

Question Number	Question Text	Answers
	<b>Age:</b>	17-99
	<b>Height:</b>	3'0"-8'11"
	<b>Weight:</b>	70-499
	<b>Ethnicity:</b>	Caucasian
		African-
		Hispanic
		Asian/Pacific
		Native
		American
		Other
		Prefer to not
	<b>Service:</b>	USN
		USNR
		USMC
		USMCR
		USA
		USAR
		USAF
		USAFR
		USCG
		USCGR
		DoD
	<b>Rank:</b>	E1 O1 O10
		E2 O2 W1
		E3 O3 W2
		E4 O4 W3
		E5 O5 W4
		E6 O6 W5
		E7 O7 Civ-GS
		E8 O8 Other
		E9 O9
	<b>Gender:</b>	Male
		Female
	<b>Days away from home station last 12 months:</b>	0-365

Over BMI and under BMI: Both being overweight or being underweight are related to increased risk of disease and death. Among most Americans, BMI is a reliable indicator of total body fat. It is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems. Limitations of BMI are that it may overestimate body fat in athletes and others who have a muscular build or underestimate body fat in individuals who lack lean muscles mass. The BMI will be an invalid measurement for pregnant females. To calculate your BMI go to: [http://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html)

Q1	Would you say that your health in general is?	Excellent	healthy	Thank you for completing the HRA! You rated your health as < a) thru d) >. Personal perception about how healthy you are is usually quite accurate. Your Personal Health Risk Appraisal Report identified <# of risk categories> from the answers you provided on key topics that relate to overall health, which places you in a <high, medium, or low> risk group
		Good	healthy	
		Fair	unhealthy	
		Poor	unhealthy	
Q2a	Do you currently use or have you ever used tobacco products such as cigarettes, smokeless tobacco, electronic cigarettes or vape, hookah, or cigars?	Yes	no scoring - jump to Q2b	
		No	healthy - jump to Q3	Being tobacco free is a great choice! You are healthier, more fit, mission ready and are saving money.

Q2b	Please check all the tobacco products that you use and how often.			
	Cigarettes	Every Day	unhealthy	IF ONE PRODUCT: If individual replies positive to using e-cigs, e-pipes, e-hookah, vape pens (and not any other tobacco products) on the Tobacco question): The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use
		Most Days	unhealthy	IF ONE PRODUCT: If individual replies positive to using e-cigs, e-pipes, e-hookah, vape pens (and not any other tobacco products) on the Tobacco question): The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit. Educational Links <a href="https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products">https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products</a> <a href="http://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html">http://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html</a> IF MORE THAN 1 PRODUCT: Using more than one tobacco product is harmful to your health and there is no safe level of tobacco use. Using tobacco can cause many kinds of cancer, lung and heart disease, impotence and fertility issues, and harms almost every organ in your body. Quitting tobacco is the single most important thing you can do to improve your health and enhance your readiness. Seek assistance from your primary care provider or dentist to help you quit.
		Some Days	unhealthy	Smoking, even occasionally or in small amounts, can be harmful to your health and cause coughing, shortness of breath, and increased risk of heart disease and cancer. There is no safe level of tobacco use. Consider quitting; benefits can be seen immediately. Discuss options with your medical and dental team.
		I quit during the past 12 months OR I quit over 12 months ago	healthy	Q2c - What was your PRIMARY reason for quitting? - Costs - It is harder to use tobacco at my command (e.g. taking breaks, locations where I can use) - There are fewer tobacco users around me - Leadership and/or friends encouraged me to quit - My health - Health of my family/those around me - other Congratulations on quitting cigarette use! You are doing the single most important thing to stay healthy. Not smoking cigarettes saves you lots of money and helps you avoid many smoking related diseases. Being cigarette free adds to your fitness level, improves your readiness, increases your attractiveness, and the troubles of relapsing and quitting again.
		Never	healthy	

