

**NATIONAL PREVENTION STRATEGY
America's Plan for Better Health and Wellness**

**U.S. Public Health Service Commissioned Corps
Physicians Professional Advisory Committee**

PHYSICIAN PREVENTION STRATEGY

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BACKGROUND

The National Prevention Strategy (NPS) is our nation's plan to increase the number of Americans who are healthy at every stage of life, and the plan will be accomplished by partners in prevention across various sectors working together to improve the health and quality of life for individuals, families, and communities by moving the Nation from a focus on sickness and disease to one based on prevention and wellness.

The NPS identifies four Strategic Directions and seven Priorities that are most likely to reduce the burden of the leading causes of preventable death and major illness:

Strategic Directions:

- Healthy and Safe Community Environments
- Clinical and Community Preventive Services
- Empowered People
- Elimination of Health Disparities

Priorities:

- Tobacco Free Living
- Preventing Drug Abuse and Excessive Alcohol Use
- Healthy Eating
- Active Living
- Injury and Violence Free Living
- Reproductive and Sexual Health
- Mental and Emotional Well-Being

The NPS acknowledged the critical role of national leadership in aligning and focusing federal efforts on prevention and wellness. The National Prevention Council, created through the Affordable Care Act, comprises 17 Federal departments, agencies, and offices and is chaired by the Surgeon General, the commanding officer of the Commissioned Corps of the U.S. Public Health Service (Corps). Medical officers in the Commissioned Corps can assist the Council by utilizing the following approaches to ensure successful implementation of the NPS:

Approaches:

- Provide National Leadership

- Engage Partners
- Align Policies and Programs
- Assess New and Emerging Trends and Evidence
- Ensure Accountability

Medical officers in the Corps perform a variety of jobs through assignments in various agencies at both the national and international level. These jobs include 1) providing direct clinical services, including inpatient and outpatient care ranging from newborn care to geriatric services, from obstetrics to orthopedics to psychiatry, from prevention services to chronic care or acute disease management; 2) reviewing and regulating drugs and medical products; 3) conducting biomedical and epidemiological research; 4) responding to public health emergencies; 5) developing and monitoring national health policies. Medical officers work throughout the U.S. Department of Health and Human Services and in other Federal agencies and programs, including the Federal Bureau of Prisons, the U.S. Marshals Service, the Department of Defense, and the U.S. Coast Guard.

Corps medical officers are in a unique position to offer significant contributions to the implementation of the NPS. This document outlines the various ways that Corps medical officers can contribute to the National Prevention Strategy.

STRATEGIC DIRECTION: HEALTHY AND SAFE COMMUNITY ENVIRONMENTS

The NPS lists actions that the Federal Government will take to create, sustain, and recognize communities that promote health and wellness through prevention. Corps medical officers can contribute to these strategic directions in the following ways:

1. Coordinate investments in transportation, housing, environmental protection, and community infrastructure to promote sustainable and healthy communities. Corps medical officers are involved in the following efforts:
 - Supporting 6 states/localities to build the practice of Health Impact Assessments (HIA), which have reduced alcohol outlet density (which is tied to crime and violence), improving bike/pedestrian planning (through safety improvements, among other techniques), and improving comprehensive plans to include safety improvements.
 - Co-sponsoring the first National HIA conference (April 3-4, 2012, Washington, DC) in partnership with the National Network of Public Health Institutes, Pew Charitable Trusts, and others.
 - Developing tools and training to support HIA and other mechanisms to include health in transportation policies.
 - Partnering with the National Environmental Health Tracking Network to include Motor Vehicle Fatalities within the Community Design section of the Tracking Network.
 - Providing Technical Assistance to Nashville's Metropolitan Planning Organization (MPO) as they developed their health criteria to select transportation projects.
 - Work to develop CDC's Transportation Policy Recommendations.
2. Enhance capacity of state, tribal, local, and territorial governments to create healthy, livable and sustainable communities (e.g., increase access to healthy food and opportunities for physical activity, revitalize brownfields, enhance alternative transportation options, and

develop green facilities and buildings).

- Corps medical officers support community design and focus on helping communities make design decisions that will improve overall health. This may be done through Health Impact Assessments (HIA); one HIA done in Nashville is featured as a Project Highlight within the National Prevention Strategy
3. Support standards to reduce pollution and environmental exposure to ensure that all communities are protected from environmental and health hazards.
 - Corps medical officers at the National Institute of Environmental Health Sciences (NIEHS) participate in the conduct of research that supports regulatory standards for environmental health.
 - Corps physicians assigned to the U.S. Environmental Protection Agency support regulatory standards to protect communities from environmental health hazards.
 4. Increase availability and use of prevention research to identify effective environmental, policy, and systems that reduce chronic diseases, promote safety, and eliminate health disparities.
 - Corps medical officers are involved in conducting research that may identify ways to reduce chronic diseases and disparities, and promote safety. For example assessing the relationship between air pollution and asthma and allergies among children.
 - Corps physicians oversee the National Health and Nutrition Examination Survey (NHANES), which includes a bio-monitoring program for environmental toxicants.
 5. Support state, tribal, local and territorial partners to enhance epidemiology and laboratory capacity, health information technology, and performance improvement.
 - Corps physicians serve as assignees from the Centers for Disease Control and Prevention (CDC) to state and local health departments to enhance epidemiology and laboratory capacity, health information technology, and performance improvement.
 - Corps medical officers in the Indian Health Service, along with Tribal and Urban Partners, have participated in the development and deployment of health information technology applications that support the provision of quality services and the secure management of health information.
 6. Support state, tribal, local, and territorial partners in strategic health security planning efforts for pandemics, biological and chemical attacks, incidents affecting food and agriculture, natural disasters, and other catastrophic events.
 - Corps physicians at CDC serve as assignees to state and local health departments to support strategic health security planning efforts for pandemics, biological and chemical attacks, incidents affecting food and agriculture, natural disasters, and other catastrophic events.
 - Corps medical officers are assigned to the Office of the Assistant Secretary for Preparedness and Response (ASPR), a component of the Public Health Service (PHS) that is responsible for ensuring a One-Department approach to developing public health and medical preparedness and response capabilities and leading and coordinating the relevant activities of the HHS Operating Divisions (OPDIVs). ASPR's principal areas of program emphasis are:

