

What is *MOVE!*



MOVE! is the Department of Veterans Affairs weight management program. *MOVE!* has a focus on behavior, nutrition and physical activity. *MOVE!* can help veterans interested in managing their weight to lose weight, keep it off and improve their health. *MOVE!* is available to veterans who are overweight or obese. Talk with your VA healthcare team about *MOVE!*

For more information about VA healthcare visit the VA website
<http://www1.va.gov/health/>
for information about medical benefits and eligibility.

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<http://www.prevention.va.gov>
<http://www.move.va.gov>

MOVE!

About the
MOVE!23

www.move.va.gov

MOVE!23 Questionnaire

Everyone's issues with managing weight are different. **MOVE!** uses a questionnaire, the **MOVE!23**, to identify your unique needs.

This questionnaire is called the **MOVE!23** because it has 23 questions. The questions ask you about your medical history, what you eat and how active you are. It also asks about things that may be getting in the way of your being able to manage your weight.

Once you complete the **MOVE!23** questionnaire, you will have the option to print reports. One is your Individualized Profile – your personal report. This report recommends handouts for you to use and areas you should focus on. If you receive care in the VA, bring the printed report or the code to your appointment with your VA healthcare team. At the top of the first page, the report has a code. This code allows your VA healthcare team to access to your answers to the **MOVE!23**. If you receive your health care outside the VA, you can also print the Healthcare Provider's Report a report to share with your Healthcare Provider.

To access the **MOVE!23** questionnaire, go to <http://www.move.va.gov>. Select **MOVE!23** Patient Questionnaire.

http://www.move.va.gov/move23/move23.asp - Microsoft Internet Explorer provided by VA NCP

File Edit View Favorites Tools Help

Address http://www.move.va.gov/move23/register.asp

UNITED STATES DEPARTMENT OF VETERANS AFFAIRS
MOVE!23 QUESTIONNAIRE

All Fields are required.

Height feet inches

Please don't guess your height. Your height can change over the years. Please measure your height with your shoes off to get the most accurate BMI estimate.

Weight pounds

Year of Birth

Gender Male Female

Ethnicity
Do you consider yourself to be Hispanic or Latino? Select one.

Hispanic or Latino
A person of Mexican, Puerto Rican, Cuban, South or Central American, or other Spanish culture of origin, regardless of race

Not Hispanic or Latino
 I do not wish to provide this information

Race
What race do you consider yourself to be? Select one or more of the following.

American Indian or Alaskan Native
A person having origins in any of the original peoples of North, Central, or South America, and who maintains tribal affiliation or community attachment

Asian
A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent, including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam

Black or African American
A person having origins in any of the black racial groups of Africa

Native Hawaiian or Other Pacific Islander

Done

MOVE! is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention (NCP), Office of Patient Care Services, to help veterans lose weight, keep it off and improve their health.