	<b>Cigars or Cigarillos</b>	Every Day	<b>unhealthy</b>	<p>IF ONE PRODUCT: If individual replies positive to using e-cigs, e-pipes, e-hookah, vape pens (and not any other tobacco products) on the Tobacco question): The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit.</p> <p>Educational Links  <a href="https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products">https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products</a>  <a href="http://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html">http://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html</a></p> <p>IF MORE THAN 1 PRODUCT: Using more than one tobacco product is harmful to your health and there is no safe level of tobacco use. Using tobacco can cause many kinds of cancer, lung and heart disease, impotence and fertility issues, and harms almost every organ in your body. Quitting tobacco is the single most important thing you can do to improve your health and enhance your readiness. Seek assistance from your primary care provider or dentist to help you quit.</p>
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		I quit during the past 12 months OR I quit over 12 months ago	<b>healthy</b>	<p>Q2c - What was your PRIMARY reason for quitting?</p> <ul style="list-style-type: none"> <li>- Costs</li> <li>- It is harder to use tobacco at my command (e.g. taking breaks, locations where I can use)</li> <li>- There are fewer tobacco users around me</li> <li>- Leadership and/or friends encouraged me to quit</li> <li>- My health</li> <li>- Health of my family/those around me</li> <li>- other</li> </ul> <p>Congratulations on quitting cigarette use! You are doing the single most important thing to stay healthy. Not smoking cigarettes saves you lots of money and helps you avoid many smoking related diseases. Being cigarette free adds to your fitness level, improves your readiness, increases your attractiveness, and the troubles of relapsing and quitting again.</p>
		Never	<b>healthy</b>	

	<b>Pipe Tobacco</b>	Every Day	<b>unhealthy</b>	<p>IF ONE PRODUCT: If individual replies positive to using e-cigs, e-pipes, e-hookah, vape pens (and not any other tobacco products) on the Tobacco question): The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit.</p> <p>Educational Links  <a href="https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products">https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products</a>  <a href="http://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html">http://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/index.html</a></p> <p>IF MORE THAN 1 PRODUCT: Using more than one tobacco product is harmful to your health and there is no safe level of tobacco use. Using tobacco can cause many kinds of cancer, lung and heart disease, impotence and fertility issues, and harms almost every organ in your body. Quitting tobacco is the single most important thing you can do to improve your health and enhance your readiness. Seek assistance from your primary care provider or dentist to help you quit.</p>
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		Never	<b>healthy</b>	

	<b>Dissolvables (eg lozenges, orbs/pellets, sticks, strips)</b>	Every Day	<b>unhealthy</b>	The U.S. Food and Drug Administration is now regulating the various types of dissolvable tobacco products and they are banned in many places. Dissolvable tobacco products contain harmful ingredients and the addictive substance nicotine. There is no safe level of tobacco and the best thing you can do for your health is to quit. Consider quitting and consult with your primary care provider on ways to quit.
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		Never	<b>healthy</b>	

	<b>Hookah</b>	Every Day	<b>unhealthy</b>	Hookah water pipes contain many of the same harmful toxins as cigarette smoke and using a hookah is not safer than smoking other tobacco products. Hookah use can lead to cancer of the lungs, mouth, stomach, and bladder and also increased risk for stroke and heart disease. Sharing a water pipe with others can spread the transmission of tuberculosis and viruses like hepatitis and herpes, and the secondhand smoke from the hookah pipe is also dangerous. There is no safe level of hookah use. Consult with your medical and dental team to help you quit hookah use.
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	<b>Electronic Cigarettes</b>	Every Day	<b>unhealthy</b>	The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit.
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	<b>Electronic Pipes</b>	Every Day	<b>unhealthy</b>	The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit.
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	<b>Electronic Hookah</b>	Every Day	<b>unhealthy</b>	The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit.
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	<b>Vape Pens</b>	Every Day	<b>unhealthy</b>	The U.S. Food and Drug Administration is now regulating the use of electronic cigarettes, vaporizers, vape pens and e-pipes as tobacco products and their use is banned in many places. The chemicals in e-products vary by brand and manufacturer and have included ingredients associated with cancer and the added flavors may cause lung disease. Safety is also a concern as there have been explosions and fires from the e-product batteries as well as an increase in accidental poisonings from the e-product cartridges. Additionally, vaping use may be addictive and lead to smoking cigarettes which is harmful. Consider quitting vaping and consult with your primary care provider on effective ways to quit.
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		Never	<b>healthy</b>	

