



DEPARTMENT OF THE NAVY  
COMMANDER, NAVAL SURFACE FORCE  
UNITED STATES PACIFIC FLEET  
2841 RENDOVA ROAD  
SAN DIEGO CA 92155-5490

COMMANDER, NAVAL SURFACE FORCE ATLANTIC  
1430 MITSCHER AVE  
NORFOLK VA 23551-2494

COMNAVSURFPACINST 6100.1A/  
COMNAVSURFLANTINST 6100.1A  
N01M/N01H  
25 Sep 12

COMNAVSURFPAC/COMNAVSURFLANT INSTRUCTION 6100.1A

Subj: FORCE HEALTH AND WELLNESS UNIT AWARD (GREEN "H")

Ref: (a) OPNAVINST 6110.1J  
(b) COMNAVSURFPAC/COMNAVSURFLANTINST 6000.2B  
(c) DODINST 6025.19

Encl: (1) Green "H" Nomination and Grading Sheet

1. Purpose. To enhance battle readiness by promoting the health, fitness and mental well-being of active duty Sailors assigned to the Commander, Naval Surface Force, U.S. Pacific Fleet (CNSP) and Commander, Naval Surface Force Atlantic (CNSL) to encourage participation in health promotion activities; and to provide formal recognition to surface ships that have excelled in establishing and promoting a command conducive to health promotion.
2. Cancellation. COMNAVSURFPAC/COMNAVSURFLANTINST 6100.1.
3. Background. Approximately 70 percent of all premature deaths and illnesses in the United States are the result of avoidable injuries and unhealthy lifestyle habits. Key contributors in an operational setting are stress, lack of exercise, tobacco use and alcohol abuse, and poor nutrition. Positive changes in lifestyle, safety and behavior can result in better health, enhanced quality of life and improved military readiness.
4. Eligibility. All CNSP and CNSL commissioned afloat assets are eligible for the Force Health and Wellness Unit Award (Green "H"). Commands must be in a full or special commissioned status for a minimum of nine months of the year of the award. Waivers will not be granted for this time period.

a. CNSP/CNSL shore units are not eligible for the Force Health and Wellness Unit Award. However, these commands are strongly encouraged to submit to the Navy and Marine Corps Public Health Center (NMCPHC) for the Bureau of Medicine and Surgery (BUMED) Blue "H" Health Promotion and Wellness Award per the NMCPHC Awards website:  
[http://www.nmcphc.med.navy.mil/healthy\\_living/resources\\_products/wellness\\_award/hpwellness\\_award.aspx](http://www.nmcphc.med.navy.mil/healthy_living/resources_products/wellness_award/hpwellness_award.aspx).

5. Disqualifiers. Failure to obtain/maintain the following minimum criteria will preclude a ship from consideration for this award:

a. Command Physical Fitness Assessment (PFA) within periodicity and/or official command waiver documented in Physical Readiness Information Management System (PRIMS) per reference (a).

b. Medical Readiness and/or Dental Readiness Inspections within periodicity with no less than a C-2 status per reference (b). Waivers for periods out of periodicity must be on file.

c. Individual Medical Readiness command annual average above 75 percent per reference (c).

6. Waivers. Commanding Officers may request a waiver of specific requirements for this award and must include a justification in the nomination package to CNSP/CNSL medical. As this award is designed to recognize excellence, a waiver request must specifically identify the criteria in question and provide sufficient details and mitigating circumstances.

7. Awarding Period. The qualifying period for this award will be from 1 January to 31 December of each calendar year.

8. Action. The following procedures outline the nomination and awarding process:

a. Commanding Officer. Submit a Force Health and Wellness Unit Award (Green "H") nomination application and self-graded nomination grading sheet, enclosure (1), no later than 15 January to respective Operational ISIC. The nominee's Operational ISIC shall review and submit packages with a recommendation to CNSP/CNSL no later than 15 February. Commands must achieve a 90 percent or higher score based on the grading criteria in enclosure (1) for receipt of the Green "H" award.

b. Commander, Naval Surface Force, U.S. Pacific Fleet  
(CNSP)/Commander, Naval Surface Force Atlantic (CNSL) shall:

(1) Appoint a board chaired by the TYCOM Surgeons including appropriate health and wellness promotion subject matter experts from CNSP/CNSL to evaluate all nomination applications received, and recommend to the TYCOM Commander qualifying candidates for the Force Health and Wellness Unit Award.

