

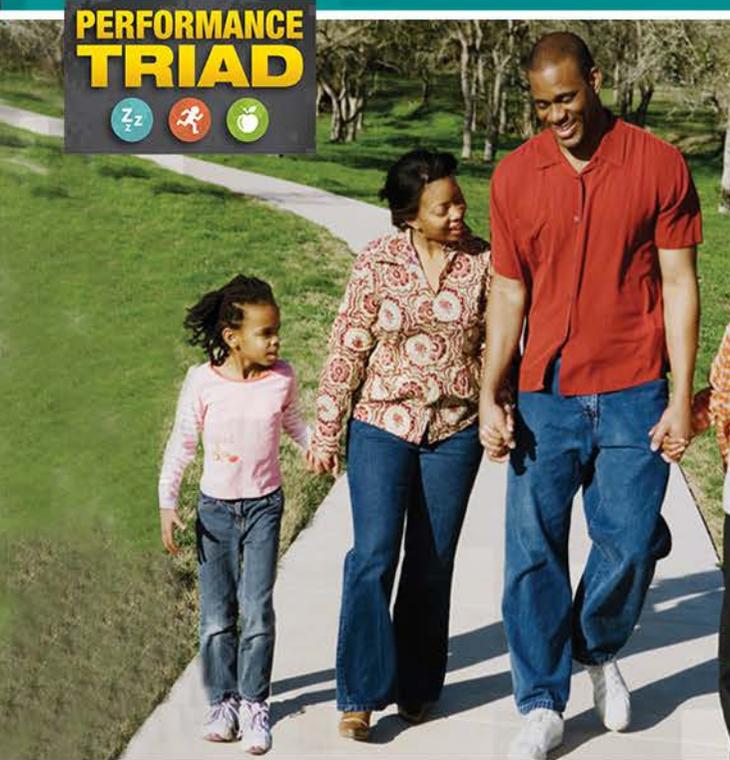
ARMY MEDICINE

MERCURY

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PERFORMANCE TRIAD



HOROHO

PATRICIA D. HOROHO
Lieutenant General, United States Army
The Surgeon General and Commanding General,
US Army Medical Command

IT'S ALL ABOUT HEALTH.



Get Quality Sleep



Engage in Activity



Improve Nutrition



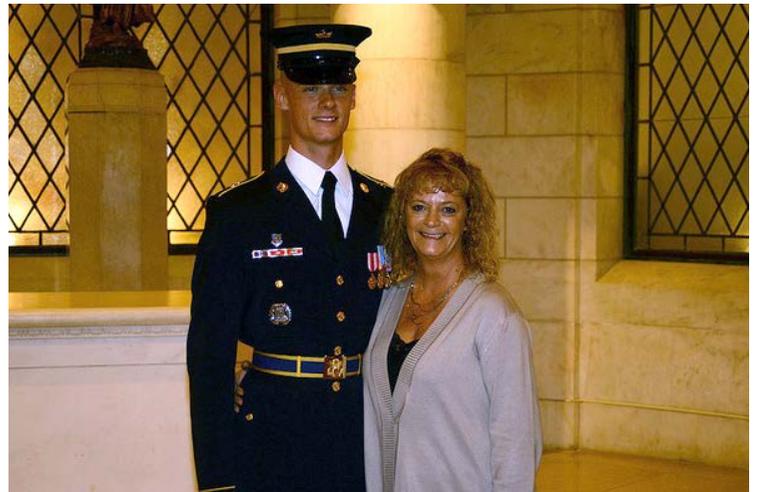
A worldwide publication telling the Army Medicine Story



CONTENTS

DEPARTMENTS

FEATURE



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ARMY MEDICINE PRIORITIES

COMBAT CASUALTY CARE

Army Medicine personnel, services, and doctrine that save Service members' and DoD Civilians' lives and maintain their health in all operational environments.

READINESS AND HEALTH OF THE FORCE

Army Medicine personnel and services that maintain, restore, and improve the deployability, resiliency, and performance of Service members.

READY & DEPLOYABLE MEDICAL FORCE

AMEDD personnel who are professionally developed and resilient, and with their units, are responsive in providing the highest level of healthcare in all operational environments.

HEALTH OF FAMILIES AND RETIREES

Army Medicine personnel and services that optimize the health and resiliency of Families and Retirees.

SOCIAL MEDIA CENTER

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Army Medicine**LTG Patricia D. Horoho****CSM Donna A. Brock**

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Army Medicine

A System for Health: Essential Element of National Security

By Lt. Gen. Patricia D. Horoho, *The surgeon general of the United States Army*

Army Medicine is transitioning from a healthcare system to a System for Health. This means shifting the focus to prevention of disease, injury, and disability. More importantly, it means advocating a culture shift to Soldiers and beneficiaries by encouraging them to develop a mindset that drives them to optimize their own health. The Performance Triad is the enabler of our transition to a System for Health, as well as the framework for helping to change the mindsets of those for whom we are professionally and personally responsible. If we can improve the health literacy of the Army community, our Army Family will make better decisions about Sleep, Activity, and Nutrition, which form the three pillars of the Triad. The depth of science and professional knowledge represented by the articles in the Oct. – Dec. 2013 issue of the AMEDD



Lt. Gen. Patricia D. Horoho

Medicine as an affordable, viable entity, but also—I am convinced—to the security of our nation. We spend more than any other nation on healthcare, yet we are becoming less and less healthy.

Together, health issues and financial pressures present a significant threat to our security and to our Army’s most basic mission: to fight and win our nation’s wars. However, we cannot—I repeat, cannot—allow the challenges we face to drive us to despair.

Journal is essential to the evidence-based foundation we are using to encourage and assist Army beneficiaries to choose good health.

The successful transition to a System for Health is vitally important. Not only is it important to the survival of Army

Obesity is increasing and tobacco use and substance abuse are on the rise among both children and adults, chronic diseases lead our nation in causes of death, and the cost of our healthcare system is simply not sustainable.

The declining health status of our

Soldiers, their Families and our nation as a whole are common concerns shared across and beyond Army Medicine. Additionally, we face the challenges of the drawdown, sequestration, budget cuts, and furloughs. These challenges fill our inboxes, consume our days, and negatively affect morale and our sense of value to the organization. Together, health issues and financial pressures present a significant threat to our security and to our Army’s most basic mission: to fight and win our nation’s wars. However, we cannot—I repeat, cannot—allow the challenges we face to drive us to despair. We are part of an organization that has faced equal and greater challenges over the past 238 years. We have seized the opportunities that those challenges presented, and we emerged stronger and more resilient. Today is no different.

Everyone in Army Medicine has an active role in changing not only the way Army Medicine is organized and operates, but how we interact with our beneficiaries, and how we influence health. Whether in leadership positions at the headquarters, the regional medical commands, the major subordinate commands, or closer to the point of healthcare delivery in our medical treatment facilities or line units, each of us has a critical part in shaping the future of Army Medicine. What we do and how we do it will be our legacy. I believe that legacy will be the transformation of healthcare, not only across the Army, but across the nation.

