

**EMPOWER 2.0** builds on research about women veterans' health care preferences by expanding access to telehealth, evidence-based, preventive lifestyle and mental health services for women Veterans in rural and urban-isolation areas.

## The Impact

EMPOWER 2.0 will produce *community* and *policy* benefits.

The ultimate goal of EMPOWER 2.0 is improved Veterans Health Administration (VA) telehealth care delivery and clinical health outcomes for women Veterans. Increasing access to preventive care could reduce disparities in cardiovascular disease, diabetes, and depression experienced by women Veterans. The project will also benefit the VA and other large healthcare systems, and the field of implementation science more broadly, by comparing different ways of helping sites offer the evidence-based practices. The project will develop implementation playbooks on to put new evidence into practice, to encouraging spread across the VA.

Rural communities often lack access to preventive care, and by focusing on rural women Veterans, this project could also offer lessons for rural healthcare delivery.

## The Challenge

Women Veterans are the fastest-growing segment of users in the VA. Despite the VA investing heavily in delivering care for women Veterans, gender disparities in certain health outcomes persist. Studies have found that women prefer gender-specific care and telehealth care.

## The Approach

EMPOWER 2.0 will work with women Veterans across 20 VA facilities to implement three evidence-based practices via telehealth:

- Virtual Diabetes Prevention Program, an intervention shown to prevent or delay type 2 diabetes
- Telephone Lifestyle Coaching Program, a personalized intervention focused on wellness and cardiovascular disease prevention
- Reach Out, Stay Strong, Essentials, an intervention to prevent perinatal depression



## RESEARCH HIGHLIGHTS

- Empower 2.0 will provide telehealth benefits to up to **800** women veterans across **20** VA facilities throughout the U.S.
- There are nearly **2 million** women veterans in the U.S., making up about 10% of the U.S. veteran population.

## Key TSBM Impacts



COMMUNITY

Will increase access to preventive telehealth services for women Veterans



COMMUNITY

Will test different training and support strategies to ensure telehealth rollouts are successful



COMMUNITY

Will increase preventive telehealth care options for women Veterans at risk for health disparities



POLICY

Will compare effectiveness and cost of different telehealth care implementation strategies in the VA



POLICY

Will develop reports to support VA program offices in developing evidence-based policies

## The team:

Alison Hamilton, PhD, MPH; Erin P. Finley, PhD, MPH; Bevanne Bean-Mayberry, MD, MHS; Melissa Farmer, PhD; Tannaz Moin, MD, MBA, MSHS; Ariel Lang, PhD, MPH; Sally G. Haskell, MD, MS

## Find out more:

[Visit the full case study](#)  
[EMPOWER 2.0 project description](#)

## Contact:

Alison Hamilton, PhD, MPH, [alison.hamilton@va.gov](mailto:alison.hamilton@va.gov)  
Veterans Affairs Health Services Research and Development Center for the Study of Healthcare Innovation, Implementation & Policy  
David Geffen School of Medicine, University of California Los Angeles