



Fall, 2013

# Health Promotion and Wellness Navy & Marine Corps HRA e-News



## CONTENTS

- Blue H - Navy Surgeon General's Health Promotion and Wellness
- Ships Utilize HRA CD
- Are You Getting Enough Restful Sleep?
- [Contact Us](#)

## BLUE H - NAVY SURGEON GENERAL'S HEALTH PROMOTION AND WELLNESS AWARD



HRA Administrators may want to ensure that members of their commands have been using the correct UICs when they log on to take the Navy and Marine Corps Health Risk Assessment. Since data is stored according to whatever UIC is used as a logon, command reports will reflect the aggregate data for those UICs.

The Reserve Component process is set up uniquely so that data on Reservists who enter their detachment UICs can be captured and reported for each individual command or consolidated into a report for the entire NOSC. The HRA Administrator at the NOSC generates a NOSC command report by entering the NRA number. These NOSC reports will also include full time staff at the Reserve Centers who log on using their active duty UICs.

For any questions, Administrators can contact NMCPHC at [NMCPHCPTS-HRA@med.navy.mil](mailto:NMCPHCPTS-HRA@med.navy.mil).

## SHIPS UTILIZE HRA CD

---

Although the majority of HRAs are completed on the Web at <https://nmcpeh-web2.med.navy.mil/pls/newhra/hra>, there is also a CD version of the HRA that looks and feels the same that is designed for ships that lack Internet connectivity. Both versions assess the same 22 specific risks within 10 different categories and produce personalized reports that highlight those areas where members do not meet “healthy” standards. For 2013, 21 ships requested and were issued the HRA CD.

Administrators who use the CD can generate command reports any time during the year, just like the web-based version. However, in order for NMCPHC to complete the annual analysis of the Navy aggregate data in January, each HRA Administrator who has been using the CD needs to download their command data at the end of the calendar year from the DataStore file on the CD and email the Excel spreadsheet to NMCPHC for uploading onto our HRA server. ([HRA Link](#))



## ARE YOU GETTING ENOUGH RESTFUL SLEEP?

---

Question 21 On the HRA asks members if they get enough restful sleep to function well in their job and personal life. In 2012 35% of all members reported they did not get enough restful sleep!

The CDC recently published an article, “Preventing Chronic Disease,” which describes sleep as an essential component of health, and stated that its timing, duration, and quality are critical determinants of health. The article includes information about how much sleep is needed, why sleep is a public health issue, strategies to improve awareness of this public health issue, and finally, a Call to Action.

Read the entire article at: [http://www.cdc.gov/pcd/issues/2013/13\\_0081.htm](http://www.cdc.gov/pcd/issues/2013/13_0081.htm)

For resources regarding sleep, go to: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/sleep> or <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/sleep> or NMCPHC Friday Facts, September 27, 2013.

For inquiries about the HRA or for more information about the tool, please feel free to contact us or visit the HRA homepage at the links below.

[Contact Us](#)

[HRA Homepage](#)