	<b>Smokeless Tobacco (eg chew, dip, spit, snuff, snus)</b>	Every Day	<b>unhealthy</b>	Using smokeless tobacco is very dangerous to your health. Smokeless tobacco use leads to cancer of the mouth, throat, voice box and esophagus. Your dentist will check your mouth for signs of gum disease and pre-cancerous lesions during your annual checkup. You may seek assistance from your dentist and/or primary care provider as there are many effective ways to quit smokeless tobacco use
		Most Days	<b>unhealthy</b>	Using smokeless tobacco is very dangerous to your health. Smokeless tobacco use leads to cancer of the mouth, throat, voice box and esophagus. Your dentist will check your mouth for signs of gum disease and pre-cancerous lesions during your annual checkup. You may seek assistance from your dentist and/or primary care provider as there are many effective ways to quit smokeless tobacco use
		Some Days	<b>unhealthy</b>	Using smokeless tobacco is very dangerous to your health. Smokeless tobacco use leads to cancer of the mouth, throat, voice box and esophagus. Your dentist will check your mouth for signs of gum disease and pre-cancerous lesions during your annual checkup. You may seek assistance from your dentist and/or primary care provider as there are many effective ways to quit smokeless tobacco use
		I quit during the past 12 months OR I quit over 12 months ago	<b>healthy</b>	<p>Q2c - What was your PRIMARY reason for quitting?</p> <ul style="list-style-type: none"> <li>- Costs</li> <li>- It is harder to use tobacco at my command (e.g. taking breaks, locations where I can use)</li> <li>- There are fewer tobacco users around me</li> <li>- Leadership and/or friends encouraged me to quit</li> <li>- My health</li> <li>- Health of my family/those around me</li> <li>- other</li> </ul> <p>Congratulations on quitting cigarette use! You are doing the single most important thing to stay healthy. Not smoking cigarettes saves you lots of money and helps you avoid many smoking related diseases. Being cigarette free adds to your fitness level, improves your readiness, increases your attractiveness, and the troubles of relapsing and quitting again.</p>
		Never	<b>healthy</b>	

Q3	Do you consume more than 4 alcoholic drinks on any day or 14 alcoholic drinks per week (for men), or more than 3 alcoholic drinks on any day or 7 alcoholic drinks per week (for women)?	Yes	unhealthy	The National Institute on The National Institute of Alcohol Abuse and Alcoholism (NIAAA) and the U.S. Department of Agriculture define "risky use" of alcohol as consuming more than 4 drinks on any day or 14 drinks per week for men, or more than 3 drinks on any day or 7 drinks per week for women. Alcohol consumption at this level can harm your physical health in several ways such as unsafe sex, unintentional injury, liver disease, or cancer. It may also indicate that you rely on alcohol to relieve stress or as a coping mechanism, which can be dangerous. Cutting back or seeking help are both great steps you can take
		No	healthy	none
Q4	How often do you typically drink five or more alcoholic drinks on one occasion ("One occasion" refers to an event or period, when drinking exceeds one drink per hour)?	Daily	unhealthy	Some Sailors and Marines drink heavily in the evenings or on weekends. 5 or more drinks on one occasion on a daily basis can be very risky, either by affecting your health or contributing to an alcohol-related incident. Never participate in "chugging" or drinking games. Cutting back and seeking help are both great steps you can take now.
		Weekly	unhealthy	Some Sailors and Marines drink heavily in the evenings or on weekends. 5 or more drinks on one occasion on a weekly basis can be very risky, either by affecting your health or contributing to an alcohol-related incident. Never participate in "chugging" or drinking games. Cutting back and seeking help are both great steps you can take now
		Monthly	unhealthy	You may be drinking too heavily. 5 or more drinks at one sitting on a monthly basis can eventually catch up with you, either by affecting your health or contributing to an alcohol-related incident (e.g., Motor Vehicle Accidents, DUI, violence, unsafe sex). Never participate in "chugging" or drinking games. Cutting back and seeking counseling are both great steps you can take
		Once or twice per year	healthy	Many Sailors and Marines occasionally drink more heavily than usual during celebrations or special events. Plan ahead to avoid alcohol-related incidents. DUIs will put your career in danger
		Never	healthy	You indicate a healthy choice not to drink heavily, even during celebrations. Sailors and Marines also look out for their 'mates and fellow Marines who have been drinking.

