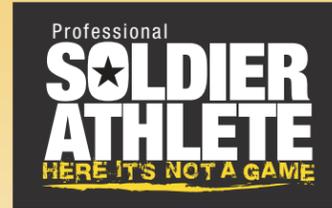


The Performance Triad Is An Enabler of the System for Health

- The Army Surgeon General's Performance Triad is the first step into the System for Health and is a key enabler of the Army's Ready and Resilient campaign, the Comprehensive Soldier and Family Fitness program, the DoD's Operation Live Well program, and the National Prevention Strategy.
- The Performance Triad is an initiative to influence Soldiers, Families and our beneficiary populations to improve their sleep behaviors, increase daily activity, and improve nutrition – three key components that directly impact cognitive and physical performance and influence overall health. The Performance Triad is a health literacy program and encourages Soldiers and Families to be more proactive in developing healthy behaviors for life.



WHAT YOU CAN DO!

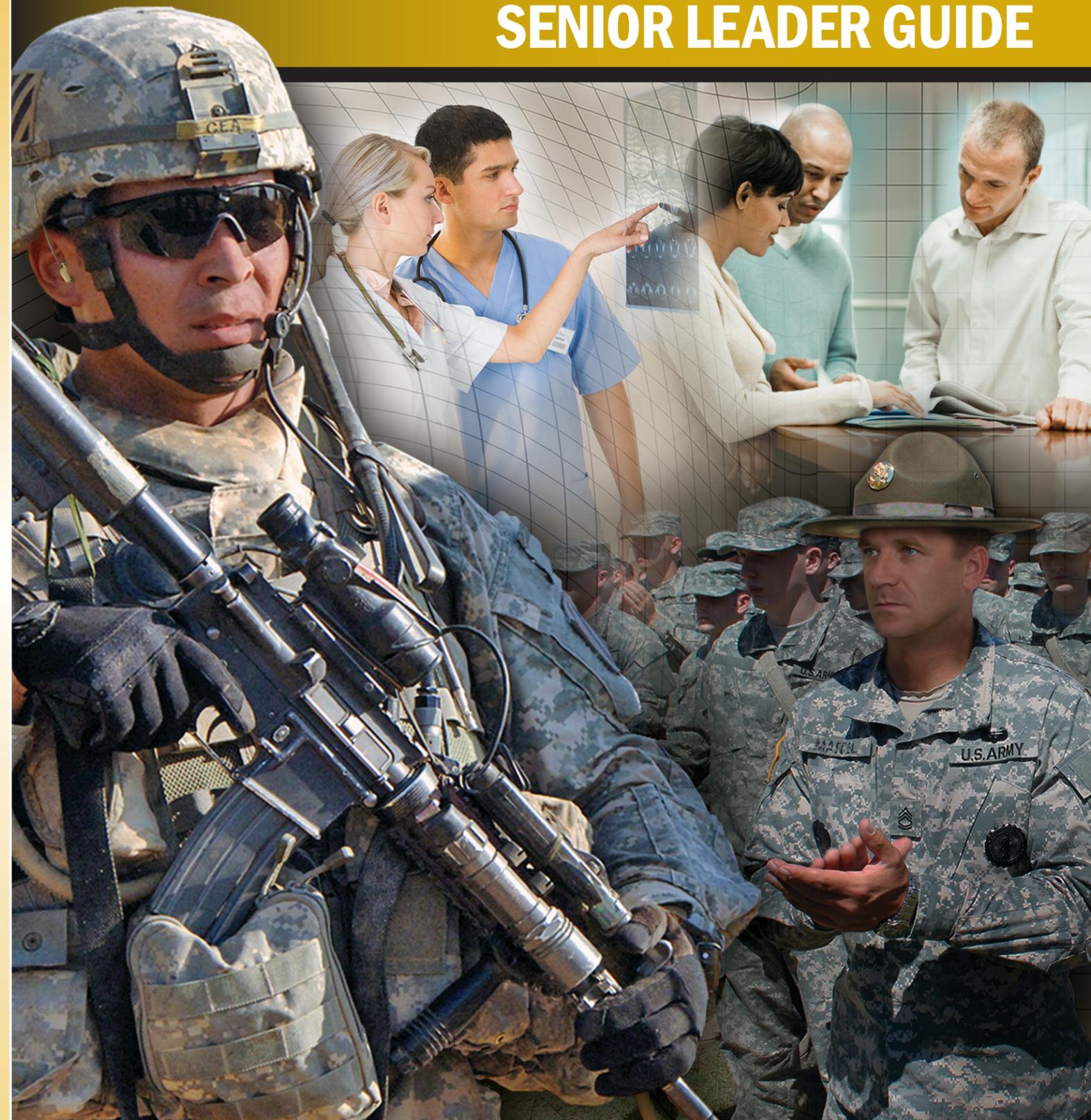
- **Lead by Example.** Ensure your own behaviors align with those you promote among your Soldiers. Examples:
 - Take the Performance Triad challenges on ArmyMedicine.mil.
 - Engage your colleagues in one, or all of these behaviors: **Sleep:** set a goal to achieve 8 hours of sleep every night and regular bedtime routines, eliminate caffeine 6 hours before bedtime; **Activity:** 10,000 steps per day and 150 minutes of moderately intense aerobic activity a week; **Nutrition:** eat 8 fruits and vegetables a day, re-fuel for performance 30-60 minutes after strenuous exercise with a carbohydrate and protein.
 - Visit your Army Wellness Center and take advantage of the programs offered. Make an appointment with your AWC for metabolic assessment, fitness testing, body composition analysis, and biofeedback. Learn firsthand about the center's core services: physical activity, nutrition, general wellness, stress management, and tobacco reduction. A healthy command team is a stronger command team.
 - Work with the Health Promotion Officer and local MTF sleep, activity, and nutrition subject matter experts to create health education opportunities on post. Examples include commissary tours, reading nutrition labels, activities and sleep routines that contribute to a person's health.
- **Who Can Help?** Your local Community Health Promotion Council is a powerful resource. Ensure there is a Health Promotion Officer on your staff (IAW Army Regulation 600-63). The Council is an ideal place to engage leaders from within and outside the AMEDD and to identify challenges unique to your populations. The Health Promotion Officer assists with coordinating resources that support the System for Health.
- **Get Involved. Gather New Ideas.** Talk to your peers, subordinates and superiors about systems that are in place now that support the System for Health. Challenge others you see, discuss and find ways to encourage behavioral changes at your clinic, MTF, post, and other touchpoints where Army Medicine can influence the Lifespace. Identify barriers to making the needed behavioral changes, and support innovative and collaborative means to break them down.
- **Reinforce the Message.** Read and disseminate the educational materials for the Performance Triad available at <http://armymedicine.mil/Pages/performance-triad.aspx>.
- **Who should I contact for more information about the System for Health?** For more information, contact Health & Wellness, G-3/5/7, OTSG/U.S. Army Medical Command, Office: (703) 681-3025/8134.

