

ONE HEALTH

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Army Public Health Center (Provisional)

SUMMER 2016



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(COVER): APHC (P) recently launched a mobile app available for Android and Apple devices. The app allows users to access APHC (P) content and get real-time notifications when information is updated. Currently, the app includes information on Zika virus, links to the *Army Health & Fitness* digital magazine, and links to the APHC (P) social media sites. This application does not replace APHC (P)'s public website, nor does it contain all the content located there. APHC (P) is working to bring more content to the application and to enhance its website for mobile-friendly viewing. Please check back for updates!



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Science exchange encourages collaboration

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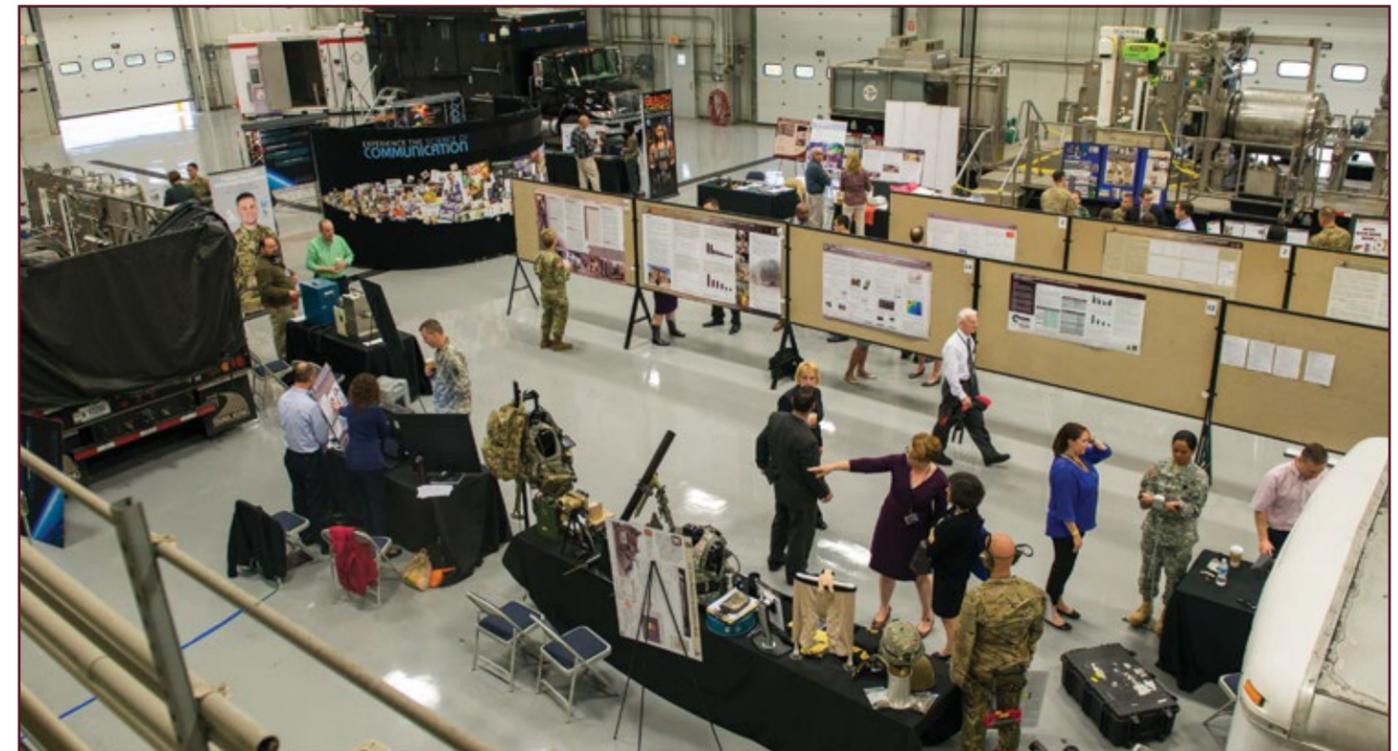
The Army Public Health Center (Provisional) completed its second annual Science Exchange May 18-19, integrating and encouraging collaboration for scientists from both within and outside of the organization.

