

## INFORMATION PAPER

25 March 2014

SUBJECT: Readiness and the Army Performance Triad

1. **Purpose:** To provide an overview of the Army Performance Triad as a key enabler for readiness and its potential influence on the nation's health.

### 2. **Background.**

a. The cornerstone of land power's historical and future success hinges around the human domain. Physical and mental resilience are essential to the readiness of the Total Army Force and its ability to successfully achieve our national interests. Establishing a culture that embraces the concept of the "Professional Soldier Athlete" through the Performance Triad is vital to sustaining readiness and actuating this paradigm shift. Professional Soldier Athletes are invested in their own health and possess an internal mindset that drives them to optimize their physical and cognitive condition for the best individual and unit performance, similar to professional athletes. Healthy behaviors, as guided by the Performance Triad, are key to optimal performance for the mission or the competition.

b. The Army is leading the Department of Defense's (DoD) strategy to promote Healthcare to Health through the Operation Live Well campaign and its demonstration project, the Healthy Base Initiative. The Army has established a strategy leveraging many of the Ready and Resilient Campaign's (R2C) programs and initiatives, including Comprehensive Soldier and Family Fitness and the Performance Triad, which have been adopted as central components of the DoD strategy. Corps/Mission Commanders lead readiness and resilience at Army camps, posts and stations through Community Health Promotion Councils. Medical Treatment Facilities, Soldier and Patient Centered Medical Homes, and Army Wellness Centers facilitate Performance Triad support requirements.

### 3. **Facts.**

a. The Army Medicine 2020 Campaign Plan is nested with the National Prevention Strategy, Military Health System (MHS), the Army Campaign Plan and 2014 Army Posture Statement. Army Medicine's Campaign Plan transforms the Healthcare System into a *System for Health*. This paradigm shift entails moving from a disease centric model to a health centric system, which influences healthy behaviors in the "Lifespace," where Soldiers, family members, retirees and DA Civilians live, work and play. The Performance Triad is the central component of the System for Health and key R2C enabler designed to improve performance and readiness. Army Medicine's four strategic priorities (Combat Casualty Care, Readiness & Health of the Force, Ready & Deployable Medical Forces and Health of Families & Retirees) also incorporate the tenets of the Performance Triad.

b. The Office of the Surgeon General is the proponent for the Army Performance Triad, which focuses on Sleep, Activity, and Nutrition as part of a comprehensive plan to improve readiness and increase resilience through improved education and leader involvement. The Performance Triad encompasses messaging, outreach, education, and collaborative partnerships built to maintain, restore, and improve the stamina, resiliency, and health of the Army Family.

#### 4. Current and Future Actions.

a. The Army is currently conducting 26-week pilot studies with battalion-sized units at three CONUS installations and Afghanistan to validate training methodology for Army-wide implementation. Unit and individual performance will also be evaluated during sustained simulated combat operations at the Combat Training Centers. Performance Triad education and training literature for families, retirees and DA Civilians is scheduled for roll out 1 May 2014. Additionally, Army Medicine is coordinating with the Office of the Chief Army Reserve (OCAR) for Total Force implementation.

b. The Office of the Surgeon General will host a brain health consortium 10-11 April 2014 with subject matter experts from the military, academia and industry. The intent is to lead the military's efforts to further develop and shape this initiative collaboratively and through the lens of the Performance Triad.

c. Key partnerships with the National Football League, Major League Baseball, academia and industry have been established, in addition to an engagement with the First Lady during the White House Wellness Center opening ceremony. These partnerships have solidified collaborative relationships, endorsements and adoption of the Performance Triad tenets.

#### 5. Conclusion.

a. The health of our Nation and the health of our military are not separate. Only one of four Americans between the ages of 17-24 is eligible for military service. Three out of four are disqualified, mainly because of medical and weight problems, which equates to 75% deemed unfit for service. This predicament poses a clear and present danger to national security.

b. Chronic ailments, such as diabetes, heart disease, depression and overuse injuries, are often preventable and manifest due to poor sleep management, obesity, and improper nutrition. These types of disorders are among the leading causes for prolonged healthcare and place the greatest strain on federal resources. The military retiree population is among the largest consumers. Army Medicine aims to fundamentally change health through the tenets of the Performance Triad, shifting from a disease centric healthcare model to a *System for Health* that will ultimately bend the healthcare cost curve by improving health outcomes.