Q5	<b>How often do you drive when perhaps you've had too much to drink, or been a passenger when the driver has had too much to drink?</b>	Often (i.e., more than once during the past 6 months)	<b>unhealthy</b>	You could be placing yourself, your passengers, other motorists, and pedestrians in danger if you drink and drive. Each year, over 30% of all motor vehicle fatalities in the U.S. are caused by drunk drivers. Most drunk drivers mistakenly believe they can avoid accidents. You don't even have to be legally drunk to have your driving impaired. Let someone else drive who has not been drinking or call a cab
		Sometimes (i.e., once during the past 6 months)	<b>unhealthy</b>	You could be placing yourself, your passengers, other motorists, and pedestrians in danger if you drink and drive. Each year, over 30% of all motor vehicle fatalities in the U.S. are caused by drunk drivers. Most drunk drivers mistakenly believe they can avoid accidents. You don't even have to be legally drunk to have your driving impaired. Let someone else drive who has not been drinking or call a cab
		Rarely (i.e., not in the past 6 months, but at least once during the past year)	<b>unhealthy</b>	You could be placing yourself, your passengers, other motorists, and pedestrians in danger if you drink and drive. Each year, over 30% of all motor vehicle fatalities in the U.S. are caused by drunk drivers. Most drunk drivers mistakenly believe they can avoid accidents. You don't even have to be legally drunk to have your driving impaired. Let someone else drive who has not been drinking or call a cab
		Never (i.e., not during the past year)	<b>healthy</b>	You are being a responsible Sailor or Marine by never driving drunk or riding with someone who has been drinking. You can also help fellow Sailors and Marines avoid alcohol related incidents by looking out for those who try to drink and drive- and help them get home safely
Q6	<b>How often do you use a seat belt when you drive or ride as a passenger in a car?</b>	Always	<b>healthy</b>	By always using your seat belt, you decrease your risk of serious injury or death after an accident by about 50%.
		Sometimes	<b>unhealthy</b>	You are exposing yourself to serious injury or death whenever you do not use seat belts. Of the more than 32,000 annual fatalities, about 54% were not using a seat belt at the time of the accident
		Rarely	<b>unhealthy</b>	You are exposing yourself to serious injury or death whenever you do not use seat belts. Of the more than 32,000 annual fatalities, about 54% were not using a seat belt at the time of the accident
		Never	<b>unhealthy</b>	You are exposing yourself to serious injury or death whenever you do not use seat belts. Of the more than 32,000 annual fatalities, about 54% were not using a seat belt at the time of the accident

Q7	How often do you wear a helmet when you ride a motorcycle, all-terrain vehicle, or bicycle?	Always	healthy	Your use of a protective helmet provides significant protection against head injury or death. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce your risk
		Sometimes	unhealthy	You place yourself at risk for serious head injury and death whenever you ride a motorcycle, ATV, or bicycle without a helmet. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce risk.
		Rarely	unhealthy	You place yourself at risk for serious head injury and death whenever you ride a motorcycle, ATV, or bicycle without a helmet. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce risk.
		Never	unhealthy	You place yourself at risk for serious head injury and death whenever you ride a motorcycle, ATV, or bicycle without a helmet. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce risk.
		Does not apply to me / I do not ride these vehicles	n/a	If you ride these vehicles in the future, a helmet will provide significant protection against head injury and death. A large portion of medical, disability, and rehabilitation costs from these head injuries are paid for by the general public
Q8	How often do you use the safety equipment recommended for your job (e.g., hearing and vision protection, respirators, barriers, and other safety devices)?	Always	healthy	You are protecting yourself against injuries and disease at your worksite by using appropriate safety equipment
		Sometimes	unhealthy	You may be exposing yourself to harmful occupational exposures that can result in injury and disease whenever you fail to use appropriate safety equipment. Safety equipment is the last line of defense when hazards cannot be eliminated or controlled
		Rarely	unhealthy	You may be exposing yourself to harmful occupational exposures that can result in injury and disease whenever you fail to use appropriate safety equipment. Safety equipment is the last line of defense when hazards cannot be eliminated or controlled
		Never	unhealthy	You may be exposing yourself to harmful occupational exposures that can result in injury and disease whenever you fail to use appropriate safety equipment. Safety equipment is the last line of defense when hazards cannot be eliminated or controlled
		Does not apply to me / None recommended	n/a	If you visit work sites, encounter an environmental hazard, or work at home, use appropriate safety equipment

