

Healthy Life Style



Darnall
Army Community Hospital

Fort Hood, Texas

www.hood-meddac.army.mil

Army Community Health Nursing ...

Army Community Health Nursing is nursing practice promoting, preserving, and restoring the health of military personnel, their families, and all military beneficiaries. Army Community Health Nurses work with communities and people of all ages to improve health, avoid disease, and achieve a healthy lifestyle.

If you have questions or would like to request ACHN services, please contact the ACHN office.

Our Mission ...

To provide quality health care and health promotion to our soldiers, their families and eligible beneficiaries, to support all aspects of military readiness, and to treat everyone as we wish ourselves and our families to be treated.



Darnall Health Promotion Program
Community Health Nursing
Building 4222
77th Street at Tank Destroyer
Fort Hood, Texas 76544
(254) 287-6789/3167



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Army Community Health Nursing
Department of Preventive Medicine
Fort Hood, Texas 76544-5063

USA MEDDAC
Army Community Health Nursing
Department of Preventive Medicine
Fort Hood, Texas 76544-5063

Place
Stamp
Here

Services Provided ...

Army Community Health Nursing/Health Promotion provides a wide range of health care and health-related services. The following is a list of programs that are offered. For further information or to schedule an appointment, please call 287-3167/6789.

Health Consultant to Fort Hood Child Development Services

We offer guidance and information on any medications your child may be taking at the day care centers and family child care homes. Educational services are provided to the child care provider on medical, sanitation, and health issues to assist in quality child care.

Fort Hood Day Care Center/Family Child Care Home Inspections

On-site health and sanitation inspections are conducted for all post day care centers and family child care homes. The centers must be certified by Army Community Health before children are allowed to participate in the day care activities.

Fort Hood Child Care Health Assessments

Before entering day care or family child care homes, each child is required to have a health assessment. This includes a medical record screening and any needed immunizations. Health assessments are scheduled every Monday, except holidays.

Disease Surveillance, Control, and Education Services

Immunizations for school children are scheduled during the school registration period. Flu immunizations are provided for soldiers, their families, and eligible beneficiaries each October and November. Tuberculosis test are conducted throughout the year. If results are positive, a treatment plan is prescribed and scheduled. Education services are also available on unintended pregnancy prevention, sexually transmitted diseases, HIV/AIDS.

Health Risk Appraisals and Cardiovascular Screenings

Questionnaires are provided to assess possible health problems and help determine health risks due to behavior or lifestyle. If cardiovascular problems are

indicated, screenings are provided. When necessary, a treatment plan is prescribed. Classes are available for behavior/lifestyle modifications.

Tobacco Cessation Classes

Three different options are available for smokers and smokeless tobacco users, who just want information, or feel they are ready to quit. Call the Health Promotion Section at 287-6789/3167 to find out which option is right for you.

Active Duty Pregnancy Fitness Program

A 4-hour train-the-trainer class is offered for Active Duty fitness leaders and unit representatives. The class is designed to prepare exercise leaders to conduct their unit's pregnancy fitness program.

Health Fair

Each year, Army Community Health Nursing conducts health fairs for military retirees and the Fort Hood community. This includes blood pressure and cholesterol screenings, promotional health items, and health education material. "Mini" Health Fairs can also be conducted upon request.

Health Promotion Classes Health Teaching and Counseling Home Visits

A primary goal of Army Community Health Nursing is to provide health information through teaching and counseling that will enrich individuals and lead to healthier lives. We are here to work with you, to answer your health concern, and to recommend and provide treatment plans and follow-up procedures. Just call us!

Self-Care Classes ...

Through the Self-Care Program, you can attend a class and receive a card that entitles you to free, limited quantities of over-the-counter medications at Darnall's pharmacies. Just attend one class that includes: The concept of self-care; Common conditions that can be treated at home; Managing over-the-counter medications; and Recognizing symptoms that need emergency medical treatment. To enroll, call the Appointment Service, 288-8888.

Army Community Health Nursing Customer Satisfaction Survey

We guarantee your personal satisfaction in our services. Please take a moment to let us know your opinion.

Services Provided:

- Health Consultant
 Home Visit
- Health Risk Appraisal
 TB Program
- Other _____

	Excellent	Good	Average	Poor
Courtesy	1	2	3	4
Helpfulness	1	2	3	4
Knowledge	1	2	3	4
Info Provided	1	2	3	4
Response To Questions	1	2	3	4
Comments				