WHAT DOES HEALTH LOOK LIKE?

SLEEP

Sleep is the number one biological process that the brain requires to maintain complex mental operations. Proper sleep hygiene supports improved cognitive performance, mood and well-being, reaction times and situational awareness.

- Prescribe 7–8 hours of sleep. Soldiers need 7–8 hours of quality sleep every 24 hours to maintain optimal mental effectiveness (readiness) and resilience.
- Prescribe effective sleep habits. Recommend creating a dark and comfortable sleep environment, using the bedroom only for sleep and sex, ceasing caffeine intake 6 hours prior to bedtime, not using alcohol before bedtime, exercising earlier in the evening, and not going to bed hungry.
- Prescribe appropriate interventions for poor sleep. For individuals experiencing problems falling asleep, recommend maintaining a consistent, regular routine that starts with a fixed wake-up time, getting out of bed if unable to sleep, napping wisely and sparingly, and moving the bedroom clock to a non-visible location.

RESOURCES FOR HEALTH

Use the following resources to maintain a proactive approach to health, and access tools that patients can use to be active participants in the System for Health.

Learn more about Army Medicine and the Performance Triad:

- http://armymedicine.mil

Access Electronic Resources and Connect with Online Communities:

- Visit ArmyFit at https://www.armyfit.army.mil or https://armyfit.army.mil
- Visit Comprehensive Soldier & Family Fitness at http://csf2.army.mil/
- Visit USDA's MyPlate Super Tracker at http://supertracker.usda.gov

Technology can be used to enhance personal health and readiness.

- 52% of Smartphone users search for health information on their phones and 1 out of 5 have at least 1 health app on their phone.
- Personal readiness devices and fitness trackers can be used to help automatically track activity, nutrition, and sleep.
- mHealth solutions can help patients set and track their personalized goals, decrease barriers to change, and motivate new healthy habits.

PROVIDER POCKET GUIDE

U.S.ARMY

Professional SOLDIER ATHLETE HERE IT'S NOT A GAME

PERFORMANCE TRIAD AND THE ARMY SYSTEM FOR HEALTH

The strength of the Army is its Soldiers and Families. Individual and unit performance directly impact unit readiness.

- Soldiers with musculoskeletal injuries make up 45% of the medically not ready.
- Soldiers who get less than 7-8 hours of sleep lose 20% of their cognitive performance.
- The annual costs of treating overweight and obese patients are higher than the costs of treating non-obese or non-overweight patients: on average, $266 higher (overweight); $1,723 higher (obese).

Health occurs every day outside of the medical space. Healthy choices related to activity, nutrition, and sleep can improve cognitive and physical performance, minimize injuries, and help maintain good health. Applying the components of the Performance Triad optimizes individual readiness and reduces the need for medical interventions.

The Performance Triad:

- Builds a foundation for healthy behaviors.
- Aligns under Secretary of the Army's Ready and Resilient Campaign.
- Presents an opportunity for a standardized, unit-driven approach for optimizing individual and unit performance.
- Enables individual Soldiers to maximize their performance, thus enhancing operational effectiveness.

ACTIVITY

Regular exercise and physical activity can lead to long-term health benefits and reduce the risk of many chronic diseases such as depression, diabetes, heart disease, high blood pressure, obesity, stroke and some forms of cancer. A growing body of evidence is linking sedentary behavior, such as prolonged sitting, with increased risk of obesity, Type II diabetes, cardiovascular disease, cancer and death.

- Prescribe exercise for metabolic syndrome, hypertension, chronic pain, depression, anxiety and stress.
- Prescribe 150 minutes of moderate exercise per week based on level of fitness.
- Prescribe regular activity. Recommend 10,000 steps per day and moving 10 minutes of every hour http://www.acsm.org/docs/brochures/reducing-sedentary-behaviors-sitting-less-and-moving-more.pdf.
- Prescribe muscle strengthening activities on two or more days a week that work all major muscle groups.
- Prescribe injury prevention. Recommend warming up, cross-training, progressing gradually and wearing appropriate protective equipment.

Encourage early treatment for injuries. For musculoskeletal screening and referral tools go to https://www.qmo.amedd.army.mil/srts/intro.html.

Write positive profiles to allow Soldiers to participate in appropriate training. Consider using the standardized e-Profile templates.

NUTRITION

Good nutrition is more than just weight loss. Better foods support enhanced cognitive and physical performance, weight maintenance, disease prevention, healthy aging, and muscle repair, growth, and maintenance. Chronic inflammation plays a role in many disease processes. The food you eat can reduce or shorten the inflammatory process or support chronic inflammation.

- Prescribe a variety of foods. Recommend fruits, vegetables, whole-grains, lean protein sources, low-fat sources of calcium/dairy, and healthy fats including Omega-3.
  - Prescribe a 1/2 plate of fruits and vegetables for each meal.
  - Choose whole grains and lean proteins more often.
- Recommend reducing intake of pro-inflammatory foods such as foods high in salt, saturated fat and trans—fats, cholesterol, added sugars and refined grains—all of which are associated with chronic inflammation, extended muscle soreness after strenuous exercise and increased risk for chronic diseases.
- Prescribe proper nutrient timing. Recommend fueling before and after strenuous workouts. It is essential to refuel within 30—60 minutes after strenuous activity, ideally with a mix of carbohydrates and protein.
- Prescribe fueling every 4—5 waking hours. Eating regular meals maintains energy levels, improves endurance and increases metabolism.
- Prescribe meal and snack planning.
- Prescribe hydration for clear thinking and focus (water is good—8 glasses is great!!)
- Prescribe maintaining a desirable weight; obese patients (BMI>30) and overweight patients (BMI 25-29.9) who carry their weight in the abdomen ("apple" shape) are at higher risk for chronic diseases than "overweight" patients with healthier weight distribution.
  - For males, waist circumference should be less than 40 inches.
  - For females, waist circumference should be less than 35 inches.

Service Members often use dietary supplements; recommend whole foods as the best source for an edge on performance. Otherwise recommend smart, informed use of supplements and visit Operation Supplement Safety at http://hprc-online.org/dietary-supplements/opss.

Consult your local Registered Dietitian/Nutrition Clinic for questions or patient appointments.