

Presentation Title	Place in Schedule
Connecting the dots to promote total Sailor Fitness	Concurrent Session 4.2 <i>Day 3 – Thursday</i> <i>May 10<sup>th</sup>, 2018</i> <i>1:15 – 2:30pm</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>The United States Navy is comprised of Sailors representing a cross section of America. As an organization we see the same positive and negative human behaviors that are seen nationally. These unhealthy behaviors include domestic violence, sexual violence, child maltreatment, bullying, hazing, suicidal behavior, and drug and alcohol abuse. Historically we have approached the unhealthy behaviors by focusing campaigns, initiatives, and programs against each individual behavior. Now we're embarking on an enhanced and more comprehensive strategy that looks at Sailors holistically from a Socio-Ecological Model (SEM) focusing on the Sailor's wellbeing and optimal performance at the individual, family, unit, and Service level.</p> <p>The Navy is connecting the dots and targeting root causes and factors across all human behaviors; we are enhancing and growing the culture of a centuries old organization steeped in a tradition of able mariners, warrior ethos, and hardiness to incorporate a more holistic total fitness model. Utilizing a coordinated community response supported by science and research, we can leverage promotion and prevention strategies to reduce incidents of aggression or coercion associated with physical assaults of children, intimate partner violence, sexual violence, and youth violence and promote the healing and recovery of victims and the betterment and wellbeing of all. The Navy is focusing our promotion and prevention efforts on root causes and factors of human behaviors to target behaviors holistically, rather than targeting a campaign or initiative against each behavior singularly as they have historically been approached and organizationally aligned. Metaphorically, we made an umbrella organization structurally,</p>	Elizabeth Koman, PhD <i>US Navy</i>
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but have all been wearing our own rain coats instead of utilizing the larger umbrella to go in the same direction.

By tackling our culture and empowering engaged leaders who establish a culture of grit with Sailors that strive with each other and have each other's back, we are building a foundation of dignity and respect for all Sailors. We are developing a multidisciplinary comprehensive Navy community to promote wellbeing and prevent counterproductive work behaviors from occurring by mitigating risk factors and strengthening protective factors. Our ultimate goal is to promote Sailor wellbeing and drive down destructive behaviors while increasing Sailors total fitness and well-being.

Through partnerships with academia, Department of Defense agencies, and other private and Government agencies, we have designed a collaborative multidisciplinary approach to create sustained behavioral change. Our prevention and promotion strategies are built from scientific research that incorporates the latest research findings. We're utilizing our metrics to monitor the total health of our force and make adjustments in policies, programs, and resources as needed; this real time approach to monitor multiple human factors has resulted in more engaged leadership,, and reduced personnel losses.

Anticipated long term impact is a reduction in destructive behaviors and an increase in overall Sailor total fitness.