

EMPOWER 2.0 QUERI Program

*The goal of the **Enhancing Mental and Physical Health of Women through Engagement and Retention (EMPOWER) 2.0 QUERI Program** is to expand access to virtual, evidence-based, preventive services for women Veterans in rural and urban-isolation areas.*

Tailoring care to meet women Veterans' needs

The VA has invested heavily in delivering care for women Veterans that is effective, comprehensive, and gender-tailored; however, **gender disparities persist** in diabetes and cardiovascular risk factor control, and the rate of perinatal depression among women Veterans is higher than that among civilian women, which is of particular concern given the association between perinatal depression and suicidality. In partnership with key national and regional partners, EMPOWER 2.0 is expanding access to virtual, evidence-based, preventive services for women Veterans with high-priority health conditions by implementing three evidence-based practices across VA:

- Virtual Diabetes Prevention Program (DPP) provides evidence-based, virtual, group-based intensive lifestyle intervention emphasizing moderate weight loss, diet, and physical activity to prevent type 2 diabetes.
- Telephone Lifestyle Coaching (TLC) Program provides evidence-based virtual, individual-level, personalized health coaching focused on wellness and cardiovascular disease prevention.
- Reach Out, stay Strong, Essentials (ROSE) provides evidence-based group-based or individual psychoeducation based in interpersonal therapy skills for improving communication and building social support in order to prevent post-partum depression.

Key national and regional partners:

- Office of Women's Health
- National Center for Health Promotion and Disease Prevention
- Office of Mental Health and Suicide Prevention
- Office of Primary Care
- Office of Patient-Centered Care and Cultural Transformation
- Office of Rural Health
- Office of Connected Care
- VISNs 7, 17, 19, 22
- VA HSR&D Women's Health Research Network

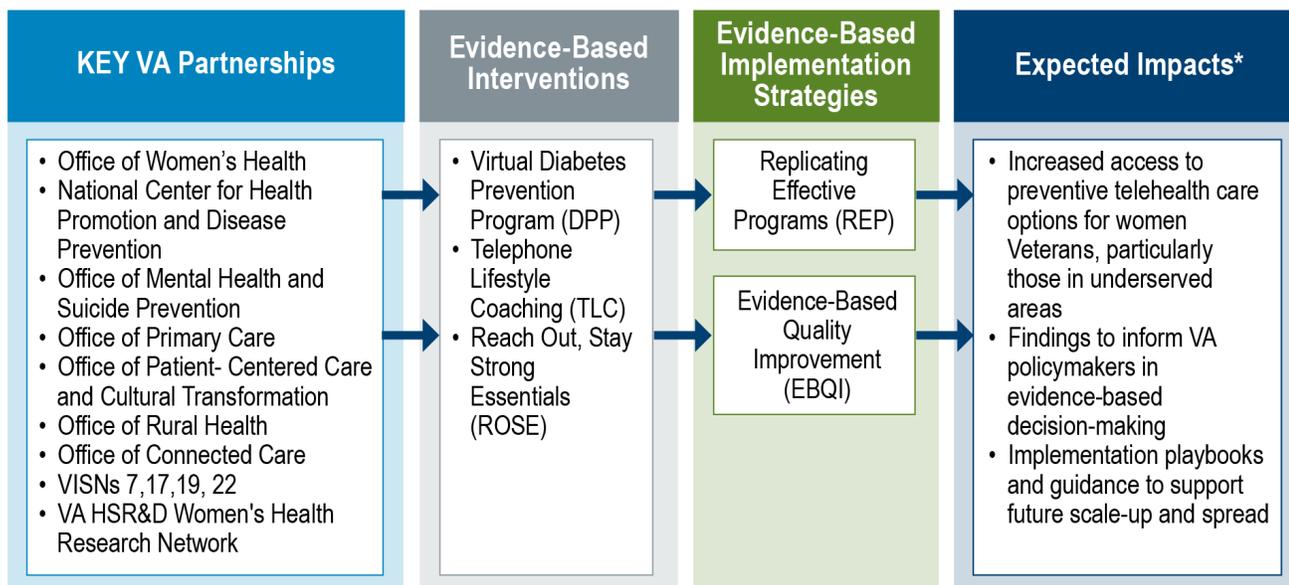
Tailoring implementation strategies to optimize impact

EMPOWER 2.0 compares two implementation strategies – Replicating Effective Programs and Evidence-Based Quality Improvement – to support implementation and sustainment of evidence-based practices focused on preventive care for women Veterans. EMPOWER 2.0 is conducting a mixed methods implementation evaluation using a cluster randomized type 3 hybrid implementation-effectiveness trial design in order to compare the effectiveness of these two strategies on several outcomes of interest:

- Improved access and rates of engagement in virtual preventive services and improved VA performance metrics for virtual and telehealth care delivery and related clinical outcomes for women Veterans
- Progression along the Stages of Implementation Completion
- Adaptation, sensemaking, and experiences of evidence-based practice implementation among multilevel stakeholders
- Cost and return on investment

To support scale-up, spread, and sustainment of EMPOWER’s evidence-based practices and other women’s health programs and policies, EMPOWER will also generate implementation playbooks for program partners.

EMPOWER 2.0 Visual Summary



*Framed under the Translational Science Benefits Model (Luke et al., 2018)

If you would like to learn more or partner with us, please contact Alison Hamilton at alison.hamilton@va.gov.

Principal Investigators:

Alison B. Hamilton, PhD, MPH
 Melissa M. Farmer, PhD
 Bevanne Bean-Mayberry, MD, MHS
 Tannaz Moin, MD, MBA, MSHS
 VA Greater Los Angeles Healthcare System