

COMMUNITY ADVISORY BOARD

Meeting Summary

10/26/2011

Project:

MOVE OUT: A Partnership with Veterans Groups to Enhance Weight Management in VHA

Attendees (11):

Jeff Whittle, MD, Principal Investigator
Kristyn Ertl, BA, Project Coordinator
Nancy Wilke, OT, Zablocki VAMC
Leslie Patterson, MS, Educ. Specialist
Will Yancy, Co-Investigator
Karen Degner, American Legion Auxiliary

Tom Lemmer, VFW Dept of WI Commander
Tom Davey, VFW Member
Frank Parker, VFW Member
Janet McMahan, YMCA
Barbara Hummel, MD

Discussion Highlights:

- All attendees approved the proposed schedule of meeting dates included in the packet. We will meet 3 times per year on the **4th Wednesdays**.
- Jeff led the presentation on VA's MOVE! Program, and the proposed enhancements of MOVE OUT. Nancy provided an overview of her lifestyle management approach, which we hope to replicate to some degree in the MOVE OUT posts.
- Discussed the tentative sites for MOVE OUT, and fall-back options if the posts we need (i.e., those in areas with a high density of eligible VA patients) do not participate. Some suggestions from the Board included:
 - Meeting rooms are available at some **local malls** (e.g., Southridge, Brookfield Square); could meet there and walk the mall when the weather is bad.
 - Some **high schools** in rural and semi-rural areas (e.g., Saukville) have invited the public to walk the halls for free when school is not in session.
 - Participants could meet at the **airport** and walk the concourses (potential issues: airport security, parking).
 - Other buildings for veterans, such as the **Vets Home** in Union Grove. Tom Lemmer would be willing to talk to John Scocos about this.
 - Potential **posts**, some of which we have already contacted: Germantown (Legion Post 1), Pewaukee (agreed to participate), Kenosha, Serb Hall (contacted, awaiting decision), New Berlin (agreed to participate), and Brookfield (Legion declined, but we should pursue the VFW via Pete Schiller)

- Our current “guidance and evaluation” measures include monthly site visits by study staff and quarterly newsletters. We discussed whether or not to collect activity reports from the peer leaders. Suggestions from the Board:
 - Yes, we should definitely ask the peer leaders to keep track of a few basic items, such as attendance and topics covered.
 - If introduced early, attendance and activity sheets become an expected part of the process. They also reinforce our message about the importance of self-monitoring and accountability.
 - Having peer leaders mail in reports didn’t work so well in POWER—*Since staff members will be visiting the sites monthly anyway, perhaps they could pick them up in-person?*
 - We (i.e., Kristyn) should draft a log book for the peer leaders and share with the Board for feedback.

- Talked about “getting the word out” about the project.
 - *How openly do we want to publicize the project?* More vets participating means more support for the VA patients who join, but could complicate our research findings.
 - Some venues for dissemination might include: 1) handing out literature at the Milwaukee Veterans Day Parade; 2) contacting the County Service Officers about communication options; 3) newsletters/emails to post members who do not attend meetings; 4) working closely with the Auxiliaries (Karen Degner can provide contact information).
 - Invitations sent to eligible VA patients should include the spouse in some way. Janet McMahon suggested that we include the veteran’s name “and household” on the envelope so that spouses (or other key family members) are empowered to open it.
 - Frank Parker noted that making people aware of the Board’s composition—“We’re veterans, just like you”—would send a powerful message. We should consider including photos, bios, and testimonials from the Board members in our newsletters.