ARMY STRONG!

Lt. Gen. Patricia D. Horoho
43rd Surgeon General

A HOLIDAY MESSAGE



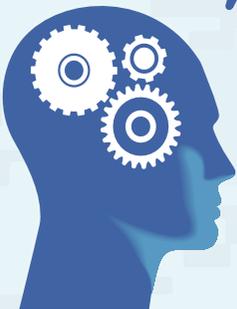
Army Medicine Team,
The holiday season is a special time of year, a time filled with joy and celebration, a time to reminisce for those who are able to gather with Family and friends. Command Sergeant Major Brock and I want to take this opportunity to send our best wishes and heartfelt thanks to our entire Army Medicine Family and to all those throughout the world for whom we provide quality health-care. It is due to the hard work and dedication of our entire Army Medicine team, military and Civilians alike, that we are able to meet our missions worldwide and continue to provide the very best in patient- and family-centered care. We ask that you please take time this holiday season to say a special blessing for those deployed in harm's way and for their Families who are anxiously awaiting their safe return. Wishing you all a very safe and joyous holiday season!

Army Medicine is, Serving to Heal...Honored to Serve.

LTG Horoho



**We Want
Your Feedback!**



Feedback is important to us. We at the MERCURY welcome any feedback on how we can improve.

If you enjoyed reading content or have story ideas, please forward your comments and suggestions to our e-mail inbox at:

Your comments may be published in a future edition of the newsletter.

Our AMEDD Future – Army Medicine 2020

Often times in both conversation and email, I get asked, “What does our future look like?” While there is no crystal ball for that sort of thing, we can get a good feel for where we’re going and what will drive our future by looking at the surgeon general’s (TSG’s) strategic priorities. They are very specifically laid out in the Army Medicine Strategy 2020 and the Army Medicine 2020 Campaign Plan.

TSG’s strategy is a true call to action that contains the vision, strategic imperatives, and way ahead for our organization. It provides the strategic framework for transforming Army Medicine from a healthcare system to a System for Health, and will allow us to be a global leader in healthcare and in Health. It is based on four very practical focus areas:

- Combat Casualty Care—the reason we’re all here.
- Readiness and Health of the Force—keeping those who fight and win our wars medically fit to do so.
- Ready and Deployable Medical Force—we, the AMEDD Team, ready to do our part.
- Health of Families & Retirees—we know this one well.

Where do you fit in? Not surprisingly, you are a major player in all four areas. As a member of the AMEDD Civilian Corps you are part of that 60+ percent of the MEDCOM that is Civilian. Maybe the toughest one to get to is Combat Casualty Care, but remember that our medical personnel who deploy maintain their skills in your facility and you’re a key part of maintaining that capability. It isn’t hard to see how your contributions to the other three focus areas are significant as well.

To move to a System for Health, Army Medicine must: 1) create capacity to influence and enable individual, unit and organizational health; 2) enhance diplomacy by strengthening existing partnerships and building new partnerships to promote unity of effort in the pursuit of Health; 3) improve organizational and individual stamina -- an essential element in our transition from healthcare to Health that will increase organizational depth, resiliency and endurance; and 4) develop the leaders who can inspire and guide execution of this strategy. These four concepts are called lines of effort (LoE) and constitute our strategic imperatives -- what we MUST do to succeed.

The Army Medicine 2020 Campaign



design diagram (see AM 2020 Campaign Design link at the bottom of the web page) displays the strategic imperatives (LoE) and associated focus areas and campaign objectives that are essential to the plan. There are four imperatives:

Create Capacity, Enhance Diplomacy, Improve Stamina, and Develop Leaders and Organizations.

The 2020 Campaign Plan takes a comprehensive approach to looking at the way ahead for Army Medicine. It is clear in its thoughts about what will drive us in pursuing the mission accomplishment our Soldiers, Families, and Retirees deserve. The reach of this Campaign Plan isn’t just limited to the Army, by the way. The vision statement in the plan says that we will be “Strengthening the health of our nation by improving the health of our Army.” We all have a part in this and I believe strongly that we can make a national impact if we pursue it together. There is a bottom line question for each of us every day. Daily, we need to ask ourselves, “What can I do today to make a difference for the Army Medicine strategy?” to start, and “What did I do today to make a difference for the Army Medicine strategy?” at the close of the day. That’s the challenge. As Civilians, we are the continuity for long-term programs like this. Let’s take the lead!

Gregg Stevens
Deputy to the Commanding General,
AMEDD Center and School
Chief, AMEDD Civilian Corps

To read more about the Army Medicine 2020 Campaign Plan (AM 2020 CP), you can go to:

ameddciviliancorps.amedd.army.mil/CivilianCorps.aspx?ID=b2c81aa1-4d69-4219-a74d-90d5bcbffbf

US Army Surgeon General Honored by French Government

By Kirk Frady, Army Medicine Public Affairs

France’s National Order of Legion of Honor, Chevalier (Knight) award was presented to U.S. Army Surgeon General Lt. Gen. Patricia D. Horoho by Frederic Dore, the deputy chief of mission at the Embassy of France, during a ceremony held in November at the French Embassy in Washington, D.C.

The prestigious award presented by Mr. Dore recognized General Horoho for her exceptional career accomplishments and sustained dedication and commitment to giving new momentum to the French-American medical cooperation. As a result of her efforts, the two countries enjoy collaboration on medical research and development, and work closely together to improve battlefield medicine.

Horoho stated, “I am so humbled to be receiving the Legion of Honor Award. This award has recognized such a diverse group of individuals and there is a lineage that I am truly honored to now be a part of.” She added, “This award is not just recognition of the Army surgeon general, but it is a tribute to the relationship between the U.S. and the French military.”

The French Legion of Honor was instituted by General Napoleon Bonaparte in 1802 to recognize the distinguished merit and the full dedication of both military and civilians in service to the French nation. It is the highest distinction that can be bestowed on a French citizen as well as on a foreigner. All nominations for the award are decided by the President of the French Republic who is also the Grand Master of the Order.

Headquartered at the Palais de La Legion d’honneur in Paris, the Legion of Honor is a secular organization with



(From left) Frederic Dore, Deputy Chief of Mission, Embassy of France; French Deputy Surgeon General Patrick Godart; Lt. Gen. Patricia Horoho, U.S. Army Surgeon General and Mr. Ray Horoho, spouse of Gen. Horoho. (Photo courtesy of the French Embassy)

the motto - Honor and Motherland. It was the first of its kind to recognize honorable service in modern times and has similarities to a Roman legion with its officers, legionnaires, and commandants.

