

April 4-10 celebrates health awareness, significance

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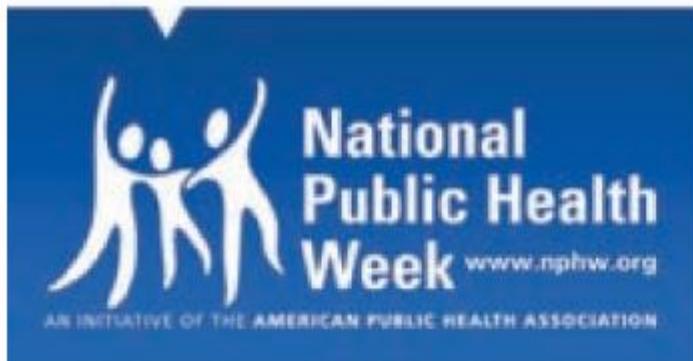
Public Health Nursing
Tripler Army Medical Center

TRIPLER ARMY MEDICAL CENTER — As an Army Public Health Nurse (APHN) and leader, it's my duty to share National Public Health Week and its significance with you.

Daily, APHNs are on the forefront of disease prevention in Army healthcare, planning, coordination and mitigation of disaster response, policy development, process improvement and communicable disease outbreak and contact investigation. APHNs lead many different initiatives and policies, to include Tobacco Free Living and the Army Wellness Center, and regularly educating the community on the Performance Triad, a healthy living initiative under the System for Health umbrella. They use this initiative to encourage a culture change within our community, helping individuals to begin taking charge of their own health by educating them on how to make good nutrition choices, in-

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corporating adequate amounts of physical activity into their daily lifestyles and purposefully getting sufficient amounts of sleep each night.

"APHNs are significant leaders in health protection and improvement throughout the Army and are highly regarded for their public

health competencies," said Lt. Col. Johnny King III, director, Human Health Services, Public Health Command-Pacific (Provisional) and Pacific Region Army Public Health Nursing Consultant, Camp Zama, Japan. "You can find APHNs engaged in Army Medicine's transformation to a system for health, establishing tobacco-free medical campuses, informing changes in Army health policies and processes, leading inter-organizational community health promotion efforts, and protecting the health of Soldiers in field and deployed environments."

As described, this is exactly what APHNs, here and Schofield Barracks, are doing. We stood up the Schofield Barracks Army Wellness Center and we're now partnered with them to offer community support with tobacco cessation classes available to all active

duty service members and beneficiaries who are serious about their desire to quit tobacco.

We bridge gaps within our community by creating partnerships and identifying the community needs. Based off of needs that are identified, we create activities to educate and engage the community.

During National Public Health Week, TAMC APHNs have collaborated with other disciplines such as, Nutrition Care Division, Pulmonary, Pediatrics and Behavioral Health, to address top medical concerns identified within our community. During the week, we will hold multiple health promotion activities, 9 a.m.-1 p.m., at the TAMC Ocean-side entrance. APHNs will also be educating individuals on behavioral health, healthy lifestyles, tobacco cessation, women's cancers and respiratory issues.

With continued partnerships and education, we have strong confidence that this culture change will gradually take place and we will all be living the System for Health.