

**2009 HRA Data and the 2009 Blue H:  
Notice (17 Aug 2009)**

The Navy and Marine Corps Health Risk Assessment (HRA) question set was changed on 1 July 2009, in response to revised national guidelines for exercise and nutrition, but this created a mismatch between some 2009 Blue H criteria and the revised (July 2009) HRA.

Four questions were modified. The definitions and responses for aerobic exercise (question #14) and strength exercises (question #15) were changed, the fruit and vegetable intake question (#17) was changed to fruit-only intake, and the dental brushing question (#20) was changed to vegetable intake.

When you produce a Commanding Officer's Report, your HRA data will bear these new question labels, regardless of the date ranges you specify for the report. Therefore, for questions 14, 15, 17 and 20, your CO Report will not be accurate if it includes any HRAs completed before July 1, 2009. To produce meaningful HRA CO Reports, commands must produce two reports: Jan-June 2009 and July-Dec 2009. Read more about these changes at the NMCPHC HRA page at [http://www.nmcphc.med.navy.mil/Healthy\\_Living/General/healthriskassessment.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/General/healthriskassessment.aspx)

Because of these HRA changes, and to minimize inconvenience and confusion, commands which apply for the 2009 Blue H should simply take the maximum points for the following three Blue H criteria, regardless of the "%healthy" shown on the HRA CO Report, so long as at least 50% of active duty members completed an HRA at any time during calendar year 2009. These three Blue H criteria are

- Blue H FLEET Award, lines 32, 38 and 39.
- Blue H MEDICAL Award, lines 58, 64 and 65.