The decoration is divided into five categories: Chevalier (Knight), Officier (Officer), Commandeur (Commander), Grand Officier (Grand Officer) and Grand Croix (Grand Cross) with maximum quota of each class. When a Frenchman is appointed into the order, he/she starts out at the class of Knight. In order to ascend to the higher classes, he/she must prove themselves worthy by new service or merit. The highest degree of the Order of the Legion of Honor is that of Grand Master.

Membership in the Legion of Honor is technically restricted to French nationals. However, foreign nationals who have served France, or the ideals it upholds, may receive a distinction of the Legion, which is nearly the same as being a member.

Previous American recipients of the award were: General Dwight D. Eisenhower; General George Patton; General Douglas MacArthur; Major Audie Murphy, Admiral Michael Mullen and US Airways pilot Captain Sully Sullenberger. Also among the medal recipients were sisters Mrs. Dorothy Levitsky Sinner and Mrs. Ellan Levitsky Orkin who served in France as part of the U.S. Army Nursing Corps during WWII.



French Deputy Surgeon General Patrick Godart awards Lt. Gen. Patricia Horoho the French National Order of Legion of Honor. (Photo by Sgt. 1st Class Manuel Moreira.)

It's All About Health.



Healthy Base Initiative at Fort Bragg: Integrating the Performance Triad

By Army Medicine Public Affairs

Lt. Gen. Patricia D. Horoho, Army surgeon general and commanding general U.S. Army Medical Command returned to her hometown inspiring Soldiers, Families, Civilians, Retirees, leaders, and the local Fayetteville community to optimize their health and resilience through the Performance Triad. Horoho spoke at a series of events held during Fort Bragg's Healthy Base Initiative (HBI) kickoff in November.

"Coming down here to Fort Bragg and Fayetteville always feels like I am coming home... This community and installation hold a special place in my heart. I was born here, my husband Ray and I served here, I was married here, and my children were born here," said Horoho.

The HBI week of events demonstrated a strong dedication from the Fort Bragg community and military – to build and optimize the health, resilience, and readiness of our military. Horoho went on to say, "I believe that Fort Bragg – this audience – is the key to influencing the health and well-being of our Army, total force, and our nation."

Fort Bragg is also one of the Performance Triad pilot sites with Soldiers from the 189th Combat Sustainment Support Brigade (CSSB) participating in this 26-week program. Some of the CSSB Soldiers deployed from Fort Bragg to Afghanistan and are taking the Performance Triad initiative downrange. Their leadership saw such value in improving sleep,



Lt Gen. Patricia Horoho (right), Army surgeon general and commanding general U.S. Army Medical Command, talks with attendants of the Performance Triad booth during the Healthy Base Initiative Health Expo held at Fort Bragg, N.C., in November. The event followed a 5K walk/run in which Horoho participated and completed in record time. The Performance Triad is the Army surgeon general's initiative and vision to improve the health of Soldiers and Civilians to optimize performance and improve resilience through changes in behaviors and attitudes related to sleep, activity, and nutrition. (Courtesy Photo)

activity, and nutrition, that they had these Soldiers deploy with their activity monitors. The surgeon general dined with 189th CSSB Soldiers during a Recipe Renovation Event at the 82nd Sustainment Brigade Dining Facility. Changing the menus at dining facilities is also part of the DODs HBI. Horoho and other defense officials spent the week observing the program's implementation at Fort Bragg. Horoho said it exceeded her expectations.

Horoho also spoke about the benefits of sleep, activity, and nutrition at the Fourth Annual Forward March Conference sponsored by the greater Fayetteville community. The theme this year was Moving Families Forward

During Challenging Times. Attendees included social workers, counselors, psychologists, clergy clinicians, therapists, teachers, behavioral health professionals, leaders from academia as well as partners in local healthcare. The annual conference continues to be a major catalyst for providing military and civilian resources in order to help military Families.

HBI is key to Operation Live Well, a multi-year effort that brings together the resources and capabilities of the entire local military community – commanders, health and medical experts, commissaries and dining facilities, education resources, places

It's All About Health.



of worship, and morale, welfare and recreation programs, to focus on the best ways to promote health and well-being.

“The HBI has been developed to educate the total installation Family on the importance of taking charge of their health through nutrition and fitness,” said Whitney Brenner, Fort Bragg community health promotion officer. “This includes how to make healthier choices when shopping for food, preparing meals, portion control, and increasing fitness levels.”

Fort Bragg was selected as one of the 14 military installations for its commitment to promoting healthy lifestyles and will be assessed by DOD for its success in areas such as healthy eating, active living and reduction of tobacco use. The HBI week offered several activities each day, including a Spouse Wellness Conference, stress

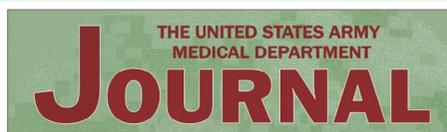


Lt. Gen. Patricia Horoho (center) and Command Sgt. Maj. Donna Brock (second from right) enjoy lunch with members of 189th Combat Sustainment Support Battalion, the Performance Triad battalion at the Healthy Base Initiative (HBI) “Recipe Renovation” event held at the 82nd Sustainment Brigade dining facility at Fort Bragg, N.C., in November. The Performance Triad is the Army surgeon general’s initiative and vision to improve the health of Soldiers and Civilians to optimize performance and improve resilience through changes in behaviors and attitudes related to Sleep, Activity, and Nutrition. (Photo by Joe E. Harlan.)

management classes, tobacco cessation clinics, a community resiliency fair, healthy cooking classes, Fort Bragg Commissary healthy shopping tours, a school cafeteria makeover at one of the Fort Bragg schools, changes to recipes at dining facilities, and fitness activities such as the Community 5K walk/run

and Health Expo at the Fort Bragg Hedrick Stadium.

Remarking about her Fort Bragg visit, Horoho observed, “I think they have done an absolutely beautiful job with this,” she said. “They have set the bar high. We want to see this promulgate across the Army.”



The United States Army Medical Department Journal special edition features research on the pillars of the Performance Triad – The Foundation of a System for Health: Army Medicine’s Performance Triad

Editor’s Perspective: In her introduction to the contents of the Oct. – Dec. 2013 issue of the AMEDD Journal – *The Foundation of a System for Health: Army Medicine’s Performance Triad*, the surgeon general outlines the genesis and concept of the Performance Triad foundation to the System for Health initiative for Army Medicine. Dr. Bradley Nindl of the U.S. Army Public Health Command organized and led the effort to collect articles for this issue which present a sample of the professional skill and knowledge resources of Army medicine which are dedicated to realizing this transition. Each pillar of the Performance Triad is represented by articles describing completed studies and ongoing research to allow implementation of policies and doctrine from a perspective of solid, science-based knowledge. Access your copy at: <http://www.cs.amedd.army.mil/FileDownloadpublic.aspx?docid=565febfe-b26e-4922-8f82-0e9373b5f01a>

It's All About Health.