1. Enhancement of State and local public health and medical preparedness, primarily in health departments and hospitals;
 2. Development and use of National and Departmental policies and plans relating to the preparedness for and response to public health and medical threats and emergencies (e.g. Emergency Support Function (ESF) 8 of the National Response Plan (NRP), Homeland Security Presidential Directives (HSPD) 5 and 10, HHS's Concept of Operational Plans (CONOPS) for Public Health and Medical Emergencies and for the Incident Response Coordination Team (IRCT));
 3. Coordination with relevant entities inside and outside HHS such as State, local and Tribal public health and medical officials, the private sector, the Department of Homeland Security (DHS), Defense (DOD), Veterans Affairs (VA), Justice (DOJ), the National Security Staff (NSS), other ESF 8 partner organizations and others within the National security community;
 4. Rapid public health and medical support to Federal, State, local and Tribal governments who may be responding to incidents of national significance or public health and medical emergencies;
 5. Coordination, support of, and participation of research, development and procurement activities related to public health emergency medical countermeasures destined for the Strategic National Stockpile (SNS), including under Project BioShield;
 6. Leadership in international programs, initiatives, and policies that deal with public health and medical emergency preparedness and response related to naturally occurring threats such as infectious disease and deliberate threats from biologic, chemical, nuclear and radiation sources and
 7. Leadership and oversight on medical, science, and public health policies, issues, and programs.
7. Support effective public safety measures, such as community-based anti-crime and anti-gang initiatives to facilitate physical activity and prevent injury and violence.
- Corps medical officers are involved in supporting community-based anti-crime and anti-gang programs such as those from the Prevention Institute and the Unity Project to facilitate physical activity and prevent injury and violence.

STRATEGIC DIRECTION: CLINICAL AND COMMUNITY PREVENTIVE SERVICES

The NPS lists 10 actions that the Federal Government will take to ensure that prevention-focused health care and community prevention efforts are available, integrated, and mutually reinforcing. Corps medical officers can contribute to each action in the following ways:

1. Support delivery of clinical preventive services in various health care and out-of-home care settings, including Federally Qualified Health Centers; Bureau of Prisons, Department of Defense, and Veterans Affairs facilities; and among Medicare providers.
 - Corps physicians provide direct clinical preventive services in numerous settings including the Indian Health Service, Federally Qualified Health Centers, the Bureau of Prisons, U.S. Marshals Service, and clinics of the Department of Defense, U.S. Coast Guard and Veterans Affairs.
2. Improve monitoring capacity for quality and performance of recommended clinical preventive services.
 - Corps physicians within the Health Resources and Services Administration's (HRSA) Bureau of Primary Health Care ensure clinical performance measures are improved in the 1,100 Federally Qualified Health Centers (FQHC) related to cancer prevention, low birth weight prevention, child/adolescent obesity prevention, and childhood immunization rates.
 - Corps medical officers in the Indian Health Service monitor their quality of care by measuring 24 clinical performance measures, which include recommended preventive care services.
 - Corps physicians at the Centers for Medicare and Medicaid Services (CMS) are leading programs to ensure that all Medicare Advantage providers include a comprehensive quality strategy that is consistent the goals of the consistent with the National Prevention Strategy.
 - Corps physicians at CMS are responsible for evaluating physician payment programs that reward monitoring and reporting quality measures.
3. Identify, pilot, and support strategies to reduce cardiovascular disease, including improving screening and treatment for high blood pressure and cholesterol.
 - Corps medical officers at the National Institutes of Health are involved in conducting research studies that will elucidate the various causes of cardiovascular disease as well as determining the best clinical practices in the screening and treatment of high blood pressure and cholesterol (e.g. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7) and the Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (ATPIII)).
 - Corps physicians at the Centers for Disease Control and Prevention (CDC) are engaged in implementing and assessing public health programs designed to reduce cardiovascular disease, including programs to improve screening and treatment for high blood pressure and elevated cholesterol.
 - Corps medical officers at the Agency for Health Care Research and Quality (AHRQ) provide administrative, programmatic, and technical support to the U.S. Preventive

Services Task Force (USPSTF) which promulgates clinical recommendations to address high blood pressure and cholesterol.

4. Encourage older adults to seek a free annual Medicare wellness visit, a new benefit provided by the Affordable Care Act.
 - Corps physicians who provide clinical care can counsel all patients in the availability of the new wellness visit benefit and encourage their patients to educate other eligible patients about the new Medicare wellness visit.
5. Educate clinicians, Federal employees, and the public (especially those in underserved populations) about coverage improvements and elimination of cost-sharing for clinical preventive services as set forth in the Affordable Care Act.
 - Corps physicians who provide clinical care can educate their patients about the new coverage improvements and elimination of cost-sharing for clinical preventive services.
6. Encourage adoption of certified electronic health record technology that meets Meaningful Use criteria, particularly those that use clinical decision supports and registry functionality, send reminders to patients for preventive and follow-up care, provide patients with timely access to their health information (e.g., lab results, discharge instructions), identify resources available to patients, and incorporate privacy and security functions (e.g., encrypting health information to keep it secure, generating audit logs to record actions).
 - Corps physicians within the Health Resources and Services Administration (HRSA) Bureau of Primary Health Care (BPHC) not only encourage but provide technical assistance to the 1,100 Federally Qualified Health Centers (FQHCs) on the choice, implementation and benefits of electronic health records. HRSA Corps officers also promote Health Center Controlled Networks (HCCN) which integrate services, including health information technology.
 - Corps medical officers in the Indian Health Service assisted in the development and deployment of an electronic medical record system and use the EMR in their daily provision of clinical care; IHS is the first federal agency to have its EMR certified under "meaningful use" criteria.
 - Corps physicians have been instrumental in the development of a web-based electronic health record for the Bureau of Prisons that includes a pharmacy module that helps ensure continuity of care and medication reconciliation as inmates move from one prison to another.
7. Improve use of patient-centered medical homes and community health teams, which are supported by the Affordable Care Act.
 - Corps officers within HRSA's BPHC work with Federally Qualified Health Centers through the National Committee for Quality Assurance (NCQA) on the adoption of Patient-Centered Medical Homes. Corps officers also assist in providing funding for the implementation of the PCMH model through the Patient Centered Medical Health Home Initiative (PCMHHI).
 - Corps medical officers at the Centers for Medicare and Medicaid Services (CMS) are involved in evaluating proposals from Community-Based Organizations to improve care transitions within various health care settings.