The exchange provided multiple opportunities for scientists to practice presenting their work in a fairly non-threatening environment and gain skills in explaining it clearly and succinctly. Dr. Lauren Grattan, an ORISE participant in the Public Health Assessment Program who also won an award for her oral presentation on the relationship between drug use and drug-testing policy, said that it's "helpful to share your research with different audiences to get feedback, especially if you plan on publishing the research and presenting it to other stakeholders."

Dr. Mark Williams, a toxicologist, served as the chairperson of the Planning and Coordinating Committee. He said he applied for the position to practice team building and gain leadership experience at APHC (P) with talented individuals.

"If it were not for being selected, I don't think I would otherwise have had the opportunity to work so closely with such a diverse, passionate and dedicated group of individuals," said Williams.

The committee had to be quite large in order to cover everything involved with the exchange, and Dr. Williams said that he was "honored to see firsthand just how well other members of the scientific and technical personnel at APHC (P) could collaborate; matrix their knowledge, skills and abilities; and dynamically interact in the pursuit of achieving a common goal and mission."



More than 350 people attended the APHC (P) Science Exchange May 18-19.



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“It’s a great place to find out what other people are doing and learn about their research to gain better awareness of APHC (P).”

— Tyson Grier, Health Scientist Army Public Health Center Provisional

The first day consisted of two rooms booked full of oral presentations in the morning; then a viewing and judging of thematic posters during lunch break, and a guided poster session where each author presented their poster and answered questions from the audience. Delores Davis, senior professional for Strategic Integration Office of the Assistant Secretary of the Army, served as the guest speaker. She spoke on strategic integration of human dimension in the workplace.

“I truly believe in helping the institution find solutions so that we could stay focused on social care and how we make a Soldier the best Soldier they can be,” said Davis.

APHC (P) scientists and researchers who attended the event thought it was very worthwhile.

“It’s a great place to find out what other people are doing and learn about their research to gain better awareness of APHC (P),” said Tyson Grier, who gave an oral presentation on preventing combat injuries.

Dr. Emily Lent, a toxicologist who won an award for her poster on the effects of chemical NTO on rats, shared her sentiments.

“It’s nice because you also get to share your own research and promote what you are doing, which can lead to discussion and collaboration,” said Lent.

The way the posters were presented changed from last year to become more interactive and discussion-oriented, as described by Lee Crouse, a biologist in the Toxicology Directorate:

“The poster session was just during lunch hour and you would go around and authors would talk about their posters,” said Crouse. “This year it’s a little bit more like a presentation, a mix between an actual oral presentation and a thematic poster.”

Dr. Steven Cersovsky, APHC (P) science advisor, provided oversight for the Science Exchange. He said he enjoyed being able to see the breadth of what APHC (P) does and to learn new things in the presentations.

“I get to see all the documents that are produced from this organization, but they’re just that, they’re documents,” said Cersovsky. “So actually getting to talk to the people behind it, to see them present their work, it really brings them alive and helps other individuals understand them.”

The second day was similar, with oral presentations in the morning, viewing of thematic posters during lunch, and it featured two keynote speakers: Sharyn Saunders, director of the Army Resiliency Directorate



Dr. Mark Williams, toxicologist, and chair of the Science Exchange Planning and Coordinating Committee, makes remarks.

and Capt. Kimberly Elenberg, deputy director of Total Force Fitness.

“Our honorable invited speakers delivered thought-provoking, engaging and powerful keynote presentations,” said Williams.

Day two closed with the awards ceremony where the judges revealed their rankings of the presentations and posters, and the winning authors accepted their awards, followed by remarks by APHC (P) Director John Resta.