MEDCOM CSM Brock Visits JBLM, Talks Performance Triad

By Staff Sgt. Christopher Klutts, 20th Public Affairs Detachment

The highest ranking enlisted member of U.S. Army Medical Command visited Soldiers at Joint Base-Lewis McChord (JBLM) in November to talk about health and the Performance Triad.

"I come out and I try to put a face to the messages we send out via social media and email," said Command Sgt. Maj. Donna A. Brock, who is also the senior enlisted adviser to the surgeon general.

Brock visited during the 11th week of the Performance Triad Pilot Program at JBLM. The Performance Triad is a holistic approach to personal well-being that incorporates quality sleep, and safe physical activity with sound nutritional practices. JBLM is one of three installations to participate in the pilot which will continue through February 2014.

The program is designed to bridge

the gap between appointments with healthcare providers by encouraging healthy decisions and habits.

"It's the Lifespace, where our Soldiers, their Families, and our Retirees live, where they work, and where they play. We want to make sure we get folks to think about the choices they make in life, and what it does for their health and well-being," Brock said.

Having visited installations throughout the Army, Brock found that some experienced Soldiers wished a program like the Performance Triad would have been in place earlier. She believes that when armed with the proper information, people will make their health a priority.

"I like to call it living the good life. Trying to be healthy and happy," she said. "In a nutshell, it's about health, it's about getting the information out, and



U.S. Army Sgt. Maj. Robert Gray, left, the Warrior Transition Battalion sergeant major, escorts Command Sgt. Maj. Donna A. Brock, command sergeant major for U.S. Army Medical Command, through the Warrior Transition Battalion at Joint Base Lewis-McChord, Wash. in November. Brock also met with enlisted soldiers to discuss changes in the medical career field.

it's about trying to motivate people to really pick up and take charge of their own well-being and healthcare."

Read more: <http://www.dvidshub.net/news/117038/medcom-csm-visits-jblm-talks-performance-triad#ixzz2lDaBZP4n>

TRICARE Salutes Veterans All Year Long Through Ongoing Preventive Care

TRICARE supports military Families, Retirees and other eligible beneficiaries with prevention-based information and resources, a focus on family-centered care, and supportive programs and services to help them "take charge" of their health all year. Some of the preventive services TRICARE covers are:

- Breast cancer exams/mammograms
- Immunizations
- Prostate cancer exams
- Well child care
- Cholesterol testing

Costs for these preventive services vary based on an individual's TRICARE plan. TRICARE Prime beneficiaries can get their clinical preventative services at no cost from their

primary care manager or any network provider, and no referral or authorization is necessary. TRICARE Standard beneficiaries may have to pay some cost shares for some preventive services, but most are cost-free including:

- Breast cancer screenings
- Cervical cancer screenings
- Colorectal cancer screenings
- Prostate cancer screenings
- Well-child visits for children under age six

For more information on preventative services covered under TRICARE, go to: www.tricare.mil/preventivecare.



It's All About Health.



Active Guard Reserve Officer Drops 35 Pounds, Touts the Value of Sleep

By Valecia L. Dunbar, D.M., Army Medicine Public Affairs

Maj. Constance Adger is an Active Guard Reserve officer currently working in health services human resource management at Army Medical Command headquarters, Fort Sam Houston. Now 35 pounds lighter, standing at 5-foot-11 and 188 pounds, she is an active example of how Sleep, Activity, and Nutrition (SAN) can make a huge difference in your daily mindset and physical performance.

“On Jan. 5, 2013, my weight was 223 pounds and my size large uniform was tight,” said Adger.

“I was a former high school and college basketball and track athlete. I had always been slim and very fit.”

Throughout her adult life, she had considered herself a very active person who enjoyed the outdoors. However, these habits soon began to change after she adopted a 13-month-old son in 2006 and became a single-parent Soldier while stationed at Fort Meade, Md. The support of Family helped her to maintain a regimen, but they began to notice her diet changing to accommodate quick and fast foods. “Chicken nuggets and tater tots” began to replace prepared meals.

Adger lost that support when she was reassigned to California, and by the time she arrived at Fort Sam Houston in 2012 she had gained nearly 45 pounds. “I couldn’t get a rhythm going to get myself back out there,” she said.

Over the course of her 19-year Army career, life’s challenges had taken a

physical toll. In Jan. 2013, a visit to her primary care doctor rung in the wake-up call that it was time to get serious about her mental and physical performance.

“I weighed in at the heaviest I’ve ever been,” said Adger. She had just turned 50 and set that number as her goal to

get close to her initial enlistment weight of 160 lbs and put her back into a loose fitting, size medium uniform by Dec. 31.

A few days later, she received an email about the Performance Triad work group headed by Maj. Ricky Mitchell. His



Maj. Constance Adger photographed in May 2013 with her son Edan. Adger began attending Performance Triad work group meetings each month and is more than halfway towards her goal of losing 50 pounds. The Performance Triad is the Army surgeon general’s initiative and vision to improve the health of Soldiers and Civilians to optimize performance and improve resilience through changes in behaviors and attitudes related to Sleep, Activity and Nutrition. (Courtesy Photo)

It's All About Health.



Maj. Constance Adger is photographed in November 2013 after losing 35 pounds. Adger began attending Performance Triad work group meetings in January 2013 and attributes the Performance Triad to her success. The Performance Triad is the Army surgeon general's initiative and vision to improve the health of Soldiers and Civilians to optimize performance and improve resilience through changes in behaviors and attitudes related to sleep, activity and nutrition. (U.S. Army photo by Valecia Dunbar, Army Medicine Public Affairs)

excitement and enthusiasm motivated Adger to attend the first Fit to Win/ Performance Triad work group meeting in January. The guest speaker that made the biggest difference, she says, was Col. Steve Lewis, the Performance Triad Task

Force Sleep Lead.

“Col. Lewis’ lecture opened my eyes to just how much sleep I was actually getting and how it was effecting my overall health, he also gave suggestions on getting better sleep,” said Adger. “I have liked other guest speakers as well, but Col. Lewis had the most influence for change.”

“What we know for sure is poor sleep is often times due to poor environment and poor habits,” said Lewis. “She had described a problem with a lot of external noises that woke her throughout the night, a varied sleep routine, and a habit of not devoting sufficient time in bed.” Lewis reinforced ways to anchor Adger’s sleep habits and change the sleeping environment to achieve optimal sleep. One recommendation was to buy a fan to cool the bedroom and to drown out external noise coming from nearby trains that were disrupting Adger’s sleep. Lewis also recommended a sleep app for people that have trouble sleeping or have bad sleep habits.

When we re-prioritize the importance of sleep, the second and third order benefits are tremendous. “When we start getting good sleep, we wake up refreshed and you’re ready to take on the day,” said Lewis. “Now she has the energy and will power to do the activity and continue to get fit and lose the weight.”

