BACKGROUND

- Wave 1 participants nominated health programs they used since they discharged from the military or deactivated from Active Duty. 8% reported using a program in the health domain.
- Programs with verified URLs (n=258) and nominated by three or more Veterans were coded in Summer 2017 using the common components analysis technique.
- Out of the 258 programs coded, 9 programs were in the health domain.
- Information presented below reflects the proportion of programs with each component.

CONTENT COMPONENTS

Content components assess what a program teaches or what information it provides.

- PTSD - 44%
- TBI - 44%
- Nutrition and weight management - 44%
- Psychotherapy - 33%
- Fitness - 33%
- Therapeutic recreation - 33%
- Yoga and meditation - 22%
- Complementary and alternative medicine - 22%
- Relaxation techniques - 11%
- Anger management - 11%
- Stress management and coping - 11%

PROCESS COMPONENTS

Process components assess how a program conveys information or teaches skills.

- Reading online: 0-33% of content
- Mentors or coaches: 0-33% of content
- Peer support, learning: 0-22% of content
- Direct instruction: 0-11% of content
- Interactive online tool: 0-11% of content
- Social support, peer learning: 0-22% of content

BARRIER REDUCTION COMPONENTS

Barrier reduction components assess whether the program provides tangible supports or reduces barriers to accessing the program.

- Top methods of increasing access:
  - Transportation to the program - 22%
  - Addressed lack of motivation - 22%
- Top tangible supports provided:
  - Clothes or other physical objects - 22%
  - Housing and accessibility assistance - 11%

SUSTAINABILITY COMPONENTS

Sustainability components assess how a program keeps participants engaged once formal programming has ended.

- Caregiver support - 33%
- Helpline - 11%
- Referrals - 11%
- Ongoing coaching - 11%
- Merchandising - 11%

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