(2) Upon consideration of all award nominations and evaluation of waiver requests, jointly promulgate a message announcing the winners.

(3) Publish a message annually providing lessons learned and notable examples for the Green "H" for the previous year.

(4) Review this instruction every two years. Subsequent changes or updates to this instruction will be promulgated by change transmittal or revision as required.

9. Displaying Green "H" Award. Ships receiving the CNSP/CNSL Health and Wellness Unit Award are authorized upon receipt of the award to paint a Green "H" on their bridge wing. The Green "H" shall be the same dimensions as Command Excellence Awards - 20 inches in length by 25 inches in height, no shadow. Sequential awardees are authorized to paint a green hash mark beneath the Green "H". Those commands awarded the Green "H" five consecutive times are authorized to paint a green star above the Green "H". Previous awardees who did not qualify for this year's award must remove their Green "H".



M. S. BEAVER  
Chief of Staff



R. I. KITCHENER  
Chief of Staff

Distribution:

Electronic only, via COMNAVSURFOR Directives Web site:  
<https://www.surfor.navy.mil/directives/default.aspx>

GREEN "H" NOMINATION AND GRADING SHEET FOR CY-20			
GREEN "H" SECTIONS	Points Available	Self Grading	ISIC Grading
<b>SECTION ONE - Command Information.</b>			
1. Command name:			
2. Health Promotion Committee (HPC) Coordinator:			
3. HPC Coordinator E-mail address:			
4. HPC Coordinator Phone:			
5. Total crew:			
6. Command Health Promotion instruction:	2		
<b>Enclosure (1)</b> is a copy of the command instruction.			
7. Health Promotions Committee:	6		
<b>Enclosure (2)</b> is a copy of designation letter(s) <b>or</b> collateral duty list identifying the following positions on the HPC: HPC Coordinator, Medical Representative, Training Officer/General Military Training (GMT) Coordinator, Command Fitness Leader (CFL), Safety Officer, Drug and Alcohol Advisor (DAPA), and Suicide Prevention Coordinator.			
8. HPC members have completed HP Program training on NKO, course NMHCI0507V2.1.	2		
<b>Enclosure (3)</b> are copies of the NKO training certificates			
<b>Section Total:</b>			
	10	0	0
<b>SECTION TWO - Medical Readiness Inspection (MRI). (Grade of C3/4 - automatic disqualifier) C-1 - 10 points, C-2 - 8 points, C-3/4 - 0 points.</b>			
9. Last MRI grade: C-_____	10		
<b>Enclosure (4)</b> is a copy of the last MRI cover letter.			
<b>Section Total:</b>			
	10	0	0
<b>SECTION THREE - Individual Medical Readiness (IMR). (Command annual IMR average &lt;75% - automatic disqualifier.) &gt;90% = 3 points, 80-89 = 2 points, 75-79 = 1 point, and &lt;75 = 0 points per quarter.</b>			
10. 1st quarter IMR average; _____.	3		
11. 2nd quarter IMR average; _____.	3		
12. 3rd quarter IMR average; _____.	3		
13. 4th quarter IMR average; _____.	3		
<b>Enclosure (5)</b> is the IMR historical report for the year.			
<b>Section Total:</b>			
	12	0	0
<b>SECTION FOUR - CY Goals of Health Promotion Committee.</b>			
14. 1st goal is:	3		
15. 2nd goal is:	3		
16. 3rd goal is:	3		
<b>Enclosure (6)</b> is a memorandum listing the goals, implementation method(s), and results. Acceptable goals should not include current mandatory programs, i.e. conduct command PT three times a week. Points will not be lost for negative results.			
<b>Section Total:</b>			
	9	0	0
<b>SECTION FIVE Health Promotion Committee Meeting Minutes</b>			
17. 1st quarter HP Committee meeting date was: _____.	2		
18. 2nd quarter HP Committee meeting date was: _____.	2		
19. 3rd quarter HP Committee meeting date was: _____.	2		
20. 4th quarter HP Committee meeting date was: _____.	2		
<b>Enclosures (7-10)</b> are signed minutes from each quarter. Minutes will reflect the goals and progress identified in section four.			
<b>Section Total:</b>			
	8	0	0

