

BUILDING HEALTHY MILITARY COMMUNITIES: NEW MEXICO STATE COORDINATOR UPDATE

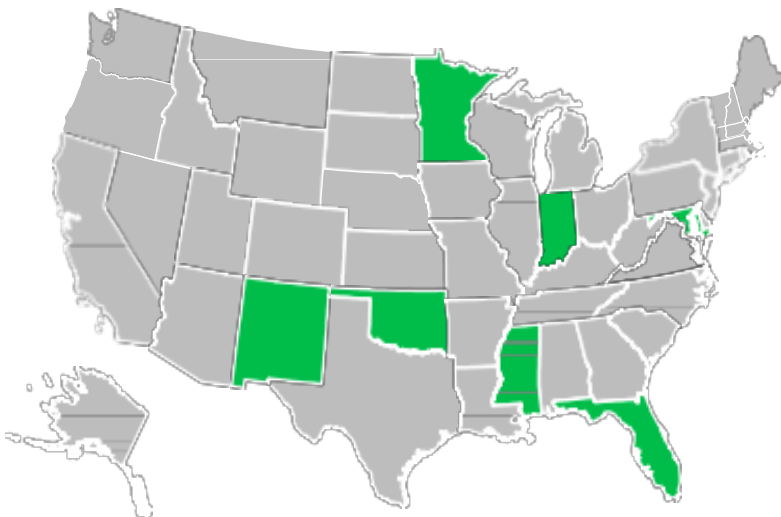
BHMC State Coordinators (SCs) serve as a central hub to facilitate connections and awareness between the collective DoD community in their respective states and, non-governmental organizations, national, state, local, and tribal partners in the community.

SCs amplify impact of existing community resources and forge new partnerships to best support Service members and their families.

SCs help to align the community health priorities of the state and the readiness priorities of the Military Departments to demonstrate and achieve shared goals and desired health outcomes.



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Please feel free to reach out to her directly if you have any questions about a specific pilot state!

SELECT HIGHLIGHTS FROM STATE ACTION PLAN IMPLEMENTATION

State	Impact
New Mexico	<ul style="list-style-type: none">• State Coordinator facilitated a partnership with YMCA and Ninja Fitness Academy to prepare program participants for the new ACFT utilizing specific exercises that are aimed at increasing test scores through improved strength, speed and athleticism• Preparing for this new test incorrectly could lead to muscular skeletal injury and the inability to complete mission essential tasks. Additionally, this program supports recruit sustainment by ensuring recruits can pass the new ACFT and basic training• Participated in WE ARE webinar series in partnership with Army Reserves focused on the impact of COVID-19 on military children and support strategies for families, teachers, providers and kids• State Coordinator partnered with NMVET Center and NMVA in which the 1st Annual Virtual run in conjunction to the McKinley County Operation Veterans Wellness Event. Over 300 participants got out and exercised for Veteran Wellness and Suicide Prevention – Additional events have taken place• State Coordinator collaborated with the Good Food NM Texting Program in which a military and veteran campaign was developed. The campaign focuses on 4 groups; Veterans. Active Duty, Deployed, National Guard, Reservist and Active Guard Reserve. Soldiers with failed HT/WT. Families. The program focuses on sending text messages with recipes, location of farmers markets, and nutritional facts.• State Coordinator partnered with the New Mexico Department of Transportation in which Free Rail Runner transportation from Isleta Pueblo to Metro Albuquerque and to Santa Fe Downtown is available to all Veterans, National Guard, Reserve, Active and their families (with appropriate ID) at no cost. This launched in November 2019 with plans to expand services to the buses running in Albuquerque and Rio Rancho. Free transportation options facilitate easier access to employment, education opportunities, and community resources

STATE-SPECIFIC HIGHLIGHTS:

NEW MEXICO

Success Story: Increasing Opportunities for Physical Fitness to Improve Readiness

- **Approach**

- SC is developing partnerships to secure free or discounted memberships and fitness programs for military-connected
- SC established the YMCA's reduced-cost Army Combat Fitness Program, to be piloted in a unit with low APFT pass rates

- **Results and Data Trends**

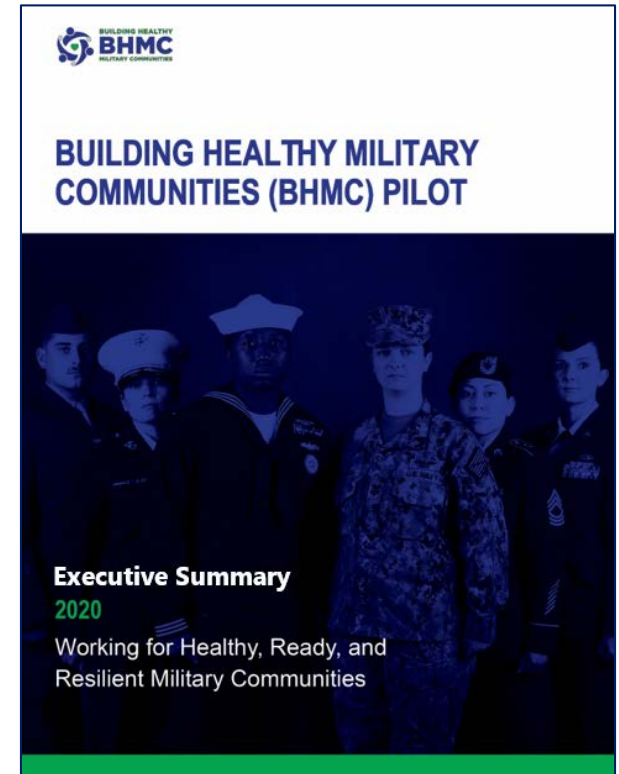
- **12 soldiers** from the 720th Unit have been selected to become YMCA Army Combat Fitness champions responsible for training other Soldiers. SC helped secure **free Veteran access** to Bernalillo Parks and Recreation gyms/weight rooms as well as **free access to gyms for 720th unit Soldiers** in the cities of Gallup, Taos, Raton, and Santa Rosa
- From 2018 to 2019 National Guard and Reserve Soldiers showed improved **Army Physical Fitness Test (APFT) scores** in 5 of 7 target counties while the percent of Army Total Force with a **failing overall APFT score** improved in 6 of 7 target counties.
- Improved results also noted **for readiness to deploy, retention rates, and average days per week of vigorous activity**

STRATEGIES FOR SUSTAINMENT & NEXT STEPS

When the BHMC pilot concludes, the Department will review the pilot's salient findings, lessons learned, and final outcomes and determine a way forward to capitalize on key pilot insights.

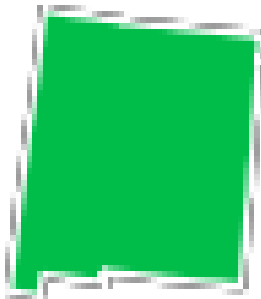
The BHMC Pilot would benefit from more time to both realize its full measurement potential and sustain the important work State Coordinators are doing on the ground.

The Military Family Readiness Council (MFRC) is in the process of determining final recommendations for SECDEF in their annual report to potentially include BHMC continuance or expansion to additional, if not all, states and territories in support of military family readiness.



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Questions?



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