References

¹Army Medicine Performance Triad Final Report. July 30, 2013. U.S. Army Public Health Command.

²Timothy M. Dall, Yiduo Zhang, Yaozhu J. Chen, Rachel C. Askarinam Wagner, Paul F. Hogan, Nancy K. Fagan, Samuel T. Olaiya, and David N. Tornberg (2007). Cost Associated With Being Overweight and With Obesity, High Alcohol Consumption, and Tobacco Use Within the Military Health System's TRICARE Prime-Enrolled Population. American Journal of Health Promotion: November/December 2007, Vol. 22, No. 2, pp. 120-139.

³Lt. Gen. Patricia Horoho, Army Surgeon General. Aug 22, 2013 Fireside Chat on Moving Towards a System For Health.



AMERICA'S ARMY – SYSTEM FOR HEALTH

Moving Toward a System for Health

AMERICA'S ARMY – SYSTEM FOR HEALTH

Supporting Themes, Messages, and Talking Points

Challenges Facing the Nation and Army

- The Army is made up of the best trained, most dedicated, most respected Soldiers in the world — protecting America's freedoms at home and abroad, securing our homeland, and defending democracy worldwide. Soldiers in the U.S. Army are the embodiment of physical strength, emotional strength and strength of purpose. Soldiers are prepared to serve our country whenever and wherever they are needed, combat-ready at all times, and trained to counter any threat, anywhere.
- Our nation has been in persistent armed conflict for 12 years, which has negatively affected the resilience and health of Soldiers and Family members. Coupled with high-risk behaviors and strain on personal relationships caused by these hardships, the Army has reached a pivot point. We now have the opportunity to improve personnel readiness and resilience through available programs that will improve the readiness and resilience of our force.
- Army Families, including our Retirees, are battling the same health threats as the Nation; obesity, diabetes, and chronic diseases such as heart disease and stroke.¹
- Unhealthy lifestyles contribute significantly to unsustainably high healthcare costs and decreased health, wellness, and resiliency of our military personnel, Retirees and their dependents.²

Vision - Goal- Outcomes

Vision: The AMEDD will support the Army as it embarks on a long-term strategy to move from 'Healthcare to Health' by providing the necessary initiatives, incentives and programs among Soldiers, leaders, Retirees, their Families, DA Civilians, professionals and communities to promote readiness, resilience, and overall wellbeing.