On Oct. 29, 10 months after attending her first Performance Triad meeting, Adger wore a new uniform to work. It was a size medium jacket and medium pants. The last time she wore a medium uniform was 2008. Her current weight is 188 pounds with 15 pounds to go before reaching her goal.

Adger continues to attend the monthly work group meetings and shares her new routine to encourage everyone to adopt the principles of the Performance Triad. She now represents the personal mantra that is attached to her email signature line: ‘Success is liking yourself, liking what you do, and liking how you do it.’ – Maya Angelou.

The Performance Triad is the Army surgeon general’s initiative and vision to improve the health of Soldiers and Civilians to optimize performance and improve resilience through changes in behaviors and attitudes related to Sleep, Activity, and Nutrition.

MAJ ADGER’S PERFORMANCE TRIAD PROGRAM

SLEEP:

- Purchased a good mattress
- Find the right pillow; a medium, hypoallergenic pillow was the right fit for Adger
- Bought a fan to create ‘soft noise’ to drown out external noises

ACTIVITY:

- Work out at the gym 3 times a week during my lunch period.
- Run 15 minutes on the treadmill and climb 15 minutes, 10 minutes on weights.
- Participate in water aerobics on Fridays at the gym.
- Walk three to four miles every Saturday and Sunday morning.

NUTRITION:

- Adger changed her eating habits and that of her son’s.
- No more late night snacking, fast foods, processed foods.
- Fresh produce only and healthy snacks.
- Adger now eats from 10-inch plates instead of 12-inch plates.



Fort Carson’s “Wall of Wellness” Adds a New Face

A success story from Army Wellness Center-Fort Carson comes from Melinda Perez, an Army spouse who lost 23 pounds in four months! Her change in body fat (-6.5%) is outstanding!

“My weight was so out of control that I was scared. Then four months later the wellness center helped me overcome my weight. I love all the help that they gave me. I will keep coming back as long as they will let me,” said Perez.

Perez says she decided to go to the Army Wellness Center because she

wanted to get control of her life and lose weight for herself and her small children.

“The change in behaviors is what we do,” said Todd Hoover, program manager, Army Wellness Center Operations, U.S. Army Public Health Command. “As we continue our comprehensive program evaluation, stories like AWC-Fort Carson resonate because they put a face and personal journey to the data.”

Perez’ advice for others is to “hang in there and keep going.”



Army Medicine Performance Triad

As part of the Army’s Ready and Resilient Campaign efforts, Army Medicine is advocating a culture shift by encouraging every Professional Soldier to develop a mindset that drives them to optimize their own health in order to improve their performance and resiliency. There must be an effective

way to change mindsets, not just dictate behaviors. As Army Medicine continues to open the aperture, we must look at where health is truly influenced.

Visit Army Medicine’s Performance Triad Web page at: <http://armymedicine.mil/Pages/performance-triad.aspx>



Army National Guard (ARNG) Health Promotion Campaign, Guard Your Health

The Army National Guard (ARNG) Health Promotion Campaign, Guard Your Health, will encourage healthy behaviors and lifestyle choices by sharing tips and resources on a range of holistic health and wellness topics, such as

fitness and exercise, diet and nutrition, spirituality, sleep, dental health, stress, and injury and illness prevention. Find us at <http://www.guardyourhealth.com/>, and on Twitter @ARNGHealth.



It's All About Health



Learn more about Soldier & Family Fitness

Master Sgt. Loredo is the noncommissioned officer in charge of strategy, policy and training for the Army's Comprehensive Soldier and Family Fitness program. She has a short video log now available on her blog. In this video, she shows us how she uses a healthy lifestyle to lead by example, both as a mother and as a Soldier.

Access the video at: go.usa.gov/WntH

She is also a Gold Star wife. Share how you are following her lead in the workplace and at home. Email your fitness comments and questions to Master Sgt. Loredo and stay tuned to the Health.mil blog for future blogs and videos from her.



TRICARE Over-the-Counter Demonstration Program Extended Until 2016

TRICARE beneficiaries may continue to receive select over-the-counter medications at no cost to them until Nov. 30, 2016. The Department of Defense has extended the Over-the-Counter Medication Demonstration Project (OTC Demo) to allow more time to determine its effectiveness. The OTC Demo began in 2009 and was scheduled to end November 2014.

The OTC Demo allows TRICARE beneficiaries to get OTC medications from retail network pharmacies and TRICARE Pharmacy Home Delivery at no cost. Beneficiaries must get a

prescription from their doctor for most of the medications covered under the OTC Demo. Covered drugs include allergy medications Cetirizine and Loratadine (brand names Zyrtec® and Claritin®) and heartburn medication Omeprazole (Prilosec OTC®).

The OTC Demo now includes the Plan-B One-Step Emergency Contraceptive (levonorgestrel). Plan-B will be available at no cost and without a prescription to all active duty service women and female beneficiaries who can bear children, without any age restriction. The U.S. Food and Drug

Administration approved Plan-B for use without a prescription in June 2013. All military pharmacies already carry Plan-B and dispense it without a prescription at no cost. Plan-B is not available through TRICARE Pharmacy Home Delivery, because it must be taken within three days.

For more information about the OTC Demo, go to www.tricare.mil/otcdemo. The online formulary search tool, www.tricare.mil/otcdemo, allows TRICARE beneficiaries to see which prescription medications TRICARE covers and determine the applicable cost.

Operation Live Well: Healthy Living Updates Blog

Health is one of our most important possessions and is largely determined by daily lifestyle. Good health and vitality are based on a foundation of proper nutrition, physical activity, sleep, avoidance of risky behaviors, and emotional well-being. DoD wants to make healthy living the easier choice and social norm for you and those around you. We have compiled a set of tools and resources that can be tailored to each individual, based on their particular needs and preferences.

The Operation Live Well team is here to guide, hopefully motivate, and encourage you with your healthy lifestyle.

http://www.health.mil/News_And_Multimedia/Special_Features/operationlivewell.aspx

So don't overstuff yourself this holiday season! Fall and winter cooking don't have to be calorie-packed thanks to the

latest Operation Live Well e-book.

The Department of Defense's wellness initiative just published its fifth e-book, featuring some of the Operation Live Well team's favorite fall and holiday recipes.

http://www.health.mil/blog/13-11-18/Operation_Live_Well_Releases_Fall_and_Holiday_Recipes.aspx



It's All About Health.



● ● ● Army to Close Retiree, Family Member AKO Accounts

By Mark Overberg, Deputy Chief, Army Retirement Services

On Sept. 20, the Army published its plan to modernize Army Knowledge Online (AKO). The plan transitions business users to a suite of more secure Department of Defense (DOD) services. The improved security requires users to have Common Access Cards (CAC) embedded with users' personal digital certificates.

