Move to Health:
Powered by the Performance Triad

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System for Health-Definition

Definition of the System for Health

Army Medicine is deliberately transitioning from a healthcare system to a ‘System for Health’. The ‘System for Health’ (SfH) proactively focuses on improving health and wellness while delivering consistent, safe, quality healthcare for all Service Members, their families, and retirees. The SfH is a critical enabler in the Human Dimension and Ready and Resilient Campaign (R2C) and results in optimized human performance, health readiness, resilience, and overall personal health. The SfH, in partnership with the healthcare team, develops engaged and empowered beneficiaries to take personal responsibility to improve, restore and maintain health of the Total Army Family.

- **Improves**-SfH improves health, readiness, resilience and performance by teaching, coaching, and mentoring in order to influence individuals to optimize performance through Sleep, Activity, and Nutrition behaviors through the Performance Triad.

- **Restores**-SfH restores health through providing early access to evidence-based, safe, high-quality, and consistent, person-centered, predictive, proactive and collaborative care that focuses on health and wellness through healthcare and Delivery of Health.

- **Maintains**-SfH maintains health in safe, sustainable communities that support informed choices and healthy lifestyles through the promotion of Healthy Environments.
Move to Health: Powered by the Performance Triad

Healthy Environment

Delivery of Health

Sleep

Activity

Nutrition

Personal Development

Surroundings

Emotional

Spiritual

Family/Social

Mindfulness

At My Best

At My Worst

MY CHOICE
Find people in your small group who match the descriptions on the card, and write their name in the corresponding box. A winning group/table will have **two connecting lines** (9 boxes) with each person in your small group represented at least once in the pattern. (Think patterns like X, T, L)

<table>
<thead>
<tr>
<th>Received a massage this month</th>
<th>Got 7-8 hours of sleep last night.</th>
<th>Has a spiritual community</th>
<th>Has milked a cow or goat</th>
<th>Got 10,000 steps yesterday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has hiked in the Grand Canyon</td>
<td>Ate Fish last week</td>
<td>Listens to light or classical music</td>
<td>Goes to yoga or Pilates</td>
<td>Likes to Two Steps</td>
</tr>
<tr>
<td>Ran a race this year</td>
<td>Eats 8 fruits/veggies per day regularly</td>
<td><strong>Move to Health</strong></td>
<td>Exercised for 30 minutes three times last week</td>
<td>Swam in the ocean this past year</td>
</tr>
<tr>
<td>Has a vegetable garden</td>
<td>Has a pet</td>
<td>Has grandchildren living nearby</td>
<td>Practices Mindful Awareness</td>
<td>Has coached a sport</td>
</tr>
<tr>
<td>Has a live plant at work</td>
<td>Ate nuts yesterday</td>
<td>Practices Tai Chi regularly</td>
<td>Is currently taking a class outside of work</td>
<td>Did at least 2 days of strength training last week</td>
</tr>
</tbody>
</table>
EMPATHY VIDEO REFLECTION

☐ After watching the video, please describe what you are experiencing. (thoughts, body sensations, emotions).

☐ If you were in this video walking through the hallway, what would be written over your head to describe your experience in life right now?

☐ What gets in the way of empathy when you are working with patients and colleagues?

☐ What helps you to feel empathy and to be present with patients and colleagues?

☐ When you return to work, what changes might you consider?
DREAM VIDEO REFLECTIONS

“What do you live for?”

- After watching this video, please describe what you are experiencing? (Thoughts, Body Sensations, Emotions).

- What surprised or encouraged you about the story of the men in this video?

- What do you live for? What do you dream of doing? What really, really matters to you?
## PrediMed Diet

### Appendix Table 1. Quantitative Score of Adherence to the Mediterranean Diet

<table>
<thead>
<tr>
<th>Foods and Frequency of Consumption</th>
<th>Criteria for 1 Point*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Do you use olive oil as main culinary fat?</td>
<td>Yes</td>
</tr>
<tr>
<td>2. How much olive oil do you consume in a given day (including oil used for frying, salads, etc.)?</td>
<td>≥4 tbsp</td>
</tr>
<tr>
<td>3. How many vegetable servings do you consume per day? (1 serving = 200 g [consider side dishes as half a serving])</td>
<td>≥2 (≥1 portion raw or as salad)</td>
</tr>
<tr>
<td>4. How many fruit units (including natural fruit juices) do you consume per day?</td>
<td>≥3</td>
</tr>
<tr>
<td>5. How many servings of red meat, hamburger, or meat products (ham, sausage, etc.) do you consume per day? (1 serving = 100–150 g)</td>
<td>&lt;1</td>
</tr>
<tr>
<td>6. How many servings of butter, margarine, or cream do you consume per day? (1 serving = 12 g)</td>
<td>&lt;1</td>
</tr>
<tr>
<td>7. How many sweet or carbonated beverages do you drink per day?</td>
<td>&lt;1</td>
</tr>
<tr>
<td>8. How much wine do you drink per week?</td>
<td>≥3 glasses</td>
</tr>
<tr>
<td>9. How many servings of legumes do you consume per week? (1 serving = 150 g)</td>
<td>≥3</td>
</tr>
<tr>
<td>10. How many servings of fish or shellfish do you consume per week? (1 serving = 100–150 g of fish or 4–5 units or 200 g of shellfish)</td>
<td>≥3</td>
</tr>
<tr>
<td>11. How many times per week do you consume commercial sweets or pastries (not homemade), such as cakes, cookies, biscuits, or custard?</td>
<td>&lt;3</td>
</tr>
<tr>
<td>12. How many servings of nuts (including peanuts) do you consume per week? (1 serving = 30 g)</td>
<td>≥1</td>
</tr>
<tr>
<td>13. Do you preferentially consume chicken, turkey, or rabbit meat instead of veal, pork, hamburger, or sausage?</td>
<td>Yes</td>
</tr>
<tr>
<td>14. How many times per week do you consume vegetables, pasta, rice, or other dishes seasoned with sofrito (sauce made with tomato and onion, leek, or garlic and simmered with olive oil)?</td>
<td>≥2</td>
</tr>
</tbody>
</table>