GREEN "H" SECTIONS	Points Available	Self Grading	ISIC Grading
<b>SECTION SIX</b> - Command Physical Readiness. (Command PFA out of periodicity - automatic disqualifier.) > 95% = 6 points, 90-94% = 3 points, 85-89% = 1 points			
21. Cycle 1/20__ : percentage passing the PFA; _____.	6		
22. Cycle 2/20__ : percentage passing the PFA; _____.	6		
<b>Enclosures (11-12)</b> are PRIMS Command Summary Reports for each cycle with attached memorandum(s) from CFL explaining negative trends, if applicable.			
<b>Section Total:</b>		<b>12</b>	<b>0</b>
<b>SECTION SEVEN</b> - Training Percentage of crew captured; =>80% of crew captured = 1 points per program, <80% of crew captured = .5 point per program.			
23. Hypertension training percentage: _____.	1		
24. Anger/Stress Management training percentage: _____. (Command GMT training required)	1		
25. Substance Abuse training percentage: _____.	1		
26. Suicide Awareness training percentage: _____. (Command GMT training required)	1		
27. Tobacco Cessation Awareness: _____.	1		
28. Sexually Transmitted Diseases and Pregnancy awareness training percentage: _____.	1		
29. Nutrition training percentage: _____.	1		
30. SAVI / Violence training percentage: _____. (Command GMT training required)	1		
31. Injury Prevention training percentage: _____. (Command GMT training required)	1		
32. Men / Women's Health training percentage: _____.	1		
33. Operational Risk Management training percentage: _____. (Command GMT training required)	1		
<b>Enclosure (13)</b> is a memorandum signed by command training officer documenting accomplishment.			
<b>Section Total:</b>		<b>11</b>	<b>0</b>
<b>SECTION EIGHT</b> - Tobacco Cessation Program.			
34. Attendance memorandum	4		
<b>Enclosure (14)</b> is a memorandum signed by SMDR documenting class dates, number of participants, and number of successful participants. Must show completion of training. Note: Points will not be lost for negative results.			
<b>Section Total:</b>		<b>4</b>	<b>0</b>
<b>SECTION NINE</b> - AWARE/ADAMS for Supervisors Training; =>90 percent of crew captured = two points, 80 percent - 89 percent of crew captured = one point.			
35. AWARE training E-1 through E-4; training percentage; _____.	2		
36. AWARE training 0-1 through 0-3; training percentage; _____.	2		
37. ADAMS for Supervisors E-5 and above; training percentage; _____.	2		
<b>Enclosure (15)</b> is a memorandum signed by command DAPA documenting accomplishment.			
<b>Section Total:</b>		<b>6</b>	<b>0</b>
<b>SECTION TEN</b> - NAVOSH Programs Crew Training, percentage of crew captured =>80 percent of crew captured = two points, <80 percent of crew captured = one point per program.			
38. Sight Conservation program training percentage: _____.	2		
39. Hearing Conservation program training percentage: _____.	2		
40. Heat Stress program training percentage: _____.	2		

GREEN "H" SECTIONS	Points Available	Self Grading	ISIC Grading
41. Lead awareness training percentage: _____.	2		
42. Asbestos awareness program training percentage: _____.	2		
<b>Enclosure (16)</b> is a memorandum signed by the SMDR documenting accomplishment.			
<b>Section Total:</b>	<b>10</b>	<b>0</b>	<b>0</b>
<b>SECTION ELEVEN</b> - Health and Wellness Events; Examples are health fairs, lectures by outside specialists addressing any one of the Health Promotion training programs. Fleet and Family Service Center, Command sports day, upgrade of exercise equipment or facilities, Command PT sessions led by "guest" Fitness Specialist, Biggest Loser Weight Loss Competition, revision and improvement of programs unique to the command. (max five points). (Do NOT include Navy mandated programs.)			
43. Event #1;	1		
44. Event #2;	1		
45. Event #3;	1		
46. Event #4;	1		
47. Event #5;	1		
<b>Enclosure (17)</b> is a memorandum signed by the SMDR thoroughly explaining events.			
<b>Section Total:</b>	<b>5</b>	<b>0</b>	<b>0</b>
<b>SECTION TWELVE</b> - New Health and Wellness Goals; one point for each new goal. (Max three).			
48. Goal #1:	1		
49. Goal #2:	1		
50. Goal #3:	1		
<b>Enclosure (18)</b> is a memorandum signed by the SMDR identifying each goal.			
<b>Section Total:</b>	<b>3</b>	<b>0</b>	<b>0</b>
<b>Total points available:</b>	<b>100</b>	<b>0</b>	<b>0</b>