

Nutritional and Weight Management Resources

MOVE: A Comprehensive Weight Management Program

- Content covers nutrition, physical activity and behavior change
- Army Weight Management Program
 - Command Referral (253-968-0547)
- Self-referral if not on Weight Management Program
 - 1-800-404-4506 or 253-968-0547 to register
- Open to all active duty and enrolled beneficiaries over age 18
- Location: Madigan Nutrition Clinic, 1st Floor Hospital Tower; Room 1-27-10
- On-Line program
 - Register through AKO (Self-Service/My Medical; under medical resources)
 - *Active duty on weight management program need to complete 1st three classes through the Nutrition Clinic. The on-line program augments what is presented and has multiple resources.*
- **VA MOVE on-line program** for all VA beneficiaries
 - Register on line
 - <http://www.move.va.gov/default.asp>

I CanChange: Comprehensive Weight Management Program

- On-line through Military One Source
 - Registration through Military One Source
 - <http://www.militaryonesource.com>
 - Health and Relationships/Adult Health/Tools/Healthy Habits Health Coaching/I CanChange
- Individualized Program includes Assessment, Health Coach (on line e-mail assistance or Telephonic) Education on nutrition, physical activity, Goal Setting, Cognitive Behavior change. Receive Water Bottle, Pedometer and Journal.
- Multiple resources available.
- No Charge
- Available to Active Duty, Reserve, National Guard and their beneficiaries
 - Teen weight management program available for Teens
 - I CanAchieve
 - <http://www.militaryonesource.com>
 - Health and Relationships/Adult Health/Tools/Healthy Habits Health Coaching/I CanAchieve
- *Is not intended for use for the Army Weight Control Program*

Weight Busters: Weight Management Class

- McChord Health and Wellness Center (HAWC)
- Open to any active duty: Not to be used for Weight Control Program
- 253-982-0531 to Register
- Offered weekly

Healthy Living Series: Nutrition Classes

- Classes in series include: Healthy Heart, The Sugar Blues (insulin resistance), Healthy Eating Part I, Healthy Eating Part II
- Offered by Madigan Preventive Medicine Department
 - Will be brought to units, FRG's, etc. Call **968-4387** for class schedules or to schedule a class
 - Classes presented are customized to meet the needs of the customer
 - Locations vary

Nutritional Overview: Nutrition Class

- General Nutritional Overview
- For Active Duty
- Offered by Madigan Preventive Medicine Department
- Call 253-967-3875 (Dr. Teresa Bruder) for more information and to schedule
 - Will bring to unit

Breast Feeding: Breast Feeding Support Group/Nutritional Information Available

- Support group for breast feeding mothers
- Bring baby
- Offered Tuesday's 1300-1500
 - No referral or registration required
- Location Casio Conference Room, Ground Floor Hospital Tower

High Blood Pressure/Hypertension: Nutrition Class

- Content includes: Overview of high blood pressure and complications, Dietary Approaches to Stopping Hypertension (DASH) diet.
- Referral from provider required
- 1-800-404-4506 to schedule or 253-968-0547
- Location: Madigan Nutrition Clinic, 1st Floor Hospital Tower, Room 1-27-10

Hypertension and Cholesterol/ Prevention and Dietary Management: Nutrition Class

- McChord Health and Wellness Center (HAWC)
- Open to any active duty
- 253-982-0531 to register

Sodium It Taste So Good: Nutrition Class

- Content: Dangers of Salt in Food with strategies to lower sodium intake
- Offered by Madigan Preventive Medicine Department
 - Locations vary. Will be brought to units, FRG's, etc.
 - Call **968-4404** for class schedules or to schedule a class

Cardiac 101, 201, 301: Nutrition (series of 3 classes)

- Content includes: Risk Factors for heart disease, Cholesterol and the “fats of life, DASH diet, lab goals for lipid levels, label reading and meal planning.
- Referral from provider required
- 1-800-404-4506 to schedule or 253-968-0547
- Location: Madigan Nutrition Clinic, 1st Floor Hospital Tower, Room 1-27-10

Congestive Heart Failure (CHF): Comprehensive Class

- Content includes: Overview of CHF signs and symptoms. Management with diet and exercise
- Offered through the Cardiology Clinic
- Referral from provider required
- 1-800-404-4506 to register

Impaired Glucose Tolerance: Nutrition Class

- Content includes: Preventing Diabetes, Pre-diabetes, Metabolic Syndrome and dietary approaches to management
- Referral from provider required
- 1-800-404-4506 to schedule or 253-968-0547
- Location: Madigan Nutrition Clinic, 1st Floor Hospital Tower, Room 1-27-10

Diabetes Education: Comprehensive Class

- Content includes: Diabetes, diet & exercise; meal composition, portion control, timing; strategies for maintaining a healthy weight; goal setting, meal planning, problem solving strategies, reading food labels, eating out
- Referral from provider required
- 1-800-404-4506
- Located Diabetes Care Center, 1st Floor Medical Mall

Healthy Recipe Demonstrations: Nutrition Class

- McChord HAWC
- All active duty welcome
- 253-982-0531 to register
- Offered Quarterly

Lunch and Learns: Nutrition Class

- Variety of nutritional topics covered
- McChord HAWC
- All active duty welcome
- 253-968-0531

Nutrition Classes

- Classes presented are customized to meet the needs of the customer
- Offered by Madigan Nutrition Care Division
 - Locations vary. Will be brought to units, FRG's, etc.
 - Call **968-0547** for more information or to schedule a class. Ability to fulfill class requests is based on the availability and workload of credentialed providers.

Bariatric Educational Pathway: Comprehensive Weight Management Program

- **NOT AVAILABLE FOR ACTIVE DUTY**
 - All beneficiaries over the age 18 meeting surgical criteria
- Program Includes: Overview of bariatric surgery for weight loss, Nutrition, Physical Activity, Behavior Change, Case Management services.
- Referral from provider required
 - Body Mass Index > 40 or Body Mass Index > 35 with at least one health condition associated with obesity.
- 60-90 day wait list to start the program from the time the referral is received.
 - Minimum 60 days to complete the program
 - Elective surgical procedure
 - Surgical wait time from completion of program varies based on active duty surgical workload, availability of resources (surgeons and operating room space) and number of beneficiaries awaiting bariatric surgery.