* 0 points if these criteria are not met.

http://annals.org/data/Journals/AIM/20118/4TT1A1.jpeg
Principles of Mindful Eating

Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of what is present for you mentally, emotionally and physically in each moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.
- Mindfulness promotes balance, choice, wisdom and acceptance of what is.

Mindful Eating is:

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Acknowledging responses to food (likes, neutral or dislikes) without judgment.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

Someone Who Eats Mindfully:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his/her eating experiences are unique.
- Is an individual, who by choice directs his/her awareness to all aspects of food and eating on a moment-by-moment basis.
- Is an individual who looks at the immediate choices and direct experiences associated with food and eating: not to the distant health outcome of that choice.
- Is aware of and reflects on the effects caused by unmindful eating.
- Experiences insight about how he/she can act to achieve specific health goals as he/she becomes more attuned to the direct experience of eating and the feelings of health and wellbeing.
- Becomes aware of the interconnection of earth, living beings, and cultural practices and the impact of his/ her food choices has on those systems.

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Holistic Health Goals Worksheet

MY HOLISTIC HEALTH GOALS WORKSHEET
What really matters to me…and what I want my health for:

Proactive Self-Care
I am willing to take action regarding my own self-care in the area(s) that I have checked below.
Sleep
Activity
Nutrition
Personal Development
Surroundings
Emotional
Spiritual
Family/Social

My S.M.A.R.T. goal for the next week: (Specific, Measurable, Attainable, Realistic, Time-bound)

Things that might get in my way: (Examples: weather, pain, time)

What I can do to overcome these things: (Examples: exercise indoors, walk with a friend)

I believe that I can reach my goal: (Circle the number that matches how confident you feel.)

1  2  3  4  5  6  7  8  9  10
Not at All Sure Somewhat Sure Very Sure

Follow up Date: ____
Follow-up Method: Phone In-person Other
Personal Health Plan

MOVE TO HEALTH: CHANGING THE CONVERSATION
Template for a Personal Health Plan
Clinical Tool

Personal Health Plan for:
Date:

Mission
Brief Summary of Plan
Overall Health Goals
Assets/Positive Attributes
Mindful Awareness
Proactive Self-Care
Sleep

Activity

Nutrition

Personal Development

Surroundings

Emotional

Spiritual

Family/Social
Personal Health Plan, Page 2

**Professional Care: Conventional and Complementary**
Predict and Prevent

Testing

Medications and Supplements

Treatment (Conventional and Complementary)

Referrals

Skill Building and Education

Other Suggestions

**Community: Support Team**
Principal Professionals

Personal Support Team

**Follow-Up** (Next Steps)

**Clinician’s Prompts**
- Motivation
- Vision
- Holistic Health
- Reflection and Empathy
- Action and Support
Clinician’s Prompts and Questions for Holistic Health

Clinician’s Prompts

• **Motivation**
  - What do you want your health for?
  - What brings you joy and happiness?

• **Vision**
  - What’s the best vision for your health—what does that look like?

• **Reflection and Empathy**
  - “I hear you say that…” OR, “This must be really difficult”

• **Holistic Health Wheel (introduce the wheel)**
  - What area for you find is a strength for you?
  - What area could you consider focusing on?

• **Action and Support**
  - Are there things, resources or support that you can consider to help you with this goal?
  - Here at our facility, we can offer you _____________ to help you. Would you be interested?

Motivation and Vision

What do you want your health for?
What REALLY matters to you in your life?
What brings you a sense of joy and happiness?
What are your goals for this visit?

Family/Social:

Do you get the support you need from your loved ones?
Who is important to you in your life?
Which relationships fulfill and/or strengthen you?
Is there someone you would like to have come with you to your healthcare appointments?
COMPASSION PRACTICE
Derived from ancient practice of Loving Kindness Meditation or Metta Meditation.