Q9	<b>In general, how satisfied are you with your life (e.g., work situation, social activity, relationships, accomplishing what you set out to do)?</b>	Very satisfied	<b>healthy</b>	You are very satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships, and social activities can all contribute to life satisfaction
		Mostly satisfied	<b>healthy</b>	You are very satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships, and social activities can all contribute to life satisfaction
		Somewhat satisfied	<b>unhealthy</b>	You are only somewhat satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships and social activities can all contribute to life satisfaction. Look to these sources for improving your level of satisfaction
		Not satisfied	<b>unhealthy</b>	You are only somewhat satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships and social activities can all contribute to life satisfaction. Look to these sources for improving your level of satisfaction
Q10	<b>How often do you feel that your work or personal</b>	Always	<b>unhealthy</b>	Long-term and short-term stress in your work or at home may increase your risk of cardiovascular disease and impact on your personal and professional relationships. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress
		Most of the time	<b>unhealthy</b>	Long-term and short-term stress in your work or at home may increase your risk of cardiovascular disease and impact on your personal and professional relationships. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress
		Sometimes	<b>healthy</b>	Occasional stress in your work or at home is common. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress.
		Rarely	<b>healthy</b>	When stress in your work or at home occurs, problem-solving or discussing possible solutions with someone else may help during those times
		Never	<b>healthy</b>	You may encounter stressful situations in the future, which occurs for most people. Problem-solving or discussing possible solutions with someone else may help during those times
Q11	<b>If you're feeling lonely, depressed, angry, stressed, or in need of help, do you have someone to talk to?</b>	Not applicable	<b>n/a</b>	
		Always	<b>healthy</b>	Expressing your feelings can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns
		Most of the time	<b>healthy</b>	Expressing your feelings can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns
		Sometimes	<b>unhealthy</b>	Expressing your feelings can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns
		Rarely	<b>unhealthy</b>	Finding someone with whom you can talk can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully
		Never	<b>unhealthy</b>	Finding someone with whom you can talk can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully

Q12	<b>In the past 12 months, how often did you or your partner(s) use a condom when you had sex (Read all choices below carefully before responding)?</b>	Does not apply to me because I am in a long-term relationship where we only have sex with each other – OR – does not apply to me for other reasons.	n/a	People who are mutually monogamous or are not sexually active are at lowest risk for any sexually transmitted infection
		Currently I am not sexually active	<b>healthy</b>	People who are mutually monogamous or are not sexually active are at lowest risk for any sexually transmitted infection
		Always	<b>healthy</b>	Choosing to use a latex condom consistently and correctly each time you have sex will significantly reduce your risk of acquiring a sexually transmitted infection
		Most of the time	<b>unhealthy</b>	Not using a latex condom consistently and correctly each time you have sex places you at risk of acquiring a sexually transmitted infection
		Sometimes	<b>unhealthy</b>	Not using a latex condom consistently and correctly each time you have sex places you at risk of acquiring a sexually transmitted infection
		Rarely or Never	<b>unhealthy</b>	Not using a latex condom consistently and correctly each time you have sex places you at risk of acquiring a sexually transmitted infection

Q13	On average, how many weeks per month do you engage in a total of at least 150 minutes of moderate-intensity aerobic activity (moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. i.e., brisk walking, swimming leisurely, or leisurely biking ) OR at least 75 minutes of vigorous-intensity aerobic activity (vigorous-intensity means you will not be able to say more than a few words without pausing for a breath , i.e., jogging/running, swimming laps, or jumping rope)?	4 weeks per month	<b>healthy</b>	The national goal for Americans is to get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week. Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. Continue to include this type of exercise into your lifestyle
		3 weeks per month	<b>healthy</b>	The national goal for Americans is to get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week. Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. Continue to include this type of exercise into your lifestyle
		2 weeks per month	<b>unhealthy</b>	The national goal for Americans is to get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week. Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. Continue to include this type of exercise into your lifestyle
		1 week per month	<b>unhealthy</b>	The national goal for Americans is to get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week. Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. Continue to include this type of exercise into your lifestyle
		I do not participate in aerobic training	<b>unhealthy</b>	The national goal for Americans is to get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week. Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. Continue to include this type of exercise into your lifestyle

For web version go to <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>

Q14	<b>On average, how many days per week do you engage in muscle-strengthening activities that work all muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)?</b>	4 or more days a week	<b>healthy</b>	You routinely engage in strength training, which improves your strength, maintains lean body mass, builds strong bones, and decreases many of the risk factors associated with coronary heart disease
		3 or more days a week	<b>healthy</b>	You routinely engage in strength training, which improves your strength, maintains lean body mass, builds strong bones, and decreases many of the risk factors associated with coronary heart disease
		2 or more days a week	<b>healthy</b>	You routinely engage in strength training, which improves your strength, maintains lean body mass, builds strong bones, and decreases many of the risk factors associated with coronary heart disease
		1 day a week	<b>unhealthy</b>	Routine strength training at least twice a week could help you increase your strength, maintain lean body mass, and decrease many of the risk factors associated with coronary heart disease. Your appearance and ability to perform daily tasks can also be improved by strength training.
		I do not participate in strength training	<b>unhealthy</b>	Routine strength training at least twice a week could help you increase your strength, maintain lean body mass, and decrease many of the risk factors associated with coronary heart disease. Appearance and ability to perform daily tasks can also be improved by strength training.