- Corps physicians assigned to the U.S. Coast Guard provide care through clinics that function as patient-centered medical homes.
8. Promote and expand research efforts to identify high-priority clinical and community preventive services and test innovative strategies to support delivery of these services
 - Corps physicians are involved in research and investigate new screening technologies to prevent major illness and disease
 - Corps physicians are actively engaged at the Center for Medicare and Medicaid Innovation in evaluating and disseminating new models of health care delivery that promote the Three-Part Aim of providing better health care for the individual, better health for the population, all at a lower cost and improved quality.
 - Corps physicians at the Centers for Medicare and Medicaid Services (CMS) and CDC are closely collaborating in the Partnership for Patients, an HHS national initiative to decrease patient harm in hospitals by 40% and decrease readmissions by 20% by 2013.
 9. Develop new and improved vaccines, enhance understanding of the safety of vaccines and vaccination practices, support informed vaccine decision-making, and improve access to and better use of recommended vaccines.
 - Corps physicians working in agencies such as the Centers for Disease Control and Prevention (CDC) help to conduct surveillance for possible vaccine side effects, improving public health and ensuring vaccine safety by identifying and investigating adverse events following vaccine administration. Corps physicians working at the CDC also participate in developing vaccine guidance and public health recommendations, implementing this guidance, and evaluating vaccine effectiveness.
 - Corps physicians at the U.S. Food and Drug Administration evaluate the safety of vaccines through post-marketing surveillance and research and use these findings to inform policy decisions regarding the use of vaccines in specific populations as a means of preventing disease, as well as reducing the risk of potential adverse events
 - Corps medical officers at the FDA also develop and implement new methods of rapid adverse event surveillance for novel vaccines, in order to ensure preparedness for vaccine safety monitoring during a large-scale immunization campaign in the event of a pandemic.
 - Corps physicians at the National Institutes of Health participate in the development of new and improve vaccines.
 10. Research complementary and alternative medicine strategies to determine effectiveness and how they can be better integrated into clinical preventive care.
 - Given that "complementary and alternative medicine" can be widely defined, Corps medical officers in the FDA are actively engaged in reviewing the safety and efficacy of such strategies in clinical care.

STRATEGIC DIRECTION: EMPOWERED PEOPLE

The NPS lists five actions that can support people in making healthier choices. Corps medical officers can contribute to these actions in the following ways:

1. Identify and address barriers to the dissemination and use of reliable health information.

- Corps physicians have been involved with assessments regarding public health messaging after environmental disasters to improve upon such messaging in the future.
2. Use plain language in health information for the public in alignment with the Plain Writing Act.
 - Corps medical officers work to comply with the Plain Language requirements of the Plain Writing Act across numerous assignments.
 3. Support research and evaluation studies that examine health literacy factors in the study of other issues (e.g., patient safety, emergency preparedness, health care costs).
 - HRSA Corps physicians work to disseminate and use evidence-based health literacy practices and interventions.
 4. Work to reduce false or misleading claims about the health benefits of products and services.
 - Corps physicians in the Food and Drug Administration evaluate claims about the health benefits of various products marketed in the U.S. and work to ensure that such claims are truthful and not false or misleading.
 5. Support research and programs that help people make healthy choices (e.g., understand how choices should be presented).
 - Corps physicians at the CDC lead efforts to educate consumers and healthcare providers about appropriate use of antibiotics through the “Get Smart: Know When Antibiotics Work” and “Get Smart for Healthcare” programs. Corps physicians at the CDC also participate in development of patient and healthcare provider education materials and tools to enhance safety in healthcare settings.
 - Corps medical officers assigned to the U.S. Coast Guard provide patient education through annual Health Risk Assessment, which assesses the lifestyle risk behaviors of individuals.
 - Corps physicians in the Indian Health Service, as part of their provision of direct clinical care, deliver patient education through Patient Education Protocols that enable their patient populations to make healthy choices.
 - Corps medical officers in the Bureau of Prisons are responsible for implementing the wellness component of the Inmate Skills Program, (mandated through the Second Chance Act), which empowers inmates to make healthy choices during incarceration and after release.

STRATEGIC DIRECTION: ELIMINATION OF HEALTH DISPARITIES

The NPS lists several actions that can eliminate disparities, improving the quality of life for all Americans. Corps medical officers can contribute to each action in the following ways:

1. Support and expand cross-sector activities to enhance access to high quality education, jobs, economic opportunity, and opportunities for healthy living (e.g., access to parks, grocery stores, and safe neighborhoods).
 - Corps physicians are involved in health impact assessments to assess the potential positive and negative health impacts of policies and projects such as changes in zoning

laws or urban development projects that might improve access to opportunities for health living.