The event also featured guest judges, including Dr. Shyam Biswal, professor of Medicine at Johns Hopkins University, Dr. David A. Jackson, Director and Pulmonary Health Research Program chair at the United States Army Center for Environmental Health Research, and Dr. Saber Hussain, fellow senior toxicologist and group leader at the Human Effectiveness Directorate.

APHC (P) officials say the Science Exchange expanded a lot since last year. The first time the event was held it was only one day and less than 200 people participated. This year they dreamed bigger and extended it to two days to make room for new things like demonstration tables, poster sessions, larger oral presentation rooms and more keynote speakers. Attendance was about 368 -- a 70 percent increase from last year.

“The turnout was excellent--it matched or even surpassed our initial expectations actually, and folks that attended this event made it a vibrant and active exchange of ideas, thoughtful discussion and an opportunity for future collaborations,” said Williams. ▲



Ellen Stromdahl, Dr. Georgja Millward and Maj. Dave DeGroot of Laboratory Sciences Directorate, receive certificates of recognition for their poster presentations during the APHC (P) Science exchange.

Relaxation and recreation at APHC O-Day

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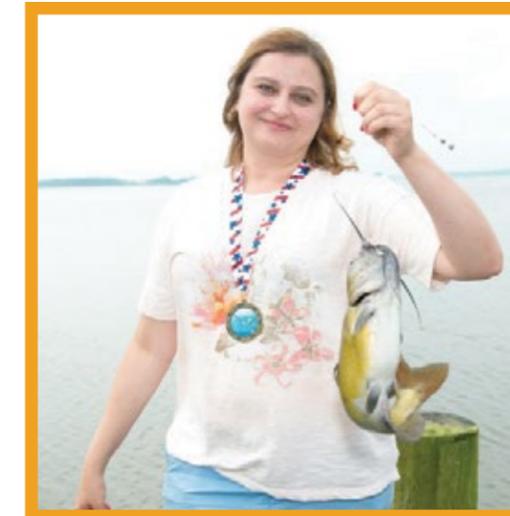


Army Public Health Center (Provisional) held its annual Organization Day Friday, June 24 at CAPA Field in Aberdeen Proving Ground, Edgewood Area. Organization Day is meant to integrate employees all over the base so that they can mingle, relax and participate in wholesome, recreational activities.

“O-Day is something I look forward to every year,” said Jessica Ford, a public health scientist, who brought her two-year-old daughter Scarlett to the event. “It’s great to get to know my fellow co-workers more.”

Along with Ford, some employees kicked off the day early in the morning with the 5k color run/walk, where the runners had colored powder dumped on their white shirts as they passed by checkpoints. Most of the festivities were held near the CAPA Field pavilion, save the golf and fishing tournaments, the bake-off, and open swimming at the bayside pool.

Countless events were available to employees such as horseshoes, corn hole, softball, volleyball, basketball, and Zumba throughout the morning and afternoon.



“Playing golf all morning instead of being in the office was so refreshing. And what a good opportunity to see old and new friends in an informal environment,” said Kent Prinn, the water resources program manager.

Many people always look forward to the catered lunch, which included pulled pork, chicken, brisket, rolls, potato salad, beans and macaroni and cheese. The caterer certainly delivered high quality food once again according to the majority of APHC (P) workers. Cake and snow cones were served for dessert.

O-Day is especially geared towards making sure that the children have a wonderful time too, with obstacle courses, face painting, pony rides, a playground, relay races and more at their disposal.

Not just employees got to mingle at O-Day. “I really enjoyed meeting all the other spouses and getting to know the people my wife works with,” said Ron Santo, Dr. Theresa Jackson-Santo’s husband, who attended as well with their baby daughter. “The turnout was amazing; the whole event was way bigger than I expected, so I’m sure everyone had a really fun time.”

