Stay Strong: A Mobile Health Technology Physical Activity Program For Afghanistan and Iraq Veterans

Laura Damschroder1, Felicia McCant2, Jennifer Gierisch2,3, Gwendolyn Hooks1, Lorraine Buis4, Richard Evans1 and Eugene Oddone2

1) VA Ann Arbor Center for Clinical Management Research, Ann Arbor, MI; 2) Durham Center of Innovation to Accelerate Discovery and Practice Transformation (ADAPT), Durham, NC; 3) Department of Population Health Sciences & Department of Medicine, Duke University; 4) Department of Family Medicine, University of Michigan, Ann Arbor, MI

BACKGROUND

▪ (OEF/OIF) Veterans are at high risk of becoming overweight and obese.

▪ Existing VA programs are not designed for younger Veterans who are more comfortable with technology.

▪ Mobile health (mhealth) technology can help engage more people in lifestyle changes.

AIM

Determine if mhealth technology can be used in the VA Healthcare system to encourage Veterans to maintain physical activity.

WHO PARTICIPATED

▪ 6 month recruitment

▪ 357 Veterans enrolled

▪ Veterans located in 48 states (HI & VT)

▪ 90 women

▪ 265 men

▪ 27% Racial/Ethnic Minority

METHODS

We compared 2 groups: Veterans using app alone vs. Veterans using app with phone coaching and personalized physical activity goals.

LESSONS LEARNED

❖ Mobile health technology allowed us to reach and engage more Veterans in this study.

❖ Veterans had a high interest in this study, though most required some technical support to participate fully.

❖ Communication with those in the study remains important, especially in the early phases, despite this being a mobile-based study.