2. Identify and map high-need areas that experience health disparities and align existing resources to meet these needs.
 - Corps physicians at the CDC participate in large-scale infectious disease surveillance programs and analyses that identify groups and populations that may be disproportionately affected by certain types of infections.
 - Corps officers within HRSA's Bureau of Primary Health Care assist and advise in evaluating Federally Qualified Health Center (FQHC) applications for high-need areas to ensure the valuable resources from the BPHC are aligned with the areas of most need.
 - Corps physicians at CDC monitor and disseminate STD/HIV surveillance data which is used to better understand the statistics and trends of these infections in the United States. This information highlight trends and distribution of STDs in populations most vulnerable to STDs and their consequences and assists state and local health departments align resources to meet the needs of these populations including provision of direct patient care which Corps physicians help deliver.
 - Corps medical officers in the Indian Health Service participate in assessing the needs of their patient populations, both at the individual and community levels.
 - CDC medical officers research and report on racial disparities in health outcomes among children with diabetes, asthma and overweight, improving awareness that can lead to improvement of access for preventive services and ultimately improvement in outcomes.
3. Increase the availability of de-identified national health data to better address the needs of underrepresented population groups.
 - Corps medical officers have established and administer interactive data systems, such as CDC's Health Data Interactive, to provide customized health statistics for detailed demographic groups.
 - Corps physicians at the CDC are integral for surveillance of diseases known to differ by race and ethnicity, including obesity, diabetes, asthma and hypercholesterolemia.
 - Corps physicians within HRSA's Bureau of Primary Health Care assist with the collection and evaluation of national Uniform Data System (UDS) data from Federally Qualified Health Centers indicative of the health processes in the underrepresented and vulnerable populations of the nation.
 - Corps medical officers assigned to the Agency for Healthcare Research and Quality support the provision of health care data for analysis and research.
4. Develop and evaluate community-based interventions to reduce health disparities and health outcomes.
 - Corps medical officers are involved in the management and oversight of programs to demonstrate the effectiveness of innovative, multi-component, communitywide initiatives designed to reduce health disparities and health outcomes, such as a program to reduce rates of teen pregnancy and births in communities with the highest rates.
 - Corps physicians at the CDC research and report on racial disparities in health outcomes among children with diabetes, improving awareness that can lead to improvement of access for preventive services and ultimately improvement in outcomes.

- Corps medical officers in the Indian Health Service develop and evaluate community-based interventions with the involvement of the communities served.
5. Support policies to reduce exposure to environmental and occupational hazards, especially among those at greatest risk.
 - Corps medical officers at the CDC's National Institute for Occupational Safety and Health (NIOSH) conduct studies, develop guidance and authoritative recommendations, disseminate information and respond to specific requests for workplace health hazard evaluations.
 - Corps physicians in the Indian Health Service support policies to control environmental and occupational hazards among IHS patients.
 - Corps medical officers assigned to the U.S. Coast Guard support worker safety programs to reduce environmental and occupational hazards.
 - Corps physicians in the Bureau of Prisons have implemented a certified electronic medical system (EMS) to minimize environmental and occupational health impacts on their patients.
 6. Support and expand training programs that bring new and diverse workers into the health care and public health workforce.
 - Corps physicians within the HRSA Bureau of Health Professions and Bureau of Clinician Recruitment and Services work to fund training programs, loan repayment, and scholarships for various types of health professionals for service to the underserved, including the National Health Service Corps (NHSC) program which places providers in underserved communities.
 - Corps physicians work on multiple levels to design, recruit for, supervise, and evaluate CDC training programs which bring new and diverse workers into the public health workforce.
 - Corps medical officers support efforts to reduce STD/HIV disparities through training of medical students, college students, healthcare providers and public health professionals on various STD/HIV topics (epidemiology, pathogenesis, clinical diagnosis, treatment/management, follow-up and partner management).
 - Support health center service delivery sites in medically underserved areas and place primary care providers in communities with shortages.
 - Support Maternal, Infant, and Early Childhood Home Visiting grantees to collect performance measures on employment and education and training referrals for their Maternal and Child Health populations.
 - The Indian Health Service Scholarship brings American Indian/Native Alaskan citizens into the healthcare workforce, and the IHS Loan Repayment Program brings health professionals into the Indian Health Service.
 - The National Health Service Corps scholarship program introduces new physicians to careers in primary care in the Indian Health Service, Bureau of Prisons, and other federal underserved sites.

PRIORITY: TOBACCO FREE LIVING

The NPS lists four recommendations to encourage Tobacco Free Living:

1. Support comprehensive tobacco free and other evidence-based tobacco control policies;
2. Support full implementation of the 2009 Family Smoking Prevention and Tobacco Control Act (Tobacco Control Act);
3. Expand use of tobacco cessation services; and
4. Use media to educate and encourage people to live tobacco free.

The NPS provides specific actions that the Federal Government will take to support these four recommendations. Corps medical officers can contribute in the following ways:

1. Support states, tribes and communities to implement tobacco control interventions and policies.
 - All Corps physicians, as employees of the Department of Health and Human Services (HHS) are instrumental in supporting tobacco control interventions and policies at the state, tribal, and community level.
2. Promote comprehensive tobacco free work site, campus, and conference/meeting policies.
 - Corps medical officers assigned throughout HHS are actively involved in implementing and supporting the Department's policy of tobacco-free facilities and campuses.
3. Promote utilization of smoking cessation benefits by Federal employees, Medicare and Medicaid beneficiaries, and active duty and military retirees.
 - Corps physicians who provide clinical care to Federal employees, Medicare and Medicaid beneficiaries, and active duty and military retirees who provide smoking cessation counseling to patients can encourage their patients to utilize smoking cessation benefits.
 - Corps medical officers detailed to the U.S. Coast Guard as Primary Care Managers provide smoking cessation counseling to their patient panels.
4. Make cessation services more accessible and available by implementing applicable provisions of the Affordable Care Act, including in government health care delivery sites and other departmental initiatives including One Million Hearts.
 - Corps physicians are involved in the implementation of the HHS initiative a “Million Hearts” which seeks to prevent one million heart attacks and strokes in the next five years by empowering Americans to make healthy choices and improving care for people who need treatment with a target on ABCS (Aspirin, Blood pressure control, Cholesterol management and Smoking cessation).
 - Corps medical officers detailed to the U.S. Coast Guard promote prevention services such as tobacco cessation through annual Health Risk Assessments.
5. Implement the warnings mandated to appear on cigarette packages and in cigarette advertisements to include new textual warning statements and color graphics depicting the negative health consequences of tobacco use, as required by the Tobacco Control Act.
 - Corps medical officers within the FDA's Center for Tobacco Products are involved in developing and implementing the new cigarette warnings on packaging and advertisements.

