



NEWS RELEASE

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Army Medicine Hosts Performance TRIAD Workshop

A Performance Triad Workshop requested by Army Surgeon General, Lt. Gen. Patricia Horoho and hosted by leaders of the Western Regional Medical Command will convene September 18-21 at Aberdeen Proving Ground, Md. The meeting brings together approximately 85 military, government and civilian experts to develop the structure for the phased roll out of what Horoho has termed the performance triad. This triad composed of - activity, nutrition and sleep will be foundational for Army Medicine's transformation to a system for health.

During the workshop, attendees will assess the current state of Army Medicine and civilian education with regard to these tenets of health. Outreach and intervention programs for the three components are to identify gaps and bring together a synchronized action plan to restore and improve Health of the Force for the Army and Army Medicine beneficiaries.

“Prevention requires an investment and a credible force with sufficient capacity, readiness and modernization. The workshop supports Gen. Odierno's philosophy and the Army's Prevent-Shape-Win strategy, Horoho said. “Army Medicine plays a critical role by preventing illness and injury, treating the sick and wounded and enhancing the Readiness of the Force through Health.”

Health for the Army means we have Soldiers who are fit, ready and resilient. For Army Medicine this means understanding where health happens and the steps we personally must take to influence health.

Workshop 2-2-2

About one-third of life is spent working, another third with Family and friends and another third sleeping. Providers see patients on average about 100 minutes out of 525,600. Health occurs in the Life Space, or in other words, the 525,500 minutes spent away from the doctor's office.

There is a relationship between an individual, their environment and their health. A person's LifeSpace can be shaped by making wise choices.

Within the environment where Soldiers and Families live and work are the Life Spaces and influences on health like the Defense Finance and Accounting Center, Commissary, Fitness Center, Work Environment, Family, Friends and Community. The sphere of influence that Army Medicine directly controls is Health Care Services.

"Our traditional health portals will continue to be clinic visits, inpatient stays and rehabilitation. Future portals however, will evolve through our Army Wellness Centers and collaborative groups like the community Health Promotion Council and workgroups like this," Horoho said.

The Performance Triad Programs developed during the workshop and collaboration with government and civilian experts for activity, sleep and nutrition, along with many other components of Army Medicine's health platforms such as Soldier Centered Medical Home, Primary Care Medical Home and Warrior Transition Units, will enable the Army to better help Soldiers and Families shape their LifeSpace for continued good health.