INTRODUCTION
The U.S. Army Public Health Center (APHC) implemented 25 operational Army Wellness Centers (AWCs) in the Continental U.S. between October 1, 2014 and December 31, 2015 to provide health education, health coaching, and individualized structural capabilities testing to promote healthy behaviors and lifestyles (Figure 1).

METHODS
These findings further demonstrate the effectiveness of AWCs in positively impacting Soldier readiness and the health of the Total Army Family (Figure 8).

REFERENCES


Figure 5: AWC Client Outcomes at Initial and Most Recent AWC Visit by Goal Setting

Figure 4: AWC Client Military Affiliation and Rank

GOAL TO IMPROVE GENERAL FITNESS

Average Estimated VO2 Max at Initial and Most Recent AWC Visit

<table>
<thead>
<tr>
<th>Goal Setting</th>
<th>Initial Adjusted Mean</th>
<th>Most Recent Adjusted Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase</td>
<td>36.9</td>
<td>38.7</td>
</tr>
<tr>
<td>Maintain</td>
<td>38.1</td>
<td>39.2</td>
</tr>
</tbody>
</table>

Set Goal to Increase Strength* n=2,103

Did not set goal to increase strength n=2,952

Initial Adjusted Mean

Most Recent Adjusted Mean

Did not set a Goal to Improve Diet and Nutrition

Goal to Lose Body Fat 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

<table>
<thead>
<tr>
<th>Goal Setting</th>
<th>Initial Adjusted Mean</th>
<th>Most Recent Adjusted Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lose Body Fat*</td>
<td>36.9</td>
<td>38.7</td>
</tr>
<tr>
<td>Lose Weight</td>
<td>38.1</td>
<td>39.2</td>
</tr>
<tr>
<td>Increase Strength</td>
<td>36.9</td>
<td>38.7</td>
</tr>
<tr>
<td>Improve Diet</td>
<td>38.1</td>
<td>39.2</td>
</tr>
<tr>
<td>Improve General Fitness</td>
<td>36.9</td>
<td>38.7</td>
</tr>
</tbody>
</table>

Set Goal to Lose Body Fat* n=5,744

Did not set goal to Lose Body Fat n=1,058

Initial Adjusted Mean

Most Recent Adjusted Mean

Did not set a Goal to Lose Weight n=6,771

Set Goal to Lose Weight* n=2,532

Initial Adjusted Mean

Most Recent Adjusted Mean

Did not set a Goal to Lose Weight n=3,813

Set Goal to Increase Strength* n=7,351

Initial Adjusted Mean

Most Recent Adjusted Mean

Did not set goal to Increase Strength n=2,980

Set Goal to Increase Strength* n=2,103

Initial Adjusted Mean

Most Recent Adjusted Mean

Did not set a Goal to Improve Diet and Nutrition n=5,339

Initial Visit

Most Recent Visit

Percent of AWC Clients Consumed ≥4 Cups Fruits and Vegetables Daily at Initial and Most Recent AWC Visit

<table>
<thead>
<tr>
<th>Goal Setting</th>
<th>Initial Adjusted Mean</th>
<th>Most Recent Adjusted Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do Not Eat</td>
<td>20.7</td>
<td>22.0</td>
</tr>
<tr>
<td>Eat &lt;2 Cups</td>
<td>22.0</td>
<td>24.1</td>
</tr>
<tr>
<td>Eat 2 Cups</td>
<td>24.1</td>
<td>26.0</td>
</tr>
<tr>
<td>Eat ≥3 Cups</td>
<td>26.0</td>
<td>28.2</td>
</tr>
</tbody>
</table>

Set Goal to Improve Diet and Nutrition* n=5,339

Did not set goal to Improve Diet and Nutrition n=3,813

Initial Visit

Most Recent Visit

ENDNOTE
1. All denominators refer to the total number of clients who were assessed at least once during the study period. 
2. Initial and Most Recent Visit measurements were conducted at the AWCs.
3. The AWC clients who completed initial and follow-up assessments during this 1-year timeframe saw improvements in weight-related chronic conditions and diseases can be mitigated through interventions, such as the AWCs.
4. The military affiliation and rank of clients at the AWCs were associated with goals set for diet and nutrition.
5. The results focus on the following goals that were established by more than 50% of AWC clients: Lose Body Fat, Lose Weight, Improve Strength, Improve Diet and Nutrition, and Improve General Fitness (Figure 5).