



Public Health
England



Ministry
of Defence

Defence Occupational Fitness (DOfit) Programme – Outcomes

DOfit
Defence Occupational
Fitness Programme

A 12-month, person-centred, health behaviour change intervention for Service personnel (SP).



The DHWA provides education and encouragement to support SP to be more physically active and improve their diet quality.



Delivered by Defence Health and Wellbeing Advisers (DHWA), who have been trained in person-centred health behaviour change support.

DOfit combines group education sessions and one-to-one follow-up support.

800+
DHWA-trained practitioners

Health and healthcare practitioners working across Defence (Royal Navy, Army, Royal Air Force, Defence Primary Healthcare).



Physical fitness



Waist circumference



Healthier weight

Main outcomes:

Pilot study results at 12-months:



Physical fitness improved
by 9.2%



Waist circumference
reduced by 3.5%



Weight decreased
by 2.4%

Ongoing work addresses DOfit service quality, supporting SP to improve their occupational fitness

What next?

The DHWA training and DOfit approach are being applied to other groups across Defence, including injured SP and the Ministry of Defence Police.

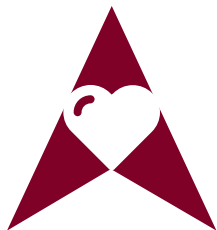


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Defence Occupational Fitness (DOfit) Programme – Shared learning



Health Leadership

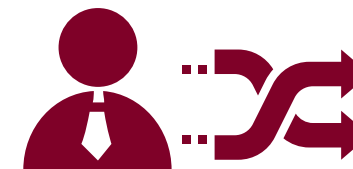
at all levels in an organisation plays a vital role in supporting individual behaviour change



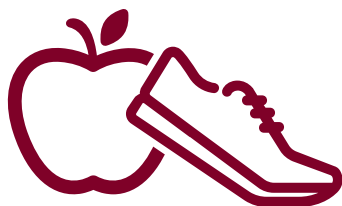
A **shared vision** for the whole organisation that recognises the issues and potential solutions



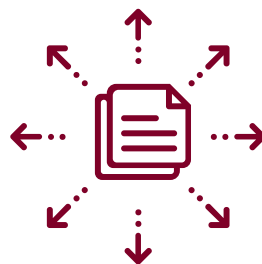
An organisation's **policies** provide the foundation for **evidence-based** interventions, measured against established standards and frameworks



Non-judgemental **'change agents'**, trained in person-centred health behaviour change are required to deliver the programme.



A health-promoting **food and physical activity environment** plays a vital role in shaping behaviours



Adopting a **whole systems approach** increases engagement with different stakeholders to collectively agree a strategy that will positively impact the workforce (i.e. a System for Health)



Robust measurement and data management processes required to recognise individual success and drive programme quality improvement



Service users voice and wider views from leaders and staff are essential for driving service improvement