At the close of the day there was a military working dog demonstration where APHC’s trained trackers, scouts and sentries got to show off their skill and prowess. To the awe of the audience, the dogs were very responsive to their masters and demonstrated ferocious commitment to latching on to the protective sleeve on a fake perpetrator. Volunteers were able to try wearing the sleeve as the dog wrestled with it, and even John Resta, APHC (P) director, held his ground when facing the military canine. ▲

APHC Headquarters Company Holds Change of Command Ceremony

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Capt. Ryan Lindell, incoming commander of APHC (P)'s Headquarters and Headquarters Company, receives the unit colors from Col. John V. Teyhen, then-deputy director of APHC (P).

Capt. Ralph Sepulveda, outgoing commander of the Headquarters and Headquarters Company at the Army Public Health Center (Provisional) passed on his duties to incoming commander Capt. Ryan Lindell during a change of command ceremony May 16 at Aberdeen Proving Ground, Maryland.

The change of command ceremony is a military tradition, enriched with symbolism and heritage. Throughout military history soldiers carried staffs and standards into battle that identified them as a unit, and unit colors marked the position of the commander on the battlefield. In

the present, the colors represent not only the history and heritage of the unit, but also the unity and loyalty of the Soldiers. The colors are the commander's symbol of authority, representing the responsibility to the organization.

The passing of the unit colors represents the transition of authority and responsibility from one unit commander to another. The first sergeant is the keeper of the colors, principal advisor to commander, and voice of the Soldiers. The first sergeant passed the colors to the outgoing commander, signifying his last act of allegiance to him. The col-

ors were then passed from Sepulveda to Col. John Teyhen, former APHC (P) deputy director, to signify that the unit is never without leadership, and then they were passed from Teyhen to Lindell to symbolize passing his trust and the responsibility of the unit and its Soldiers. Lastly, the colors were passed from Lindell back to the first sergeant to symbolize the confidence he has in him and the first sergeant's allegiance to the new commander.

Teyhen gave a few remarks when the passing of the colors was complete, acknowledging supportive families and the loyal Soldiers.

"Their can-do attitude is outstanding, and they prove that organizations don't succeed on mere luck," said Teyhen. He also thanked Sepulveda for his service and great job as commander, and congratulated Lindell as the new commander.

Sepulveda then gave a speech on his fondest memories from being commander and the valuable lessons he learned. He started out by saying "in every decision we make, even the ones we're not so certain about, there is an opportunity for experience that benefits the expansion of our knowledge base."

He said his experience being commander was "like no other," akin to a "roller coaster ride, ups and downs, speed and adrenaline rush, very much like command."



APHC (P) Soldiers participate in the HHC Change of Command Ceremony May 16.

“The passing of the unit colors represents the transition of authority and responsibility from one unit commander to another.”

One of the lowest points was the loss of a Soldier, which "heightened [his] attention to detail and compassion, and accentuated [his] responsibilities as a new commander." Yet one of the highest points was being there with his Soldiers on the training field, a "miserably fun experience," where "the dedication and drive that these soldiers had was amazing to see firsthand."

Lindell closed the ceremony with his speech and acknowledgements to

the support from his family, and the honor and privilege it was to be the incoming commander.

"This is a duty that I will not take for granted, because I truly believe that Soldiers come first," said Lindell. He looks forward to the time he'll spend with the Soldiers and the challenges they will face.

"It's not just leaving an impression on others, but having an impact on others," Lindell said. ▲



Capt. Ryan Lindell, incoming commander of APHC (P)'s Headquarters and Headquarters Company, gives remarks during the ceremony.

Army public health promotes free tick-testing program

ARMY PUBLIC HEALTH CENTER, PROVISIONAL
PUBLIC AFFAIRS OFFICE

WASHINGTON -- As the summer season swings in to full gear, Army public health officials want to ensure that Department of Defense personnel are aware of a free service to help combat the threat of tick-borne diseases.

The Army Public Health Center (Provisional) provides a tick identification and testing service for DOD health clinics in the continental United States. This service is known as the DOD Human Tick Test Kit Program, and it serves as a "first alert" for tick-bite patients and their health care providers.

Although most ticks are not infected with human diseases, some ticks in the United States can carry such diseases as Lyme disease, ehrlichiosis, Rocky Mountain spotted fever and viral diseases.

