



USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND

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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 and programs 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, four of the five programs were developed between 2009 and 2011 to meet the Army's needs.

Clients

The portfolio's clients are Department of Defense and Army senior leaders, units both in garrison and deployment, military medical treatment facilities, Soldiers, military families, retirees and Department of the Army civilians. The portfolio supports Army Reserve and National Guard through consultation for program implementation specific to the Army Ready and Resilient Campaign.

Structure and Organization

The Health Promotion and Wellness Portfolio is one of nine portfolios that make up the Army Institute of Public Health, a subordinate unit of the USAPHC. The portfolio is comprised of five programs listed below.

- **Health Promotion Operations Program**—Experts in this program are placed in Army communities as special staff to the installation senior commander and as the primary facilitator to integrate public health, medical and other support assets through Community Health Promotion Councils. CHPCs elevate and prioritize public health status, targets and standards, shifting the paradigm from reaction to prevention. CHPCs enhance organizational effectiveness and capacity to meet mission requirements through integration and coordination of health and wellness activities on Army installations. 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 healthcare costs associated with disease and injury.
- **Integrated Health Education**—This program uses evidence-based information and industry best practices to affect healthy lifestyle changes in its clients through standardized health and behavioral health initiatives. Leveraging technology, the program administers continuing education to health promotion professionals across the DOD via the "Charting the Course to a Healthier Force" professional development series. Experts in this program also provide consultation in the areas of combat operational stress control, spiritual fitness, nutrition and other areas of health and well-being as indicated by the needs of the Army.
- **Public Health Assessment Program**—Experts in this program advocate for evidence-based health promotion and public health practice within the U.S. Army public health system through systematic assessment. They maximize the impact of health promotion and public health 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 assessment and program evaluation to increase communities' and programs' internal evaluation capacity. Knowledge gained from the program's assessments is used to identify what works in health promotion and public health; offer solutions to improve program effectiveness; and make recommendations to influence Army policy, campaigns and other strategic initiatives.
- **Army Wellness Centers Operations Program**—Army Wellness Centers are the health education arm of Patient-Centered Medical Home out in the community where people live and work. This program provides integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles. The program collaborates and



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synchronizes efforts with multiple health and wellness initiatives in the Army, including Ready and Resilient Campaign, Performance Triad, Army Medicine 2020 Campaign Plan, and Comprehensive Soldier and Family Fitness. The goal of the AWC is to improve the overall well-being of Soldiers and families. The program is charged with standing up 37 Army wellness centers in Army locations in the United States and abroad. Staffs work with installations to build new wellness centers, provide subject-matter expertise in proper staffing and equipment, and ensure that the wellness centers offer standardized health promotion and wellness 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 serve as subject-matter experts for Army public health nursing and provide consultation on issues related to community health Status assessment, APHN program management, communicable disease prevention and control, public health policy, Children and Youth School Services, and APHN utilization. Additionally, this program conducts routine performance measurement and workforce development activities to assure a competent workforce. The program works with USAPHC regional personnel to provide installation-level APHN practice oversight, facilitate standardization of program processes and serve as a liaison with Army regional medical command clinical leaders. Program activities include disseminating new practice guidelines, promoting evidence-based practice, evaluating health promotion activities using relevant outcome measures and conducting disaster management activities. Program leaders foster collaboration across governmental, civilian and academic public health institutions in order to synchronize efforts in support of the National Prevention Strategy and the Army Medicine 2020 Campaign Plan.

Health Promotion and Wellness' People

Approximately 80 people work in the Health Promotion and Wellness Portfolio. Seventy percent of them are located at military installations supporting senior commanders, and the other 30 percent are located at the Army Institute of Public Health. They include military, civilian and contract 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.

Portfolio Contributions

Through the work of its five programs, experts in the Health Promotion and Wellness Portfolio build the science behind why good health matters, and encourages Army communities to create an environment where healthy change can take place.

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

The portfolio continues to work to increase the capacity to respond to public health requests from Army commands to reinforce the public health system at the installations to ensure transparency and communication throughout all levels in the Army Public Health Enterprise and integrate medical, mission and garrison assets—answering its daily mission check, “What have we done for America’s sons and daughters today?”