Goal: The System for Health will create communities that place increased emphasis on disease prevention and the modification of behaviors and environments that promote wellness and healthy living. Soldiers, Families, DA Civilians, and Retirees regularly make informed choices that best maintain, restore and improve their health. Transitioning from a system focused on administering healthcare to a System for Health integrates health promotion with healthcare capabilities and requires a culture change. We know the Army, through persistent effort and commitment from all of us, can lead the nation in this charge.

Outcome: Improved health, increased readiness and resilience, and reduced healthcare costs for Soldiers, Families, DA Civilians, and Retirees.

Supporting Themes

Leadership: The System for Health requires engaged leadership at all levels. The Army Surgeon General encourages every member of the Army team to *Be Ready* and *Take Action*.

Partnership: Army Leaders can advance the System for Health by leveraging relationships among other Army Commands; encouraging subordinates, peers and superiors; and providing support to existing programs and initiatives to improve health status, decrease injuries and increase the readiness of the force.

“We have a tremendous opportunity to take healthcare outside of our bricks and mortars and extend that into the Lifespace- where people are making decisions on how they sleep, how active they are and what they eat. And we believe right now the tipping point in the United States is our ability to help improve the health of our nation.”

– Lt. Gen. Patricia Horoho, Army Surgeon General³



Moving Toward a System for Health

- On 12 March 2013, Secretary of the Army John McHugh officially launched the Army's Ready and Resilient Campaign (R2C). R2C is a campaign designed to synchronize the Army's efforts to build physical, emotional, and psychological resilience in our Soldiers, Families and Civilians.
- The System for Health initiative is nested with R2C. It moves the Army Medical Department (AMEDD), and ultimately the entire Army, from a system focused on delivering healthcare to a system that also proactively influences the health and well-being of all its beneficiaries with an end-state goal of preventing sickness and injury and promoting healthy choices that build resilience.
- The System for Health is the partnership among Soldiers, Retirees, Families, DA Civilians, leaders, professionals, and communities to promote readiness, resilience, and overall wellbeing. It is an integration of programs, policies, and initiatives to advance disease prevention and improve health.
- The System for Health encourages and incentivizes personal behavior improvements to maintain, restore and improve a person's physical and mental wellbeing:
 - **Maintain** health through fitness and illness/injury prevention.
 - **Restore** health through patient-centered care.
 - **Improve** health through education, coaching and support for making informed choices in the Lifespace (the physical and psychological environment of an individual not spent in interaction with the healthcare system).
- The System for Health is aligned with the Army's Human Dimension initiative to maximize individual and team performance through identification, development, and optimal integration of human capabilities.

Top-line Messages

- Army Medicine is transitioning from a system focused on administering healthcare to a System for Health that integrates healthcare with health promotion. This transition will require cultural change through persistent effort and commitment from all of us.
- The System for Health provides a framework that encourages Soldiers, Families, leaders, Retirees, DA Civilians, professionals, and communities to promote individual responsibility for healthy behaviors and sustains readiness and resilience.
- The transition from a healthcare system to a System for Health is not a program; rather it is an integration of multiple programs and initiatives aimed at changing the U.S. Army's 'DNA.'
- As an example, The Army Surgeon General has directed the creation of the Performance Triad as a pillar that can sustain the System for Health into the future and support the Comprehensive Soldier Family Fitness (CSF2) Program.

Talking Points

- The connection between health and Army readiness is clear. When the whole of the Army is healthier, we are better able to answer the Nation's call.
- Army Medicine cannot make this transition to a System for Health alone. It will take the persistence and dedication of all Army leaders to promote healthy behaviors of Soldiers where they live, work, and play.
- The Performance Triad is developing collaborative programs to influence Soldiers, Families and beneficiary populations to improve their sleep behaviors, increase daily activity, and improve nutrition – three key components that directly impact cognitive and physical performance and influence overall health.
- Army Medicine, Installation Management Command (IMCOM), and Deputy Chief of Staff, G1 are the key organizations that affect policy within the System for Health.