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AGENDA

- **Health**
- LifeSpace
- Performance Triad (Activity, Nutrition, Sleep)



What is Health?

So what is **Health**?

The World Health Organization defines **Health** as:

A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

In other words, it's not enough to simply not be ill or injured, and in fact that is often not an option for our wounded warriors, but rather to **live to our highest potential**.

That's **Health**.



Why is Health Important?

When **Health** is absent:

- **Wisdom** cannot reveal itself;
- **Art** cannot become manifest;
- **Strength** cannot be exerted;
- **Wealth** is useless;
- and **reason** is powerless.

Herophiles, 300 B.C.
Physician to Alexander the Great



What is LifeSpace?

The original idea, “White Space” was coined by the PCMH Team at Johns Hopkins. They focused on the time between patient appointments – they called it the “White Space” because the graphic had colored dots on a white line.

Army Medicine chose “**LifeSpace**”, a term that reflects where and when **Health** happens.

Think about it...

Where does **Health** happen?

When does **Health** happen?



Where & When does Health happen?

When you go to the doctor, health**care** happens...but what about **Health**?

Health happens **after** the doctor visit.

Health happens **between** the visits.

Health happens where you work, play, learn, gather, eat, and sleep.

Health happens in the **LifeSpace** – in the 24 hours a day, 7 days a week, 365 days a year that you live your life.



Where & When of Health: LifeSpace

Health happens in the **LifeSpace** – that's the **Where** and **When** of **Health**.

You can think of an average day (24 hours) as:

- 1/3 at work or school
- 1/3 at home
- 1/3 sleeping

The times and places that most affect:

- Your **Health**
- Your Soldier's **Health**,
- Your Family's **Health**

... are work, school, and home.



What & How of Health: Performance Triad

What are the primary factors that affect **Health**?

How can we improve **Health**?

Through the pillars of **Health** (aka **Performance Triad**):

- Activity
- Nutrition
- Sleep



By the Numbers

Performance Triad x LifeSpace = **Health**

	Work/ School	Home	Sleep
Activity	1	2	-
Nutrition	3	4	-
Sleep	-	-	5

Slide 9 of

03 MAY 2013

Speaker will move quickly through this slide and then slow down on the next slide to explain further.

Point here is to give an overview (matrix) showing how the Performance Triad (Activity, Nutrition, Sleep) interact with LifeSpace (Work/School, Home, Sleep)

We need to consciously think about the amount of activity that we get both at work/school and Home.

Same with nutrition – how nutritious are our meals at work/school and at home? (Don't answer the question here, do that on next slide)

...and Sleep an essential element of both the Performance Triad and our LifeSpace. Do we get enough? What can we do about that? (Don't answer here, move to next slide)



By the Numbers

Performance Triad x LifeSpace = **Health**

1. Activity at Work/School
2. Activity at Home
3. Nutrition at Work/School
4. Nutrition at Home
5. Sleep

Health: You – Your Soldier – Your Family

Slide 10 of 03 MAY 2013

(Slow down here – engage the audience)

So what can we do about Activity at Work/School? What if that 1/3rd of your day is mostly sedentary? Can you take 5 minutes out of each hour to walk around? Can you park further away? Can you go for 30 minute walk at lunch? Take the stairs?

How about Activity at Home? How can you fit more activity into the 1/3rd of the time at home? How do you reduce screen time (TV, computer, SmartPhone, video games) and increase activity?

What are the nutrition options at Work/School? How can you make sure you have better options?

And nutrition at home. Who buys the groceries and makes the food? Can you create a better food environment at home and make good choices when eating out?

Finally Sleep. The medical recommendation is 7-9 hours per night. How can you help your family get enough good sleep? Removing “screens” from the bedroom? Turning off electronic devices? Turning off the WiFi?

Sleep is a key. With good sleep you will feel better, perform better, think better...and will be more likely to stay active and eat more nutritiously. Also, if you are ill or injured, sleep will bring you back to a healthy state faster.

This list give you 5 things that you do to increase your health. Your Health, Your Soldier's Health, Your Family's Health.



Conclusion

To get to **Health**...

...we need to focus on the **LifeSpace**...

...those places and times...

...work, school, home and sleep...

...where we make **Health** decisions...

...about **Activity**, **Nutrition**, and **Sleep**.

The **Health** of our Soldiers, Families, Army, and the Nation