The Army will close all accounts for military and Civilian Retirees and Family members, who do not have CACs.

The Army plans to close inactive Retiree and Family member AKO accounts on Dec. 31, 2013. These are accounts that have not had a password change in over 90 days and are not set to automatically forward email to another government account. The Army will also remove email storage for active Retiree and Family member accounts on this date.

On Mar. 31, 2014, the Army will close all remaining Retiree and Family member AKO accounts. To ease the

transition, the Army G-6 recently approved a policy that allows Retirees and Family members to automatically forward their AKO email to a Civilian email address until Dec. 31, 2014. However, retirees must set this up in their AKO account profiles before Dec. 31, 2013. For email forwarding instructions: eis.army.mil/news/ako-forwarding-email

To avoid disruptions to personal email and communications, Retirees need to take the following steps soon:

- Obtain a personal email address from a civilian provider.
- Replace AKO email addresses in all personal accounts—especially myPay accounts at the Defense Finance and Accounting Service: mypay.dfas.mil/mypay.aspx
- Obtain a premium DS Logon account. This account allows access to personal benefits records and claims on DOD and Department of Veterans Affairs websites. For DS account information: army.mil/

article/105067/

- Download important emails and files to a personal computer.

The Army's official benefits website is MyArmyBenefits: myarmybenefits.us.army.mil

AKO transition Frequently Asked Questions (FAQ): eis.army.mil/ako/faq

Key AKO transition dates
Dec. 31, 2013

- Inactive AKO accounts closed
- Email storage removed from active accounts
- Retirees complete set up of auto forwarding of AKO email to commercial email Mar. 31, 2014
- All remaining Retiree and Family member AKO accounts closed Dec. 31, 2014
- Auto forwarding of AKO email to commercial email ends

Access full article at: veteranstoday.com/2013/10/30/army-plans-to-close-retiree-ako-accounts-by-mar-31-2014/

● ● ● MHS for Service Members, Retirees, & Families

Active duty Service Members, Retirees, and their Families benefit every day from the Military Health System's commitment to care. From online mental health resources to research initiatives that determine health risks to the communication efforts that inform on the most up-to-date

medical news, the MHS is an organization dedicated to keeping every current and retired service member healthy and strong.

Visit the site at: <http://health.mil/MHSFor/ServiceMembersandFamilies.aspx>

● ● ● 2013 Federal Benefits Open Season

The 2013 Federal Benefits Open Season is held from Monday, Nov. 11, 2013, to Monday, Dec. 9, 2013. During the Open Season, eligible employees may enroll, change enrollment or cancel enrollment in Federal Employees Dental and Vision Program (FEDVIP), and Federal Employees Health Benefits (FEHB) Program and can enroll in Federal

Flexible Spending Account Program (FSAFEDS). The 2013 Federal Benefits Open Season information can be found at: Army Benefits Center-Civilian: <https://abc.army.mil/health/2013benefitsopenseason.html>

Office of Personnel Management: <http://www.opm.gov/healthcare-insurance/open-season/>

It's All About Health.



Beware of Emotional Eating

By Capt. Candice Hebert, Psychologist, U.S. Army Public Health Command

"I have a deadline to meet; I am working long hours and feel overwhelmed. I usually eat something sweet to cope with the stress."

"My wife and I are having problems in our marriage ... I stay up late and eat--usually pizza--it helps me cope with the anxious feelings."

"I've been feeling lonely lately, so I sit in front of the TV with potato chips or some other type of junk food to help with the sadness."

"When I am feeling depressed I am constantly hungry."

At one time or another, most of us have turned to food to cure our emotional troubles or make ourselves feel better. In essence, we are feeding our emotions. However, problems arise when eating becomes the only approach we use to manage emotions--especially if the foods we choose to eat are unhealthy or the amounts are excessive. If you are experiencing persistent depressed mood for more than two weeks, see a healthcare provider.

The connection between serotonin and food

What is the connection between food and mood? A neurotransmitter, a mood hormone, called serotonin. When serotonin levels are low, we feel sad and when elevated, we feel happy. Serotonin is known to be in many antidepressants such as Prozac and Zoloft. However,

what most people don't know is that the majority of our serotonin cells are in our digestive systems, not our brains. Thus, diet plays a big role in our serotonin levels!

Carbohydrate-rich foods have a big effect on our serotonin levels. When we are sad or upset (low serotonin levels), we crave foods high in carbohydrate to feel better. It makes sense then, why people who are feeling down eat more junk food. In addition, the connection between serotonin and food is noticeable in the depressive feelings experienced after several weeks of a high protein, low carbohydrate diet. The effect of dieting and low carbohydrate intake decreases our serotonin levels and causes us to feel down. This in turn may lead dieters to crave carbohydrate-rich foods to improve their mood, which usually results in overeating and contributes to Regaining weight.

The behavior connection

When you form the habit of feeding an emotion, you put off learning skills to manage your emotions. Here are some tips to help break the habit of feeding your emotions:

- Identify your triggers for emotional eating.
- Take notice of when you feel stressed, overwhelmed, lonely, sad or anxious.
- Instead of searching for something to eat, do an enjoyable non-food related activity. Go outside, take a walk, or talk to a friend, family member, or coworker.
- If you find that your emotional



Choosing healthier snack options when available is one way to help control weight. Be sure to read labels to be aware of calories and other ingredients. (U.S. Army photo by Patricia Deal, CRDAMC Public Affairs)

eating is out of control, enlist the help of a qualified professional such as a registered dietitian and/or a behavioral health specialist (such as a social worker, therapist or psychologist).

Keep in mind that it is OK to eat the foods you enjoy in moderation. If you find that you absolutely have to have a favorite food, like chocolate, take the time to enjoy it. Engage the food with all your senses--touch it, smell it, chew it slowly and savor the taste. You will find that you are more fulfilled with a small amount versus the whole package. In addition, develop the habit of reaching for healthy serotonin-boosting snacks such as nuts, fruits and vegetables.

Summing up

Understanding what we eat, and how our mood relates to our behavior are important ways to help improve our mood. A well-balanced diet and engaging in healthy activities can keep us feeling great more often.



System for Health, the Performance Triad, and the Army Family

The Link to Improve Our National Security

By Ron Wolf, Army Medicine Public Affairs

Lt. Gen. Patricia Horoho, the Army surgeon general and commanding general U.S. Army Medical Command, has made the health of our Army Family a focal point for the way forward in our national defense. The health of the Army is so important that she has called it “an essential element of national security.”

The Army and the nation are facing a health crisis says Horoho. She reports that 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. We cannot continue to let health issues affect the readiness of the Army Family.

To improve health and readiness, Army Medicine is transitioning from a system focused on administering healthcare to a System for Health that combines healthcare and health promotion.

The System for Health provides a framework that encourages Soldiers, Families, Retirees, and our medical professionals to promote individual responsibility for healthy behaviors. This transition will require a culture change and a strong commitment from all members of the Army Family says the surgeon general.