Army preventive medicine experts say that prompt removal of a tick is one way to reduce risk of disease transmission.

"When patients locate a tick on them, they should not panic and should take their time to remove the tick properly," said Ellen Stromdahl, an entomologist with the Army Public Health Center. "If you remove attached ticks promptly, you can prevent tick-borne disease."

In order to remove a tick, Stromdahl recommends certain guidelines.

"Remove the tick with tweezers," said Stromdahl. "Do not burn it or use soap, gasoline, Vaseline or other chemicals. Once the tick is removed, thoroughly cleanse the bite with alcohol and apply antibiotic ointment to the bite."

Most tick bites cause irritation and itching immediately, but Stromdahl said this does not indicate disease transmission.

Finally, Stromdahl says ticks that have been removed from people should be saved for identification and testing. Military personnel and DOD civilians should place the tick in a jar or ziplock bag and take it to the local military medical treatment facility, where health care providers will forward the tick to the Army Public Health Center (P) Tick-Borne Disease Laboratory.

Army public health professionals will then identify the tick and perform disease testing. The results of identification will be reported to the submitting medical treatment facility upon receipt of the tick, and test results (negative and positive) will be reported within a week. ▲

Know the difference...



The deer tick is the only tick that carries Lyme disease. It is more common in the Northeast and upper Midwest parts of the U.S. If individuals remove attached ticks promptly, they can prevent tick-borne disease.



The lone star tick is the most common tick found in the southeastern U.S. One effective precaution people can take to prevent a tick bite is to recognize and avoid tick habitats.

Program manager takes first step towards new RIA Army Wellness Center

KEVIN FLEMING
ASC PUBLIC AFFAIRS



Paul Beadel (left), supervisory sports specialist, Rock Island Arsenal Fitness Center, and Col. Arthur Cajigal (right), surgeon, Joint Munitions Command, escort Todd Hoover, Army Wellness Center Operations program manager, Army Public Health Center, around the fitness center during his visit to determine the feasibility of bringing an Army Wellness Center to RIA, July 6.

Rock Island Arsenal, Ill. -- Todd Hoover, Army Wellness Center Operations program manager, Army Public Health Center, visited Rock Island Arsenal's fitness center and health clinic in search of a new location for an Army Wellness Center, July 6.

Commanders and civilian leaders from across the island have pushed for a wellness center to be established at RIA for over a year. Hoover said his first step is to complete a feasibility study and cost analysis. His visit represented the first on-the-ground step to bringing an AWC to RIA.

There are 29 AWCs worldwide.

Hoover said his organization's goal is to eventually build 37 AWCs.

"Wellness Centers focus on primary prevention, and they're staffed by health educators who have backgrounds in allied health fields like exercise physiology, nutrition, and psychology," he said. "Basically, they are trained to provide health coaching."

Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command and the senior mission commander of RIA, places the health and well-being of RIA personnel as one of his top priorities. Lt. Gen. Michael Tucker, command-

ing general, First U.S. Army, has also expressed his support.

Hoover said AWCs are very beneficial.

"They provide testing to help individualize health prescriptions for people, and then they partner with the community to help clients execute their suggested lifestyle changes," he said. "The benefits of a wellness center are that the services are free, and they have a strong impact on helping people to improve their behavior to be healthier."

AWCs focus on six core programs, according to their website.

- 1) Health assessment review includes risk stratification, wellness questionnaires and biometric screening.
- 2) Physical fitness includes exercise testing and exercise prescriptions.
- 3) Healthy nutrition includes metabolic testing, weight management and healthy nutrition education.
- 4) Stress management includes education and biofeedback.
- 5) General wellness education includes healthy lifestyle habits and wellness coaching.
- 6) Tobacco education involves tobacco-free living classes and advising.

After examining several possible rooms around the RIA Health Clinic, Hoover said he is optimistic that the project will be feasible. He said the next step is to complete the cost analysis. ▲