

Building Healthy Military Communities



BUILDING HEALTHY
BHMC
MILITARY COMMUNITIES

Mission: The Building Healthy Military Communities (BHMC) Pilot, hereafter referred to as BHMC, seeks to broaden the Department of Defense's (DoD's) approach to understanding and mitigating the unique needs and challenges faced by geographically dispersed Service members, recruits, and their families.

Vision: Current and future Service members and **military** families who are at peak readiness, resilience, and fitness across the eight domains of Total Force Fitness (TFF).



FACT

EVERY Service Member in MN is geographically dispersed| Regardless of branch of service

Minnesota's 3 Lines of Effort

Increase Physical and Mental Health

- Annual Spiritual Wellness Summit
- Suicide Prevention with the VA, Governor's Challenge and the MN Dept of Health
- National Park Service

Increase access for Childcare Support

- American Red Cross Babysitting Certification
- Governor's Children's Cabinet

Increase Resource Awareness

- Regional Quarterly Meetings
- Beyond the Yellow Ribbon Joining Community Forces
- Beyond the Yellow Ribbon Company Advisory Board
- Family Town Hall
- DEMOB-Military Benefits

TOTAL FORCE FITNESS



Physical Sphere

Core Area: Physical and Behavioral Health – Improve resiliency and retention by increasing understanding of military needs and promoting military behavioral health and physical fitness initiatives.

Data Trends (US Army Data from 2018-2019)

- Average APFT scores of Army Total Force improved in all 4 target regions.
- Percentage of overall APFT score failures improved in all 4 target regions.
- Height/weight failures of Total Force improved in all 4 target regions.
- Percentage of failing body composition requirements improved in all 4 target regions.

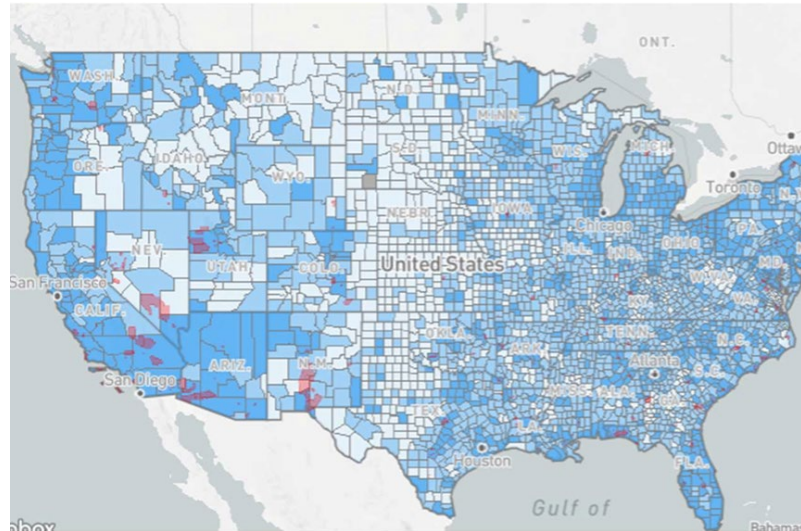
“The one thing that all **collective impact initiatives** have in common is a circumstance where multiple actors are able to do together what none of the actors is able to do alone.”



DATA

2,054 Service Members live in Region 5

Service Members *ARE Community Members*



🌀 13,123 Total Service Members in the MN National Guard 🌀 4,824 Total Service Members in the MN Reserves 🌀 2,522 Total Soldiers in MN Active Duty Branches

*Data Source: Measuring Communities and the CRODD DoD Data Tool