An important foundation for the System for Health is the Performance Triad. The three pillars of the Triad are sleep, activity, and nutrition. The Performance Triad aims to influence Soldiers and Families to improve their sleep and nutrition habits and change their approach to daily activity. These three components directly impact both behavioral health and physical performance. As a result, they have a direct impact on overall health.

The Performance Triad program asks one to consider whether they meet these personal health and fitness goals. Do you take at least 10,000 steps per day and get 150 minutes or more of moderately intense aerobic activity each week? Are you eating eight or more fruits and vegetables per day?

What about your sleep habits? Many researchers believe sleep is the most

The transition from a healthcare system to a System for Health is not a program; it is an integration of a number of programs and initiatives...

important component of the Performance Triad. You should set a goal to get eight hours of sleep every night and have regular bedtime routines. Poor sleep habits are increasingly linked to a range of behavioral health issues, and adequate sleep time is considered to be one of the most important keys to brain health.

Together, good sleep habits, physical activity, and proper nutrition are critical components of both mental and physical fitness.

It is important that you and your

Family partner with Army Medicine to achieve your personal health and fitness goals. We need all our Soldiers and Families to be more proactive in developing healthy behaviors that will last a lifetime.

Some tools exist to help you. A number of activity counters are available that will monitor sleep habits, record steps, and report calories burned, helping you to keep an eye on your performance in meeting the goals of the Triad.

The transition from a healthcare system to a System for Health is not a program; it is an integration of a number of programs and initiatives aimed at changing the culture that is embedded deep in the Army’s DNA. This change will take time.

The System for Health will promote wellness, ensure readiness, and provide opportunities to manage health costs better. The components of the Performance Triad will help us to be mentally and physically fit.

Together these two components will help to ensure we are fit and ready at home, on the battlefield, or in the garrison. We are creating an Army community that places emphasis on disease prevention and changing behaviors to promote wellness and healthy living. The health of the Army Family is a matter of national security, and the defense of our nation has never been more important than it is now.

Horoho has stated that everyone in Army Medicine has a role in how we influence health. What Army Medicine does will be our legacy—the transformation of healthcare not just in the Army but across the nation.



SYSTEM FOR HEALTH.

Shanmugasundaram Natesan, Ph.D., left, listens to Daniel Cooper, a UTSA student as he talks about his research project during the first ISR/UTSA day October 9.



ISR, UTSA Gather for First ISR/UTSA Day

By **Steven Galvan, USAISR Public Affairs Officer**

Staff members from the U.S. Army Institute of Surgical Research (USAISR) along with faculty and students from the University of Texas at San Antonio (UTSA) held the first USAISR/UTSA Day recently. The event hosted at the USAISR was designed to promote an exchange of information between investigators from both organizations and to encourage further collaboration in regenerative and biomedicine research.

“This type of event is important because it creates synergy in research and prevents duplicative research efforts,” said Lt. Col. (Dr.) Michael R. Davis, USAISR deputy commander and reconstructive surgeon at the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston, Texas. “It also enables joint efforts in seeking research funding in an environment that is more and more competitive.” Read the full article at: usaistr.amedd.army.mil/news/news_stories/NOV/ISR_UTSA_Gather_for_First_ISR_UTSA_Day.html

Silver Caduceus Society Supports Honolulu Habitat for Humanity

By **Lt. Col. Tanya A. Peacock, president, Silver Caduceus Society (Aloha Chapter) and Suzanne D. Martin, PRMC Regional Telehealth director**

Honolulu Habitat for Humanity broke ground on six homes in the Waimanalo district, Kumuahu Subdivision in June 2103 on land provided by the Department of Hawaiian Homelands to support six native Hawaiian Families; the largest build project to date for the organization. Members, spouses and friends of the Silver Caduceus Society set aside a day in October to work on several Habitat for Humanity houses, clearing debris, priming decks, pouring concrete, bracing framework, and staking property lines. According to the surgeon general of the Army, “Lifespace” is the portion of a person’s life, outside of a health care provider’s office, where decisions are made regarding health. Choices are made at work, at home, or within the community which influence health outcomes.



Members, Family, and friends of the Silver Caduceus Society work with Habitat for Humanity in the Waimanalo district. (From left to right): Col. Pete Eberhardt, Maj. Yahuza Mohammed, Maj. Eli Lozano, Maj. Richard Floyd, Ms. Kelly Wheeler, Lt. Col. Vernon Wheeler, Col. (Ret) Suzanne Martin, Ms. Alimatu Mohammed, Capt. Jeremiah Jones, Lt. Col. Tanya Peacock and Capt. Emily Corbin. Not pictured: Ms Serena Lozano (Courtesy photo by Connie Brown, volunteer coordinator, Honolulu Habitat for Humanity)



Former UFC fighter Chuck Liddell drives a Humvee simulator as Capt. Brady Hassell assists during a simulated convey at the Warrior Resiliency and Recovery Center (WRRC), Fort Campbell, Ky. where Hassell currently receives treatment for a traumatic brain injury. Liddell, along with fellow UFC guest fighters Forrest Griffin, Fredson Paixao and Jim Miller, received a hands-on tour of portions of TBI therapy sessions that Soldiers receive at the center. In 2014, the WRRC will become a National Intrepid Center of Excellence satellite site, known as the Intrepid Spirit. (U.S. Army photo by Laura Boyd/Released)

UFC Guest Fighters Pair up with Soldiers at Fort Campbell’s TBI Center

By **Stacy Rzepka, Public Affairs Specialist** Fort Campbell’s Warrior Resiliency and Recovery Center and National Intrepid Center of Excellence satellite, Intrepid Spirit, director Dr. Bret Logan welcomed four guest Ultimate Fighting Championship fighters Nov. 4 to his traumatic brain injury treatment center. The UFC guest fighters visited Fort Campbell before the “Fight for the Troops” event held later that week. The Warrior Resiliency and Recovery Center is transitioning to the National Intrepid Center of Excellence satellite site, known as the Intrepid Spirit, once construction is complete in 2014. The center is being funded by donations from the American people.

As Logan greeted UFC fighters Chuck Liddell, Forrest Griffin, Jim Miller and Fredson Paixao Monday, he said, “We have the responsibility for the treatment of all concussions in this 30,000 plus Soldier-based population.” Read the full article: <http://clarksvillenow.com/local/ufc-guest-fighters-pair-up-with-soldiers-at-ft-campbells-tbi-center/>



PERSPECTIVES on Ready and Resilient and the Performance Triad

By Maj. Gen. Steve Jones, commanding general U.S. Army Medical Department Center & School

Instilling fitness and resilience in our Soldiers, Families, and Army Civilians is as important today as it was during the long winter at Valley Forge. These qualities are critical as the Army continues to fight our nation's longest war with an all-volunteer force. The Ready and Resilient Campaign seeks to institute a cultural change in the Army by directly linking personal resilience to readiness, and emphasizing the responsibility of each individual to build and maintain resilience. Taking a deliberate approach to strengthening physical, psychological, and emotional resilience will increase unit readiness and the ability of Soldiers, Families and Civilians to deal with the significant challenges of the Army Profession.

