



# Building Healthy Military Communities Pilot

Working towards Healthy, Ready, and Resilient Military Communities

## What is the Building Healthy Military Communities (BHMC) pilot?

The BHMC pilot is a multi-year initiative that aims to better understand unique challenges faced by geographically dispersed Service members and their families that may impact their readiness, resiliency, and well-being.

**Background:** The Department of Defense (DoD) is committed to supporting the health and well-being of Service members and their families. Many Service members live off of installations, creating a unique set of challenges in accessing resources. The DoD launched the BHMC pilot in response to Senate Report 114-63, which calls for a pilot that addresses the “enhancement of recruitment, retention, readiness, and resilience” of the total force.



The BHMC pilot is being conducted in 7 pilot states: **Florida, Indiana, Oklahoma, Maryland, Minnesota, Mississippi, and New Mexico**

**Intended Impact:** The DoD strives to better understand resource challenges and develop a comprehensive strategy to support the Chairman’s objective of Total Force Fitness (TFF), which is DoD’s framework for improving health, readiness, and resiliency of its population through eight domains of fitness (physical, environmental, medical/dental, nutritional, spiritual, psychological, behavioral, and social). The BHMC pilot will inform the TFF Capabilities Based Assessment in evaluating and supporting current programs and services addressing TFF domain areas, identifying any capability gaps, and how the DoD can help close the gaps.

**Methodology & Evaluation:** The BHMC pilot will be conducted in three phases:

**Phase 1: Complete a Needs Assessment**

**Phase 2: Develop a Strategic Plan and Implement Key Strategies**

**Phase 3: Evaluate Strategies**

## What is the Role of the State Coordinator?

The BHMC State Coordinators mission is to bring communities and service providers together to build partnerships that address challenges facing our Service members and their families.

State Coordinators not only highlight existing service programs, but also work to build a network of support and resources, improving overall coordination across the DoD landscape. They serve as advocates for finding solutions to community support concerns, and will work to build partnerships to address these barriers impacting readiness and resiliency.

***Our fundamental responsibility to the nation is to be a ready force.***

Gen. Joseph F. Dunford Jr.,  
Chairman of the Joint Chiefs of Staff

### Key Strategies

#### 1. Expand Partnerships



Your State Coordinator serves as the focal point for well-being resources and works to develop a strategic plan aimed at building relationships and leverage DoD, national, state, and local resources.

#### 2. Promote an Information Campaign



A targeted information campaign will aim to communicate initiatives and publicize outreach efforts to specific populations based on need.

#### 3. Utilize Mobile Health Technologies



By utilizing mobile health technologies, the BHMC pilot aims to expand access to information and connect target populations with available resources.

***In order to better serve our people, we want to understand what gaps exist and what is working well.***

CAPT Kimberly Elenberg,  
Director of Operation Live Well  
U.S. Public Health Service