6. Research tobacco use and the effectiveness of tobacco control interventions.
 - FDA Corps medical officers use research on tobacco use to inform the public on the negative health effects of smoking as a means of preventing smoking and promoting smoking cessation
 - CDC Corps medical officers research and report on the health benefits of smoking cessation among pregnant women in reducing negative health outcomes among newborns.

7. Encourage clinicians and health care facilities to record smoking status (for patients age 13 or older) and to report on the core clinical quality measure for smoking cessation counseling, in accordance with the Medicare and Medicaid Electronic Health Records Incentive Program.
 - Corps physicians within HRSA's Bureau of Primary Health Care ensure the clinical performance measure related to tobacco product use and cessation education is improved throughout the Federally Qualified Health Centers.
 - Corps physicians support Maternal, Infant, and Early Childhood Home Visiting grantees to collect performance measures on tobacco screening and cessation services for their Maternal and Child Health populations.
 - Corps physicians who provide clinical care to Medicare or Medicaid beneficiaries can be encouraged to record smoking status and smoking cessation counseling on their health record in accordance with the Medicare and Medicaid Electronic Health Records Incentive Program.
 - Corps medical officers assigned to the Indian Health Service and to the U.S. Coast Guard record patients' smoking status in their Electronic Medical Records; this data is reported into core quality measures for both health systems.
 - Corps physician leadership in the Bureau of Prisons has been instrumental in eliminating tobacco use for federal inmates and discontinuing indoor smoking for correctional staff.

PRIORITY: PREVENTING DRUG ABUSE AND EXCESSIVE ALCOHOL USE

The NPS lists four recommendations to Prevent Drug Abuse and Excessive Alcohol Use:

1. Support state, tribal, local, and territorial implementation and enforcement of alcohol control policies;
2. Create environments that empower young people not to drink or use other drugs;
3. Identify alcohol and other drug abuse disorders early and provide brief intervention, referral and treatment; and
4. Reduce inappropriate access to and use of prescription drugs.

The NPS provides several actions that the federal government will take to support these four recommendations. Corps medical officers can contribute in the following ways:

1. Enhance linkages between drug prevention, substance abuse, mental health, and juvenile and criminal justice agencies to develop and disseminate effective models of prevention and care coordination.
 - Medical officers in the Indian Health Service often find themselves collaborating with agencies involved in substance abuse prevention, mental health, and juvenile and

criminal justice in the context of their clinical work in local communities. Medical officers at NIH and CDC have also been involved in collaboration with other agencies regarding public health issues related to substance abuse prevention, mental health, and criminal justice.

2. Educate health care professionals on proper opioid prescribing, Screening, Brief Intervention, and Referral to Treatment, SBIRT, and effective use of prescription drug monitoring programs.
 - Corps physicians within HRSA's Bureau of Primary Health Care educate Federally Qualified Health Centers on the integration of behavioral health into primary care by using Screening, Brief Intervention, and Referral to Treatment (SBIRT) method and other programs.
 - Corps medical officers are involved in the use of prescription drug monitoring programs within the Indian Health Service.
 - Corps physicians in the Bureau of Prisons are developing chronic pain guidelines that articulate sound opiate use for federal inmates; The BOP electronic medical record is being used to monitor prescribing practices nationwide.
3. Educate and inform consumers regarding the risks and benefits of regulated products using strategies appropriate to culture, language, and literacy skills (e.g., prescription drug safety and side effects, public health alerts, general information about safe and appropriate medication use).
 - Corps medical officers serve as leaders and reviewers in the Food and Drug Administration, where they ensure that the nation has safe and effective medications. They also work to develop effective tools to ensure the public has relevant and accurate information about the medications they use.
 - Corps physicians in the Bureau of Prisons participate in educational substance abuse programs, including extensive residential drug treatment programs for federal inmates awaiting release, and treatment that is continued in halfway houses in the community. Corps physicians are also involved in efforts to provide treatment to prevent relapse for inmates with past opioid addictions.
4. Provide education, outreach, and training to address parity in employment-based group health plans and health insurance coverage for substance use disorders.
 - Corps physicians support Maternal, Infant, and Early Childhood Home Visiting grantees in collecting performance measures on alcohol and substance abuse screening and treatment services for their Maternal and Child Health populations.
5. Further investigate and heighten attention to issues related to driving under the influence of illicit and prescription drugs.
 - Corps physicians who provide clinical care can counsel their patients to increase attention to issues related to driving under the influence of both illicit and prescription drugs.
 - Corps medical officers serving in the U.S. Coast Guard as primary care managers provide education about driving under the influence at annual Periodic Health Assessments and also provide access to substance abuse treatment as clinically indicated.

PRIORITY: HEALTHY EATING

The NPS lists 6 recommendations to promote Healthy Eating:

1. Increase access to healthy and affordable foods in communities;
2. Implement organizational and programmatic nutrition standards and policies;
3. Improve nutritional quality of the food supply;
4. Help people recognize and make healthy food and beverage choices;
5. Support policies and programs that promote breastfeeding; and
6. Enhance food safety.

The NPS provides numerous steps that the Federal Government will take to support these recommendations. Corps medical officers can contribute in the following ways:

1. Work to ensure that foods purchased, distributed, or served in Federal programs and settings meet standards consistent with the Dietary Guidelines for Americans.
 - Corps officers designed and led the CDC – National Park Service (NPS) Healthy Foods Assessment, which is a unique collaboration aimed to provide baseline data that will inform NPS food policies and practices. The new "Healthy Parks Healthy People U.S." initiative begins with a baseline assessment of the food environment in national parks and will address needs identified by the baseline assessment and likely incorporate components from the Health and Sustainability Guidelines for Federal Concessions and Vending Operations – released by HHS and GSA.
2. Strengthen the nation's comprehensive food safety system.
 - Corps physicians at the CDC participate in monitoring for, identifying, and investigating foodborne disease clusters and outbreaks, as well as the development and implementation of guidance to prevent such outbreaks.
 - Corps medical officers at the U.S. Food and Drug Administration protect the nation's food supply through regulatory guidance and enforcement.
 - Corps physicians assigned to the U.S. Department of Agriculture's Food Safety and Inspections Service (FSIS) ensure that the nation's commercial supply of meat, poultry, and eggs products are safe.
3. Support initiatives to increase the availability of healthy and affordable foods in underserved urban, rural, and frontier communities.
 - Corps physicians advise the Childhood Obesity Research Demonstration Projects (CORD) which provides \$25 million in Affordable Care Act funding over four years to 1 evaluation center and 3 demonstration communities that serve underserved children on CHIP (Children's Health Insurance Program) and will evaluate interventions that link primary care and public health in the community for childhood obesity prevention.
 - Corps physicians are involved in CDC's Healthy Hospitals Practice to Practice series which showcases hospitals improving their food, beverage, and physical activity environments.
 - CDC medical officers research and report on the association between childhood obesity, race, and vitamin D deficiency, helping identify children at risk for this deficit and improve their nutritional status, thereby improving overall health.

- The National Park Service Healthy Foods Strategy (described above), developed with the input of Corps physicians, will bring healthier foods to national parks in remote areas that are off of the fresh food pathway – likely allowing local communities access to healthier foods that would otherwise be unavailable.
 - Corps physicians act as advisors for the Childhood Obesity Research Demonstration (CORD) Projects. CORD provides \$25 million in Affordable Care Act funding over four years to 1 evaluation center and 3 demonstration communities serving underserved children on CHIP (Child Health Insurance Plan) to evaluate model multi-component, multi-level interventions that link primary care and public health in the community for childhood obesity prevention.
 - Corps medical officers at CDC work on Healthy Hospital teams that highlight successes in improving the nutrition and physical activity environments in hospitals and developed a nutrition and physical activity environmental scan for hospitals.
 - Corps physicians in the Indian Health Service are working to improve the availability of healthy and affordable foods for their patients through interventions in their clinics, hospitals, schools, community programs.
 - Corps medical officers in leadership roles in the Bureau of Prisons have been instrumental in establishing a National Menu that requires heart healthy options for federal inmates in all 116 federal prisons.
4. Support breastfeeding, including implementing the breastfeeding provisions in the Affordable Care Act.
 - Corps physicians who provide clinical care to new mothers and their babies can support breastfeeding.
 5. Implement programs and regulations to increase access to healthy food and eliminate food insecurity (e.g., Healthy, Hunger-Free Kids Act, USDA Healthier U.S. School Challenge).
 - Corps physicians are involved in initiatives such as the Lets Move Salad Bars to School to improve access to healthy food for school children.
 6. Improve and expand the use of existing food and nutrition systems to track changes in eating patterns and conduct research to identify effective approaches.
 - Corps physicians at the CDC are integral for tracking changes in the intake of macronutrients and specific food items, including sugar-sweetened beverages.
 - Corps medical officers designed and analyzed data from the joint USDA/CDC Infant Feeding Practices II Study exploring the relationships between maternal/child characteristics and complementary infant feeding practices (i.e. introduction of unhealthful foods prior to recommended ages), particularly focusing on the introduction of *sugar-sweetened beverages* prior to 1 year of age.
 - Corps medical officers at the National Cancer Institute and the CDC designed and analyzed the relationship between socio-demographics, food attitudes and behaviors, and adult water intake, using the nationally-representative Food Attitudes and Behaviors dataset.
 - Corps physicians are the project lead for the creation of an innovative child body mass index surveillance system that would add BMI data (height and weight) to existing Immunization Information Systems (state immunization registries) that would include

nearly census-level, measured weight and height data for children that could be analyzed at the state-level – a major breakthrough in childhood obesity surveillance – and would provide states and communities with needed feedback regarding effectiveness of obesity interventions.

- Corps medical officers in the Indian Health Service are promoting research on healthy eating through the Diabetes Prevention and Healthy Heart demonstration projects.

PRIORITY: ACTIVE LIVING

The NPS lists five recommendations to encourage Active Living:

1. Encourage community design and development that supports physical activity;
2. Promote and strengthen school and early learning policies and programs that increase physical activity;
3. Facilitate access to safe, accessible, and affordable places for physical activity;
4. Support workplace policies and programs that increase physical activity; and
5. Assess physical activity levels and provide education, counseling, and referrals.

The NPS provides a number of actions that the Federal Government will take to support these recommendations. Corps medical officers can contribute in the following ways:

1. Support adoption of active living principles in community design, such as mixed land use, compact design, and inclusion of safe and accessible parks and green space.
 - Corps medical officers are engaged with states and local communities to assess health impacts of community development projects and encourage adoption of community design principles that promote active living.
2. Support coordinated, comprehensive, and multicomponent programs and policies to encourage physical activity and physical education, especially in schools and early learning centers.
 - Corps physicians involved in health impact assessments can assess the potential positive and negative health impacts of school policies related to physical activity and support programs and policies to encourage active living.
3. Develop and disseminate clinical guidelines, best practices, and tools on increasing physical activity and reducing the number of overweight and obese individuals.
 - Corps medical officers involved in direct clinical practice can counsel their patients to increase physical activity and address overweight and obesity.
 - Many Corps physicians are involved in the development of clinical guidelines and tools that address physical activity and obesity.
 - Corps medical officers serving as primary care managers in the U.S. Coast Guard routinely screen and counsel their patients about obesity and fitness, providing referrals as clinically indicated to address these issues.

PRIORITY: INJURY AND VIOLENCE FREE LIVING

The NPS lists 6 recommendations to support Injury and Violence Free Living:

1. Implement and strengthen policies and programs to enhance transportation safety;
2. Support community and streetscape design that promotes safety and prevents injuries;
3. Promote and strengthen policies and programs to prevent falls, especially among older adults;
4. Promote and enhance policies and programs to increase safety and prevent injury in the workplace;
5. Strengthen policies and programs to prevent violence; and
6. Provide individuals and families with the knowledge, skills, and tools to make safe choices that prevent violence and injuries.

