



SURVIAC Success Story

Improving Warfighter Battlefield Performance

<http://iac.dtic.mil/surviac/>

Customer:	U.S. Army Telemedicine and Advanced Technology Research Center (TATRC)
Challenge:	<p>Too often warfighters in Afghanistan and Iraq face frequent sleep deprivation due to the threat of attack or high operational tempo. Additionally, while food in dining halls was plentiful, many of the offered food choices were either high in fat content or in calories. Finally with most personnel working 12-16 hour days in the combat zone, it is difficult for warfighters to find time to perform an adequate amount of physical activity to maintain required service fitness levels and to relieve stress. These three factors either combined or individually inevitably lead to the degraded performance of military personnel. TATRC tasked SURVIAC to provide analysis regarding their implementation of the Army Surgeon General's "Performance Triad," which seeks to improve warfighter performance through ensuring restorative sleep, sound nutrition, and adequate physical activity while in the combat zone.</p>
Approach:	<p>SURVIAC researched Defense Technical Information Center technical reports and scientific journals, identifying best practices from across the Department of Defense. SURVIAC also conducted numerous technical interchange meetings (TIMS) with subject matter experts and senior Army leaders to provide insight into how the Performance Triad was impacting troops and what efforts had been taken to mitigate the negative impacts. The information gained from both the data mining efforts and the TIMS enabled SURVIAC to produce a series of recommendations to TATRC for adopting mobile health solutions and mobile monitoring of warfighter sleep, nutrition and physical activity in an effort to improve the health and survivability of warfighters in combat.</p>

Value:	SURVIACs research for TATRC on the Performance Triad has potential benefit not only for the U.S. Army, but for all of the military services. TATRC will utilize SURVIACs analysis to provide scientific findings that can be utilized by commanders throughout the Army. SURVIACs research has been submitted by TATRC for publication in two peer-reviewed journals: (1) Key Enablers to Facilitate Healthy Behavior Change: A Commentary; (2) Incentives to Create and Sustain Healthy Behaviors: Technology Solutions and Research Needs, both accepted for review and potential publication by <i>Military Medicine</i> ; (3) Review of Mobile Health Technology for Military Mental Health, accepted for review by <i>Military Medicine</i> ; and (4) Leveraging Technology: Creating and Sustaining Changes for Health, accepted for publication in <i>Telemedicine and eHealth</i> . Both journals provide avenues to increase warfighter awareness and survivability.
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