



Humana®

Strengthening Military Family Resiliency

Through Community Partnerships

February 2023



Session objectives:

- Understand how **community partnerships** can address health-related social needs and strengthen military family resiliency
- Convene **military health influencers** from the MSO, VSO, and government agencies to discuss a strategic approach to improving health outcomes beyond the medical care system alone
- Recognize the **collective impact** of multiple organizations working together with aligned goals can truly help improve health outcomes
- Create a **call to action** on how we might work together



Why focus on unmet health-related social needs?

The strongest predictor of health outcomes in the US is not medical care but rather the broader social context in which people work and live¹



24% of active duty service members experienced **food insecurity** at some point over the past two years.²

Approximately **286,800** active-duty service members have had some level of food insecurity



Many beneficiaries experience **social isolation**.

In fact, **45%** of active duty family respondents didn't feel a sense of belonging to their local civilian community³



The military community typically has a **higher propensity to use tobacco or alcohol** than the civilian population, particularly if they've been deployed.⁴

If we row together, we move faster than if we do it alone





Why focus on unmet health-related social needs?

Humana Military has supported nearly **8,000** military families with food distributions over the past three years in partnership with community-based organizations

Since 2020, **Humana Military** has donated roughly **\$340,000** to community partners specifically toward food insecurity



Humana Military partners with MFAN to provide healthy food to military families, May 2022, Norfolk, VA



Shannon Razzadin



*Dr. Alefiyah Mesiwala,
Humana Military*



Besa Pinchotti



Dr. Joseph Geraci



Dr. Lindsay Knight





As the Chief Medical Officer for Humana Military, Dr. Mesiwala provides strategic leadership and direction for medical management and clinical operations of the TRICARE East Region contract to ensure the delivery of high quality integrated health care.

She leads the large-scale transformation of the Humana Military business towards value-based care delivery, leveraging Humana’s significant capabilities in population health management and integrated care to better serve the physical and behavioral health needs of the TRICARE population





Shannon is a nonprofit executive, commentator, and communications strategist. As President of the Military Family Advisory Network(MFAN), she is a champion for service members, veterans, and their families.

Her authenticity, fresh approach, and focus on collaboration have earned Shannon the trust of military families and leaders within the public and private sector who seek advisement on the evolving needs of the military-connected community.





Besa is a military family advocate, award-winning journalist and marketer who leads the National Military Family Association. Her passion for our military began during her time as a reporter and television news anchor.

From Jacksonville, North Carolina to Austin, Texas and Eastern Europe, her assignments opened her eyes to the military experience for service members and their families. She covered post-9/11 deployments, war casualties and highly contentious Congressional hearings about the unanticipated impacts of military life, including the lasting effects of toxic exposure on our military bases





Dr. Geraci retired from the U.S. Army as an Infantry Lieutenant Colonel after serving for 20 years and deploying as a combat leader with elite Special Operations/Ranger, Airborne, and Infantry units to Afghanistan four different times since 9/11.

While in uniform, he also served as an assistant professor at the U.S. Military Academy in both the Department of Behavioral Sciences and Leadership and the Department of Military Instruction. One of his last positions in the U.S. Army was serving as an Infantry Battalion Commander in which he was directly responsible for the health, welfare, and combat readiness of his soldiers



**U.S. Department
of Veterans Affairs**



Dr. Knight has two decades of experience spanning grassroots community non-profits, multi-national private sector firms, and academic and policy-adjacent institutions. Her niche area of expertise is creating ways for public, non-profit, philanthropic, and private sector stakeholders to discover and achieve collective ends—and figuring out how to design and embed equity practices within organizational structures. Currently, she's the Executive Vice President of Social Impact at Blue Star Families





Humana Military is deeply invested in convening trusted military health influencers from the MSO, VSO, and Government communities to join forces. We cannot do this work alone.

Does your organization have programs in place focused on strengthening military family resiliency through community partnerships?

We want to connect with you!

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Thank you!



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2. Office of the Under Secretary for Personnel & Readiness (US), Department of Defense: *Strengthening Food Security in the Force: Strategy and Roadmap*. 2022; URL: <https://media.defense.gov/2022/Jul/14/2003035423/-1/-1/1/STRENGTHENING-FOOD-SECURITY-IN-THE-FORCE-STRATEGY-AND-ROADMAP.PDF>
3. Blue Star Families, Military Family Lifestyle Survey (aMFLS): *Military Family Lifestyle Survey Comprehensive Report; 2021*; URL: https://bluestarfam.org/wp-content/uploads/2022/03/BSF_MFLS_Results2021_ExecutiveSummary_03_10.pdf
4. Institute of Medicine (US), Committee on Smoking Cessation in Military and Veteran Populations; Bondurant S, Wedge R, editors. Washington (DC): *Combating Tobacco Use in Military and Veteran Populations*. 2009. URL:<https://www.ncbi.nlm.nih.gov/books/NBK215329/>