The NPS lists 4 actions that the federal government will take to support these recommendations. Corps medical officers can contribute in the following ways:

1. Support state, tribal, local and territorial agencies in implementing, strengthening, and enforcing transportation safety policies and programs.
 - Corps medical officers support the practice of Health Impact Assessments (HIA), which include consideration of health impacts in transportation safety policies.
 - Corps physicians at CDC are central to planning, establishing, and evaluating surveillance systems to monitor trends in morbidity, mortality, disability, and costs of injuries including the National Electronic Injury Surveillance System (NEISS) in collaboration with the US Consumer Product Safety Commission (CPSC), CDC's Web-based Injury Statistics Query and Reporting System (WISQARS) and National Violent Death Reporting System (NVDRS).
 - Corps medical officers at CDC work in developing CDC's Transportation Policy Recommendations also work with state, tribal, and local agencies to facilitate the development of surveillance systems to capture transportation injury data.
 - Corps medical officers serve as the focus of training programs to increase the competence of personnel engaged in injury prevention and control research or practice, e.g., working with the World Health Organization to produce the Teach-VIP (violence and injury prevention and disability) curriculum.
 - Corps medical officers support the dissemination of research findings and the transfer of injury prevention and control technologies to federal, state, tribal, and local agencies, non-governmental organizations and other national and international groups.
2. Enhance enforcement of current safety regulations, provide training and technical assistance to improve worker safety, and empower workers to report health and safety concerns.
 - Corps medical officers at the CDC's National Institute for Occupational Safety and Health (NIOSH) provide training and technical assistance to improve worker safety by conducting studies, developing guidance, disseminating information and responding to specific requests for workplace health hazard evaluations.
 - Corps physicians detailed to the U.S. Coast Guard as Safety and Environmental Health Officers (SEHO) are involved in providing safe work environments through Coast Guard occupational safety and health policies.
3. Develop and test innovative and promising strategies to prevent injuries and violence.

- Corps medical officers work with automotive manufacturers to standardize the use of advanced automatic collision notification (AACN) in vehicles to more rapidly notify EMS of injured occupants and better predict severe injury.
 - Corps medical officers eloped trauma triage guidelines to better direct injured patients to the appropriate level of care to prevent secondary injuries from lack of rapid access to life saving medical interventions.
 - Corps medical officers are developing National Guidelines on Availability and Utilization of Helicopter Emergency Medical Services to ensure national standardization in determining which patients require helicopter transport.
 - Corps medical officers are providing technical advice and field assistance in establishing post-disaster injury surveillance, e.g., Corps officers provided field assistance following a recent tornado in Alabama.
4. Educate adults and youth on actions they can take to prevent injury at home, work, and school and in their communities.
- Corps physicians support Maternal, Infant, and Early Childhood Home Visiting grantees to collect performance measures on injury prevention education for their Maternal and Child Health populations.
 - Corps medical officers work with athletic programs (schools, recreational leagues, colleges, etc.) on CDC’s “Heads Up Campaign” to reduce traumatic brain injury in children and young adults playing sports.
 - Corps physicians assist private industry in creating a workplace injury/illness surveillance system to better monitor the health and safety of workers.

PRIORITY: REPRODUCTIVE AND SEXUAL HEALTH

The NPS provides 3 recommendations to improve Reproductive and Sexual Health:

1. Increase use of preconception and prenatal care;
2. Support reproductive and sexual health services and support services for pregnant and parenting women;
3. Provide effective sexual health education, especially for adolescents, and
4. Enhance early detection of HIV, viral hepatitis, and other Sexually Transmitted Infections (STIs) and improve linkage to care.

The NPS lists 7 actions that the federal government will take to support these recommendations. Corps medical officers can contribute in the following ways:

1. Increase access to comprehensive preconception and prenatal care, especially for low-income and at-risk women.
 - Corps physicians provide direct clinical preventive services in numerous settings that serve low-income and at-risk including Federally Qualified Health Centers, the Bureau of Prisons, the Indian Health Service, and clinics of the Department of Defense and Veterans Affairs.

- Corps medical officers throughout CDC and the Indian Health Service provide surveillance and program support to state and local health department efforts to increase access to care.
 - Corps physicians at the National Institutes of Health and CDC research barriers and facilitators to access to preconception and prenatal care.
 - Corps medical officers within HRSA's Bureau of Primary Health Care ensure clinical performance measures are improved in the Federally Qualified Health Centers related to rates of 1st trimester prenatal care for predominantly low-income and at-risk patients.
 - Corps physicians at HRSA support Maternal, Infant, and Early Childhood Home Visiting grantees to collect performance measures on preconception and inter-conception services for their Maternal and Child Health populations.
 - Corps medical officers at the Food and Drug Administration monitor the safety and efficacy of drugs prescribed to women for reproductive health purposes, to improve the overall reproductive health of women and reduce/prevent potential adverse health effects. They also monitor the safety of drugs given to pregnant women, to reduce/eliminate the risk of adverse effects on the fetus and improve the health of newborn infants.
 - Corps physicians at the CDC research and report on the health benefits of smoking cessation among pregnant women in reducing negative health outcomes among newborns.
2. Research and disseminate ways to effectively prevent premature birth, birth defects, and Sudden Infant Death Syndrome (SIDS).
 - Corps physicians lead research efforts in this area, and through their work in agencies such as CDC, NIH and IHS, actively support prevention policies and programs.
 3. Support states, tribes, and communities to implement evidence-based sexual health education.
 - Corps physicians at CDC, IHS, and the Department of Justice's Bureau of Prisons support curriculum development of and training in evidence-based sexual health education, as well as work individually with patients to provide evidence-based sexual health education.
 - Corps physicians provide expertise to state and local health departments in developing guidance on prevention of sexually transmitted infections including HPV vaccinations.
 4. Promote and disseminate national screening recommendations for HIV and other STIs.
 - Corps physicians at CDC and IHS, for example, play lead technical roles in the development of national screening recommendation for HIV and other sexually transmitted infections.
 - Corps medical officers assist with adapting national guidelines to state and local contexts and in disseminating recommendations to clinicians and clinical and public health entities as well as provide training about such recommendations.
 - Corps physicians also provide direct clinical services to screen patients according to recommendations for HIV and other STI in the many clinical settings in which they work.

