



UNITED STATES ARMY PUBLIC HEALTH COMMAND

Public Affairs Office

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Health Promotion and Wellness Portfolio

Mission

The mission of the Health Promotion and Wellness Portfolio is to advocate for global force fitness through strategically developing, integrating, standardizing and evaluating health promotion and wellness services within the Army public health system.

Background

The Health Promotion and Wellness Portfolio has its roots in the U.S. Army Center for Health Promotion and Preventive Medicine, the predecessor organization to the U.S. Army Public Health Command. While elements of the portfolio have existed for nearly 20 years, most of its programs are new since 2009.

Clients

The portfolio clients are DOD and Army leaders and units, including installations, medical treatment facilities and deployed units, Army Reserve and National Guard units, families, retirees and Army civilians.

Structure and Organization

The Health Promotion and Wellness Portfolio is one of nine portfolios at the Army Institute of Public Health, a subordinate unit of the USAPHC. It is composed of five programs:

*** Health Promotion Operations Program** — Experts in this program are placed in Army communities as special staff to the senior commander and as the primary advisor to integrate public health, medical and other support assets through Community Health Promotion Councils. The program identifies redundancies and voids, evaluates population needs, assesses existing programs and coordinates targeted interventions to optimize the well-being of military community members. The program's experts also use the CHPCs as a mechanism for the delivery of comprehensive health promotion and prevention programs, improving total force fitness and helping to reduce health-care costs associated with disease and injury.

*** Community Behavioral Health Operations Program** — Experts in this program use evidence-based information to affect lifestyle changes in Army personnel (past and present), family members and Army civilians. The program develops standardized, evidence-based health and behavioral-health initiatives, products and tools that enhance the well-being of Army communities. Experts in this program also provide consultation, education and training on suicide awareness and prevention, combat operational stress control, spiritual fitness, nutrition and weight management as well as other areas of health and well-being indicated by the needs of the individual Army community.

*** Public Health Assessment Program** — Experts in this program advocate for evidence-based health promotion practice within the U.S. Army public health system through systematic assessment. They maximize the impact of health promotion by ensuring that practice is based on the best available evidence of effectiveness and by fostering a commitment to continuous quality improvement. They perform literature review, data analysis, program evaluation, and systematic review of policies and programs. They also provide training and consultation in program evaluation to increase communities' and programs' internal evaluation capacity. Knowledge gained from these assessments is used to identify what works in health promotion; offer solutions to improve program effectiveness; and make recommendations to influence Army policy, campaigns and other strategic initiatives.

*** Army Wellness Centers Operations Program** — This program provides integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles. Its goal is to improve the overall well-being of Soldiers and families. The program is charged with standing up 38 Army wellness centers in Army locations in the United States and abroad. It works with installations to build new wellness centers, provide subject-matter expertise in proper staffing and equipment, and ensure that the wellness centers offer standardized



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health promotion and wellness programs and services. Some services offered by these centers include exercise testing/prescription, metabolic testing, weight management, stress reduction, and tobacco awareness.

*** Army Public Health Nurse Program** — Leaders in this program provide subject-matter expertise and consultation for health promotion and wellness activities in the areas of health risk avoidance/risk mitigation management, Soldier/child/family safety, community profile assessment, rapid health assessments in response to medical threats and disease outbreaks, communicable disease surveillance and management, disease and health event investigation, population-level disaster preparedness for mass sheltering, feeding and safety; and oversee APHNs serving as the Installation Child Youth and School Services Health Consultants for the medical treatment facility commander. This program provides oversight and standardization of prevention activities that include, policy, societal and environmental controls, and the processes and procedures APHNs use in their communities. These activities include disseminating standardized protocols and practices, and evaluating the implementation and effectiveness of current wellness policies using relevant outcome measures. The program serves as a policy advocate by using appropriate evidence-based practice and program evaluation to influence public health decisions. Program leadership is also engaged in fostering collaboration across sectors and governmental agencies to synchronize public health efforts in support of the National Prevention Strategy and other key health promotion and wellness initiatives.

Health Promotion and Wellness' People

Approximately 60 people work in the Health Promotion and Wellness Portfolio. These individuals are located at the AIPH and at military installations supporting senior commanders. They include military and civilian personnel

in a range of scientific disciplines. Public health nurses, public health scientists, health psychologists, health promotion officers, physical therapists, exercise physiologists, public health evaluators, health educators, clinical social workers, a dietitian, a chaplain and administrative personnel are just some of the occupations within the portfolio. In addition to their professional experience, many staff members hold advanced academic degrees and certifications in their respective areas.

The Health Promotion and Wellness Portfolio supplements its expertise from multidisciplinary public health experts within USAPHC and also works with external organizations including the Centers for Disease Control and Prevention and other government agencies.

Through the portfolio management process, HPW is responsible for standardizing health promotion and wellness services throughout the Army. To do this successfully, portfolio members need to build cooperative and collaborative relationships with their clients.

Benefits for the Army

The Health Promotion and Wellness Portfolio improves the physical, intellectual, spiritual, emotional, social, environmental and occupational health of Soldiers, retirees, their families and Army civilians. Through the work of its programs, it encourages Army communities to lead successful, healthy lives, and builds the science behind why good health matters.

Additionally, the portfolio offers many courses including the Health Promotion Course, the ACE suicide intervention course and the Pregnancy/Post-partum Instructor Leader Course. Portfolio members serve as guest instructors at the Army Medical Department Center and School, the Uniformed Service University for Health Sciences and Army installations worldwide.