



USAR Holistic Health and Fitness (H2F) Pilot Program Updates



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Agenda

- USAR Readiness and H2F Challenges
- USAR Pilot Aug 2021-Jul 2023
- Way Ahead for USAR H2F



USAR Holistic Health and Fitness



BLUF: As of 31 March 23, **12.5K** Soldiers or **7.1%** of the USAR are Non-Deployable. **59.61%** of those Soldiers are non-deployable due to medical reasons.

Challenges for USAR H2F:

Dispersed force

Battle Assembly/training: 38 days of training/year

Communication barriers

Collection of metrics to analyze pilot

Competing priorities: civilian careers, school, etc

MFT/MRT training: 43% of USAR units do not have a trained MFT/MRT

Facilities and equipment are limited





Pilot Program (Year 2: JUL 22-JUN 23)



Year 2	<u>Cohort A</u>	<u>Cohort B</u>	<u>Control Group</u>
<u>Number of Soldiers</u>	~1200	~1200	~1200
<u>H2F Pilot Resources</u>	<ul style="list-style-type: none"> Education <ul style="list-style-type: none"> 9 Monthly In Person H2F Domain education 3 Day H2F Summit events Access to H2F Education via APAN website Communication 	<ul style="list-style-type: none"> Same as Cohort A, but did not receive monthly education 	No access to H2F Pilot Resources
*Education			
*Staffing	<ul style="list-style-type: none"> O2X application: workouts, nutrition, mental and connects with SME Team 		
*Communication	<ul style="list-style-type: none"> Staffing <ul style="list-style-type: none"> Full time H2F Integration Team: Physical Therapist, Registered Dietitian, Lead MFT Reserve: Physical Therapist, Occupational Therapist, and Dietitian 1:100 Instructor to Soldier ratio for MFT/MRT Contract: Human Performance Advisor 		

H2F Pilot metrics being assessed:
Performance Metrics: ACFT, Marksmanship

Medical Metrics: Percentage of Soldiers MRC3, musculoskeletal injury rate, injured body part and mechanism of injury, number of LODs, Number of musculoskeletal temporary profiles, number and percent of Soldiers who exceed HT/WT



USAR H2F Next Steps

Year 2 Lessons Learned

1. **In-person education** increased Soldier utilization of mobile application and communication with the human performance team for individual support
2. **Master Fitness Trainers and Master Resiliency Trainers** are not well utilized at the Unit level due to limited governance
3. Soldiers valued and made some improvements with the **3-day summit events**: improved lifestyle behaviors, 75 pounds of weight loss, decrease in flagged status, Soldiers passing ACFT
4. **Communication** with Soldiers the 28 days between battle assemblies continues to be a struggle
5. **Leadership training and staffing** is needed to increase utilization of H2F training and resources to improve readiness

Extend current pilot for 6 months (1 Jul – 30 Dec) with 2 BNs from 290th MP Brigade

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| <ul style="list-style-type: none"> • Leadership training | | <p>Onboarding course with NG PEC/CHAMP</p> |
| <ul style="list-style-type: none"> • Soldier communication and training the “other 28 days” | | <p>Utilizing tactical human performance company with mobile application</p> |
| <ul style="list-style-type: none"> • Utilization of internal assets: MFT/MRT | | <p>Training and governance provided by 81st RD H2F Integration Team</p> |



Questions/Comments