The Army Medical Department's Performance Triad supports the Ready and Resilient Campaign and is a key component of our transition from a healthcare system to a System for Health. Patients spend an average of 100 minutes each year in our healthcare system. Their decisions during the other 525,500 minutes of the year, the Lifespace, have a great impact on their health and their lives. Sound decisions concerning the basics of Sleep, Activity, and Nutrition are key to optimizing health, performance and resilience. The Performance Triad will lead to sound decisions, more healthy behaviors, and more optimal performance.

We know that individual resilience can be built, maintained, and strengthened with an appropriate

training regimen. By taking a systematic approach we can better include activities into our schedule, follow a healthy diet that supports our training, and ensure we get the rest we need. A thoughtful plan will make our training more effective, help prevent injuries and over-training. Start by setting challenging but realistic goals. Include both short- and long-term goals that are specific and measurable. Pick a physical activity that you enjoy and make it a regular part of your



daily schedule. There's no single best way to train, the best activity for you is one you will consistently stick with. Remember that it is just as important to train your mind and include mind-body activities as well. Meditation not only reduces stress but can also increase your ability to concentrate. Yoga increases flexibility while reducing stress. Other mental training activities can improve your cognitive function.

Diet has a major influence on overall physical and psychological fitness. Quality nutrition means eating the right foods in the right quantities to improve performance and maintain a healthy weight. Plan your meals in advance and follow your plan. Sleep, the first element of the Performance Triad, is as important as the other two. Training overloads the body and a recovery period allows the adaptation which increases physical and psychological fitness. Proper recovery includes cooling down, refueling, rehydrating, and sleep. And once again, make a point to include adequate time in your schedule.

Soldier athletes following a more advanced training program can achieve even greater goals. Their training plan should incorporate a strategy to improve endurance, speed, strength, power, flexibility, and the technical/mental skills required in their job. They should specifically tailor their training to accomplish their goals, and incorporate advanced techniques including training cycles and periodization. Rest may include active recovery activities such as walking, light biking, or swimming. With more intense and higher volume training, it's even more important to follow a careful plan to avoid over-training and overuse injuries. Finally, keep a training log—it helps you stay motivated, track your progress, and accomplish your goals.

Performance Triad Based in Sound Science

By Lyn Kukral, U.S. Army Public Health Command

As Army Medicine brings the resiliency-building Performance Triad to Soldiers and Retirees, their Families and Army Civilians, one thing is certain. To be healthy, safe and successful, the Triad's components must be based in science.

No less a person than the Triad's creator, Army Surgeon General Lt. Gen. Patricia D. Horoho, agrees.

Horoho sanctioned a special October issue of "AMEDD Journal," Army Medical Command's leading professional publication, focused on the Performance Triad. It presents the work of Army and DOD experts at the forefront of scientific research related to the Triad's components—sleep, activity, and nutrition.

"The scientific articles in this issue will help us build an evidence-based foundation for developing the tools that will make it easier for Army beneficiaries to choose good health," Horoho said in her introduction to the publication.

Bradley C. Nindl, U.S. Army Public Health Command's science advisor, managed the issue development, reaching out to authors, reviewing content and making the decisions about article acceptance. Nindl also co-authored an article on optimizing physical readiness, supporting the "activity" component of the Triad.

"The Performance Triad issue supports TSG's goal of transforming Army Medicine to a System for Health," he explained. "It reinforces and scientifically validates her vision for the Triad."

Nindl was instrumental in engaging medical, academic and scientific experts in the September 2012 surgeon general-sponsored Performance Triad kickoff at Aberdeen Proving Ground,

Md. The attendees, including some of the nation's leading experts in sports medicine, exercise physiology, nutrition, clinical medicine and medical research, brainstormed recommendations for ensuring that the Triad's health education and behavior-change efforts are scientifically valid.

Their recommendations continue to bear fruit within the DOD science and research community.

"The scientific underpinnings of the Performance Triad are DOD research, although we continue to rely on external experts to guide our decisions and ensure they are based in sound science," Nindl said.

Other issue authors also are committed to putting the best science behind the Triad.

"Evidence-based educational and health promotion programs are essential to optimize the safety, efficiency, and effectiveness of strategies that Soldiers use to enhance their performance," said Dianna L. Purvis, director of Strategic Operations & Special Projects at the Consortium for Health and Military Performance, Uniformed Services University of the Health Sciences, in Bethesda, Md.

"But most importantly, our war fighters are the military's most valuable asset. We must seek to help them protect their health and well-being while optimizing their performance," added Purvis, who co-authored articles on nutrition and sleep.

"For an initiative like the Performance Triad to be successful, it must be based on sound, scientific evidence," Patricia A. Deuster, CHAMP director at USUHS, affirmed. "Health initiatives based on

mass media claims or exaggerated or unfounded claims would be at best limited in effecting positive changes."

Both DOD and external experts ensured the Triad issue's articles met high scientific standards.

"Each article underwent rigorous peer review by at least two and sometimes three subject-matter experts from DOD, government and academia," Nindl said.

The Triad issue's content targets DOD's clinical and scientific experts and others whose interests would include the science behind the Triad's efforts to change mindset and behavior. These are the individuals who will help carry the Performance Triad's guidon to Army leaders.

For leaders, experience will be the best teacher of the Performance Triad's value.

"Leaders need to experience the benefits themselves to understand and be able to promote the beneficial outcomes in terms of physical and mental performance," said Deuster, who co-authored articles on fitness and on physical readiness.

"Once they are clear in themselves of the value, they will endorse and adhere to the messages being conveyed by the Performance Triad. When leaders buy in to the benefits, they will be the best role models and actively demonstrate the importance of Performance Triad messages," she added.

Access your copy at: <http://www.cs.amedd.army.mil/FileDownloadpublic.aspx?docid=565febfe-b26e-4922-8f82-0e9373b5f01a>

FALLEN HEROES 2013



CPT MORENO, Jennifer M.



66H

Madigan Army Medical Center, Joint Base
Lewis-McChord, Washington
San Diego, California
6-Oct-2013

1SG STAPLEY, Tracy L.



68W

308th Medical Logistics Company, 139th
Medical Support BDE, Independence, MO
Clearfield, UT
3-Jul-2013

SPC TOWSE, Cody J.



68W

3rd Battalion, 41st Infantry Regiment,
1st BCT, 1st Armored Division,
Fort Bliss, TX
Elk Ridge, UT
14-May-2013



Serving To Heal...Honored To Serve