



**Directorate of Health Promotion and Wellness**



**VISION**

***Integrate Health Promotion into Total Army Life to optimize soldier readiness and performance in a dynamic environment.***

The Directorate of Health Promotion and Wellness focuses on soldier readiness through health promotion coupled with Total Army wellness. In the words of our Director, COL Adeline Washington, "the opportunity for optimum health promotion and readiness is now." Our organization and purpose follow.

**MISSION**

We provide expertise to integrate Health Promotion Initiatives into the Total Army by:

- ◆ Recommending policy
- ◆ Planning programs
- ◆ Providing training support
- ◆ Assisting in research
- ◆ Developing and disseminating information

**KEY STRATEGIES**

**Marketing.** Develop and implement a customer-focused marketing plan to increase awareness and participation in health promotion programs.

**Readiness.** Integrate health promotion into Total Army life to enhance readiness and improve quality of life.

**Analysis and Research.** Develop and implement a system to validate and document the value of health promotion initiatives using a scientific approach.

**Information Management/Communications.** Develop an information network to collect, review, and disseminate pertinent health promotion information to our customers. .

**Health Care Delivery and Community Services.** Integrate health promotion into managed care settings and military community-based activities.

**PROGRAMS**



**The Health Risk Appraisal Cardiovascular Screening (HRA/ CVS) Program**

operates and maintains a system to support the readiness mission of the Army by evaluating the health and fitness status of the soldiers and families. This program maintains the HRA Corporate Database, approximately 600,000 records, used to ascertain the health level and readiness of the Army.

**The Personal Readiness Program**

focuses on health promotion and health education initiatives to promote individual healthy lifestyles for maintaining overall Total Army Readiness. This program provides guidance to commanders on personal factors that impact readiness including: physical fitness, tobacco cessation, substance abuse, sexual behavior, nutrition, oral health, stress management, weight control, and suicide prevention.

**The Community Health Services**

Program focuses on promotion of healthy lifestyles through program and policy development and evaluation, demonstration projects, and community-based education activities. Health information is available for commanders and other personnel to improve Total Army readiness and quality of life. Health consultation is provided onsite to Child Development Services at local installations.

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The Army **Health Connection** is a quarterly publication of the Directorate of Health Promotion and Wellness. It is designed to keep you informed on health promotion and wellness issues and to provide helpful hints to educate our military community. Material printed in this publication comes from a variety of sources. Your comments, suggestions, and questions are welcome. Please call DSN 584-4656. Fax: DSN 584-5471 or write to Commander, USACHPPM, ATTN: MCHB-DH, Aberdeen Proving Ground, MD 21010-5422.



For details on the **Annual Health Promotion Conference** call or write to DSN 584-4656. Fax: DSN 584-5471 or write to Commander, USACHPPM, ATTN: MCHB-DH-P, Aberdeen Proving Ground, MD 21010-5422.