Field Experience and Capstone Project

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

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Field Experience and Capstone Project
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Outline

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Fort Riley Health Department Student Internship
Areas of Fort Riley (Image provided by Joey Lightner MPH)
Introduction: Fort Riley

- Established in 1853
- Major General Bennet C. Riley
- 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

(Image provided by Joey Lightner MPH)

CDC = Child Development Center
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 concern\(^1\)

◆ **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\textsuperscript{5,11,13,15}

• 75 minutes of vigorous intensity aerobic physical activity per week or a combination of the two\textsuperscript{5,11,13,15}

• strengthening exercises at least twice a week\textsuperscript{5,11,13,15}
Children: 2008 Physical Activity Guidelines for Americans

Children:

- 60 minutes of moderate or vigorous physical activity per day\textsuperscript{4,11,13}

- Vigorous intensity physical activity at least 3 days a week\textsuperscript{4,11,13}

- Muscle strengthening physical activity at least 3 days per week\textsuperscript{4,11,13}

- Bone strengthening activity should be performed at least 3 days per week\textsuperscript{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.

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)

- Methodological

- Focusing on what a community has (strengths) as opposed to what a community needs (lacks)

- Used by government agencies, non-profit organization, and health organizations
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)\textsuperscript{7,10}
- Over 50\% of the population consisted of young adults ages 20-24 (29.02\%) and ages 25-34 (25.63\%)\textsuperscript{13,14}

Children and adolescents

- Total population (n=2,495)\textsuperscript{13}
  - 13.52\% of children were < 4 years of age\textsuperscript{13}
  - 18.63 % were ages 5-17\textsuperscript{13}
Fort Riley Active Duty Body Mass Index (BMI) for 2012

- Obese: 14%
- Underweight: 1%
- Normal: 39%
- Overweight: 46%

(C., Lindsey, Army Nursing, September 25, 2013)
Conceptual Community Asset Map Procedure Fort Riley

Level 3: Local Institutions

Level 2: Citizen’s Association

Level 1: Individual Gifts, Skills and Capacities

- Money
- Skills
- Training
- Talent

Social Groups

Health Services

Community Blocks

Schools

Parks and Recreation
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

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

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

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


6. C., Lindsey, Army Nursing, September 25, 2013


References (Cont.)


Acknowledgements

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Questions?