

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

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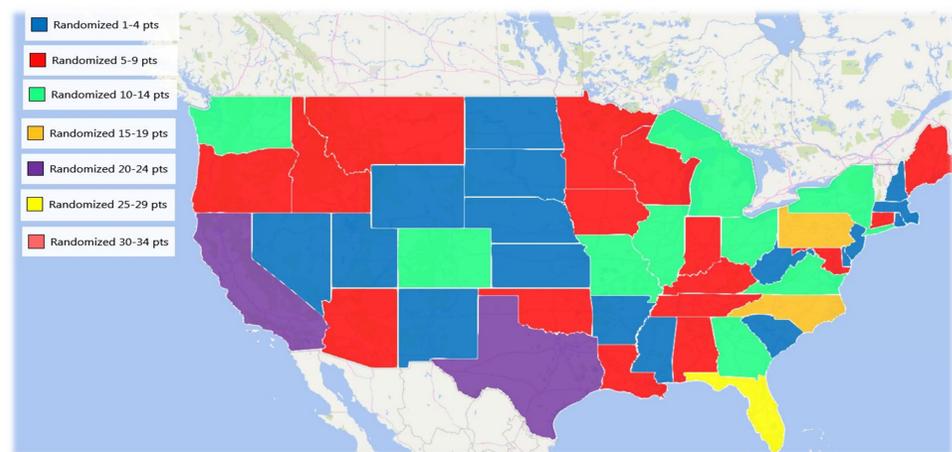
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BACKGROUND

- (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.

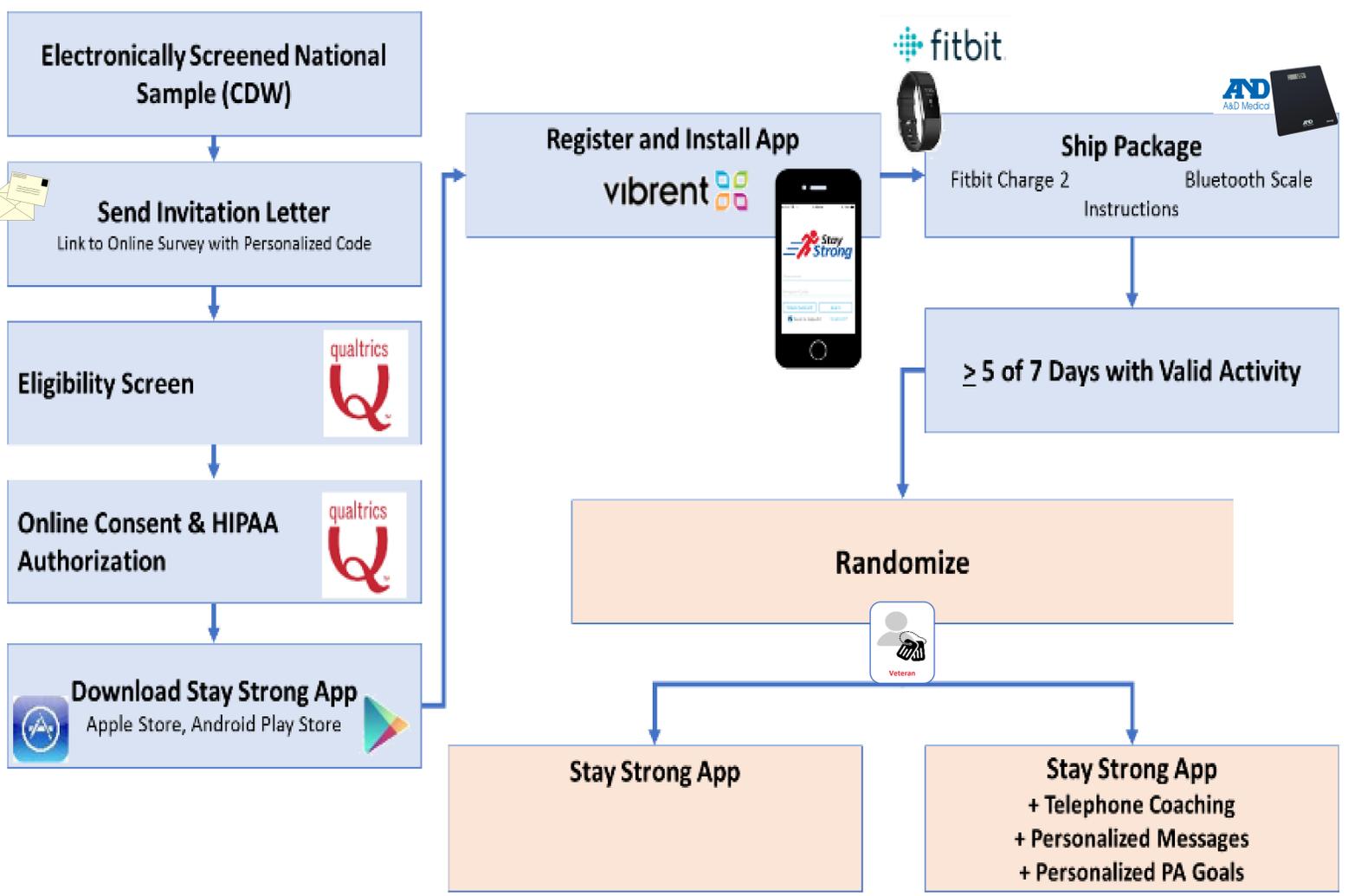


WHO PARTICIPATED

- 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.