riley CDP facts*. Retrieved from <http://quickfacts.census.gov/qfd/states/20/2023975.html>
 15. U.S. Department of Health and Human Services. (2008). *Physical activity guidelines for Americans*. National Centers for Chronic Disease Prevention and Health Promotion. Atlanta, GA. Retrieved from <http://www.health.gov/paguidelines/>
 16. U.S. Department of Housing and Urban Development. (2009). *Connecting to success: Neighborhood networking asset mapping guide*. Retrieved from <http://www.hud.gov/offices/hsg/mfh/nnw/resourcesforcenters/assetmapping.pdf>
-

Acknowledgements

- Col. Paul Benne
 - Maj. Lindsey
 - Health Department Staff
 - Dr. Michael Cates
 - Dr. Emily Mailey
 - Barta Stevenson
 - Dr. Linda Thurston
 - Joey Lightner, MPH
 - Carmen O'Neal
 - Dr. Katie Heinrich
-



Questions?