- Corps medical officers within HRSA’s Bureau of Primary Health Care assisted with the development of a Program Assistance Letter (PAL) to Federally Qualified Health Centers on HIV Testing in Health-Care Settings as well as HIV/AIDS Care and Treatment in Health Centers.
 - Corps physicians in the Bureau of Prisons have been instrumental in designing and implementing preventive health guidelines for the screening of infectious diseases, including the implementation of a universal HIV testing program for newly incarcerated inmates in accordance with the White House National AIDS strategy.
5. Promote and disseminate best practices and tools to reduce behavioral risk factors (e.g., sexual violence, alcohol and other drug use) that contribute to high rates of HIV/STIs and teen pregnancy.
 - Corps medical officers promote and disseminate STI treatment guidelines to healthcare providers which include recommendations for reducing behavioral risk factors, treating STI patients and encouraging partner notification and prevention to prevent partner STIs
 - Corps physicians at CDC, IHS, and BOP develop tools and research best practices to reduce behavioral risk factors. In addition, Corps physicians work with key stakeholders such as professional organizations and state and local health departments to adopt evidence-based policies.
 6. Encourage HIV testing and treatment, align programs to better identify people living with HIV, and link those who test positive to care.
 - Corps physicians at CDC and IHS, for example, lead research efforts to identify improved HIV testing and treatment regimens, translate these findings into national, state, and local policies, and officers in IHS, BOP and Federal Qualified Health Centers provided direct clinical services to test and treat HIV
 - Corps physicians within HRSA’s Bureau of Primary Health Care assisted with the development of a Program Assistance Letter (PAL) to the 1100 Federally Qualified Health Centers on HIV Testing in Health-Care Settings as well as HIV/AIDS Care and Treatment in Health Centers.
 - Corps physicians are involved in research and demonstration projects regarding how to identify HIV-infected people who are unaware of their HIV status and link them to appropriate medical, social, and preventive care.
 7. Research and disseminate effective methods to prevent intimate partner violence and sexual violence.
 - Corps physicians at NIH and CDC design and lead research on intimate partner violence and monitor the extent of the problem, and corps officers providing direct clinical services through IHS and BOP, for example, actively work with patients to prevent intimate partner violence.

PRIORITY: MENTAL AND EMOTIONAL WELL-BEING

The NPS provides four recommendations related to Mental and Emotional Well-Being:

1. Promote positive early childhood development, including positive parenting and violence-free homes

2. Facilitate social connectedness and community engagement across the lifespan
3. Provide individuals and families with the support necessary to maintain positive mental well-being;
4. Promote early identification of mental health needs and access to quality services.

The NPS specifies five actions that the Federal Government will take in support of those recommendations, and Corps medical officers can play key roles in each of these actions in the following ways:

1. Improve access to high-quality mental health services and facilitate integration of mental health services into a range of clinical and community settings (e.g., Federally Qualified Health Centers, Bureau of Prisons, Department of Defense, and Veterans Affairs facilities).
 - Corps physicians who provide direct clinical care in Federally Qualified Health Centers, the Indian Health Service, Bureau of Prisons, Department of Defense and Veterans Affairs facilities can work actively to integrate effective mental health services into their daily practices.
 - Corps physicians within HRSA's Bureau of Primary Health Care promote and educate Federally Qualified Health Centers on the benefits of behavioral health integration into primary care and coordinate with the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Integrated Health Solutions (CIHS) for technical assistance with this integration.
 - Corps medical officers from CDC have worked to incorporate attention to mental health and resilience into a range of routine and emergency national public health activities in collaboration with public and mental health partner agencies.
 - Corps physicians are key to supporting telepsychiatry services to federal inmates that ensure quality mental health care for inmates who are incarcerated in communities with limited psychiatric services.
2. Support programs to ensure that employees have tools and resources needed to balance work and personal life and provide support and training to help them recognize co-workers in distress and respond accordingly.
 - The Physicians Professional Advisory Committee (PPAC) conducted a survey to assess mental health issues related to Corps physicians and the populations that they serve. Results from this survey are being utilized to evaluate and address these issues to improve the mental health and well-being of medical officers.
3. Provide tools, guidance, and best practices to promote positive early childhood and youth development and prevent child abuse.
 - Corps medical officers from the previously-mentioned agencies and others have worked to promote maternal-child health and other biopsychosocial aspects of health.
4. Provide easy-to-use information about mental and emotional well-being for consumers, especially groups that experience unique stressors (e.g., U.S. Armed Forces, firefighters, police officers, and other emergency response workers).
 - Corps medical officers with the Department of Defense design and implement policies, programs, and clinical services aimed at enhancing resilience and promoting mental and

emotional well-being for high risk populations such as service members and their families.

- Corps physicians who provide direction clinical care, particularly those providing care at Department of Defense, Coast Guard, and Veterans Affairs facilities, can provide easy-to-use information about mental and emotional well-being to their patients, many of whom belong to groups that experience unique stressors.
5. Research policies and programs that enhance mental and emotional well-being, especially for potentially vulnerable populations.
- Corps medical officers design and implement policies and programs that enhance resilience and promote mental and emotional well-being, especially for high risk populations such as Service members.
 - Corps medical officers support Maternal, Infant, and Early Childhood Home Visiting grantees to collect performance measures on maternal depression screening and referral services for their Maternal and Child Health populations.

CONCLUSION:

This document, prepared by the Physicians Professional Advisory Committee of the U.S. Public Health Service, outlines many of the steps that Commissioned Corps medical officers can take to implement the National Prevention Strategy in their duty assignments. Given the variety and diversity of Corps medical officer assignments, this document is not exhaustive. However, the physicians of the Commissioned Corps are committed to implementing the National Prevention Strategy to transform and improve the Nation's health.