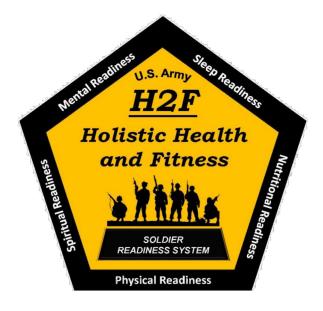




USAR Holistic Health and Fitness (H2F) Pilot Program Updates



COL John Shipe 81st Readiness Division



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, <u>12.5K</u> Soldiers or <u>7.1%</u> of the USAR are Non-Deployable. <u>59.61%</u> 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</u> <u>Group</u>
Number of Soldiers	~1200	~1200	~1200
H2F Pilot Resources *Education	 Education 9 Monthly In Person H2F Domain education 3 Day H2F Summit events Access to H2F Education via APAN website 	 Same as Cohort A, but did not receive 	No access to H2F Pilot Resources
*Staffing	 Communication O2X application: workouts, nutrition, mental and connects with SME Team 	monthly education	
*Communication	 Staffing 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. <u>In-person education</u> increased Soldier utilization of mobile application and communication with the human performance team for individual support
- 2. <u>Master Fitness Trainers and Master Resiliency Trainers</u> are not well utilized at the Unit level due to limited governance
- 3. Soldiers valued and made some improvements with the <u>3-day summit events:</u> 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. <u>Leadership training and staffing</u> 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

- · Leadership training
- Soldier communication and training the "other 28 days"
- Utilization of internal assets: MFT/MRT







Onboarding course with NG PEC/CHAMP

Utilizing tactical human performance company with mobile application

Training and governance provided by 81st RD H2F Integration Team





Questions/Comments