Format below was written by Christine Milovani, LCSW for the VA Whole Health Course.
To begin, sit comfortably with your eyes closed, opening your heart and allowing generosity, a
acceptance, love and compassion to enter your heart. Next imagine what you wish for your life
and for the greater good of others in the world, and then formulate your desires/wishes into
statements.
Offer these statements with at least one breath in between each wish as you visualize. As you
offer the statements, be aware of what comes up for you in your body, thoughts and emotions,
and keep returning to your breath and to the statements with a compassionate heart.

1. Start with by directing the wishes for yourself:
   May I be happy (Breathe)
   May I be healthy (Breathe)
   May I be safe (Breathe)
   May I be peaceful (Breathe)

2. Next, direct the wishes towards someone you feel loving towards, or someone that you feel grateful for their presence in your life:
   May you be happy (Breathe)
   May you be healthy (Breathe)
   May you be safe (Breathe)
   May you be peaceful

3. Now visualize someone you feel neutral about — you neither like nor dislike. Someone that you just met or passed in the hallway:
   May you be happy (Breathe)
   May you be healthy (Breathe)
   May you be safe (Breathe)
   May you be peaceful (Breathe)

4. Next visualize someone that you don't like or who you are having a hard time with, and direct the wishes towards them.
   May you be happy (Breathe)
   May you be healthy (Breathe)
   May you be safe (Breathe)
   May you be peaceful (Breathe)

5. Next direct the wishes toward the Service Members that you serve and their families.
   May you be happy (Breathe)
   May you be healthy (Breathe)
   May you be safe (Breathe)
   May you be peaceful (Breathe)

6. Finally, direct the wishes toward all people and all beings everywhere: "May all beings everywhere be happy, healthy, safe and peaceful.”
   Return your awareness to yourself and notice how you feel. Notice your breath, your body, your heart.
Strategies for System for Health Implementation

The intention for this exercise is to create clear and constructive action plans which will be shared with your Army Medical Home Team, Leadership, Command, and the other participants at this course.

(This is not a time to focus on frustrations and obstacles, but rather to empower solutions for your team and your facility). Use the GROW model to help you move from thought to action plan.

**G**  Identify clear **Goals**. A goal statement is helpful. Make it S.M.A.R.T.

- Specific
- Measurable
- Attainable
- Realistic
- Time-Bound

**R**  **REALITY** – What is your team doing really well already to implement holistic health with your team and your patients?

What Challenges do you foresee in implementation?

**O**  **Opportunities** - Brainstorm – and list your strategies for implementing Holistic Health into your work teams.
Outcomes: How will you know you are successful? How will you evaluate?

- Specific
- Measurable
- Attainable
- Realistic
- Time-Bound

Will - What will you do? Write down your action steps.

- Yourself
- Your team

- Who will lead this initiative at this MTF?
  - Lead –
  - Team members

- What support do you need to implement and sustain your Move to Health initiative?
  - Your supervisor
  - Your command
  - Regional and/or MEDCOM
  - OTSG – System for Health Division
Designate a Work Group Volunteer to write an information paper describing your plan.
Healthcare Team Instructions and Outline:

Write an information paper describing the changes your team would like to make and your plan. Please send summary document by to your M2H Action Officer and your System for Health leader in a word document. Please include your team name and MTF on your document. Below is an outline format to be used for your team summary. You may list as many goals, action steps and timeframes as you have discussed.

Team and MTF Name:

Needs Assessment: What are your triggers?

Goals:

Methods Planning:

Implementation – Action Steps:

Timeframe:

Responsible Roles:

Measures of success:

For sustainable change in implementing Move To Health, the following support is needed from:

✓ Ourselves
✓ Our team
✓ Our supervisor
✓ Our MTF command
✓ MEDCOM
✓ System for Health Directorate – OTSG

❖ Please send your summary document within 30 days to the end of this course__________________.
Resources:

Like us on FACEBOOK https://www.facebook.com/PerformanceTriad

Follow us on TWITTER @PerformTriad https://twitter.com/PerformTriad

View Performance Triad and Move 2 Health Playlist on our YouTube channel: http://www.youtube.com/c/PerformanceTriad

Follow the Performance Triad and Delivery of Health Flipboard! https://flipboard.com/@dteyhen/performance-triad-n6h7j1nby https://flipboard.com/@roboh/delivery-of-health-uk9hrh4sz

Follow us on Pinterest: https://www.pinterest.com/search/pins/?q=Performance%20triad

Links to Move to Health and P3 documents from PHC's website:
Move to Health handouts, Performance Triad posters, cards, and media messaging https://usaphcapps.amedd.army.mil/HIOUShoppingCart/

Performance Triad Soldier Challenge Book and Text Books:


Performance Triad Total Army Family Guide and Challenge Books
Resources

Move to Health Resources
Access all the Presentations and the handouts for you and your patients at the Box.com website.

Also can get the presentations here on MilSuite.

VA Whole Health Resources
Access the VA resources at the link.
http://projects.hsl.wisc.edu/SERVICE/