Q15	<b>How often do you usually eat high-fat foods (e.g., fried foods; high-fat dairy products such as butter, cheese, or whole milk; regular salad dressing or mayonnaise; or packaged foods high in fats)?</b>	At most or every meal	<b>unhealthy</b>	Some dietary fat is needed for good health, but high levels of fat in your diet may lead to excessive weight gain and may increase your risk of a certain cancers. Eating foods high in saturated and trans-fats also increases your risk of heart disease. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats
		At least once a day	<b>unhealthy</b>	Some dietary fat is needed for good health, but high levels of fat in your diet may lead to excessive weight gain and may increase your risk of a certain cancers. Eating foods high in saturated and trans-fats also increases your risk of heart disease. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats
		3-5 times per week	<b>unhealthy</b>	Some dietary fat is needed for good health, but high levels of fat in your diet may lead to excessive weight gain and may increase your risk of a certain cancers. Eating foods high in saturated and trans-fats also increases your risk of heart disease. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats
		1-2 times per week	<b>healthy</b>	Some dietary fat is needed for good health, but high levels of fat in your diet may lead to excessive weight gain and may increase your risk of a certain cancers. Eating foods high in saturated and trans-fats also increases your risk of heart disease. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats
		Rarely or never	<b>healthy</b>	Some dietary fat is needed for good health, but high levels of fat in your diet may lead to excessive weight gain and may increase your risk of a certain cancers. Eating foods high in saturated and trans-fats also increases your risk of heart disease. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats
Q16	<b>About how many cups of fruit do you eat each day? (One cup of fruit = one small piece of fruit, one cup of cut-up fruit, one cup of 100% fruit juice, or 1/2 cup of dried fruit)</b>	Four or more	<b>healthy</b>	The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Three	<b>healthy</b>	The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Two	<b>healthy</b>	The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		One	<b>unhealthy</b>	The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Less than one	<b>unhealthy</b>	The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity

Q17	How often do you use over the counter (OTC) drugs, dietary supplements, or herbal products to help you manage your weight, enhance athletic performance, or treat	Daily	unhealthy	Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk
		Weekly	unhealthy	Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk
		Monthly	unhealthy	Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk
		Seldom	healthy	Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk
		Never	healthy	Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk
Q18	How frequently do you floss your teeth?	Daily	healthy	You are to be commended for flossing your teeth daily. Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath
		Most days	healthy	You are to be commended for flossing your teeth on most days. Daily flossing is recommended to remove plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath
		Sometimes	unhealthy	Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. Try to make this activity a part of your daily personal care
		Rarely	unhealthy	Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. Try to make this activity a part of your daily personal care
		Never	unhealthy	Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. Try to make this activity a part of your daily personal care

Q19	<b>About how many cups of vegetables do you eat each day? (One cup of vegetables = one cup of raw or cooked vegetables, 1 cup of 100% vegetable juice, or 2 cups of raw leafy greens)</b>	Four or more	<b>healthy</b>	The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Three	<b>healthy</b>	The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Two	<b>unhealthy</b>	The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		One	<b>unhealthy</b>	The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
		Less than one	<b>unhealthy</b>	The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity
Q20	<b>How often do you get enough restful sleep to function well in your job and personal life?</b>	Always	<b>healthy</b>	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better
		Most of the time	<b>healthy</b>	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better
		Sometimes	<b>unhealthy</b>	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better. For many people with busy schedules, it is important to set aside enough time for sleep and to avoid issues at bedtime that can interfere with sleep. Talk with your physician if you are frequently unable to achieve restful sleep
		Rarely	<b>unhealthy</b>	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better. For many people with busy schedules, it is important to set aside enough time for sleep and to avoid issues at bedtime that can interfere with sleep. Talk with your physician if you are frequently unable to achieve restful sleep
		Never	<b>unhealthy</b>	People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better. For many people with busy schedules, it is important to set aside enough time for sleep and to avoid issues at bedtime that can interfere with sleep. Talk with your physician if you are frequently unable to achieve restful sleep

Q21	<b>For both men and women, pregnancy is a life-changing event for mother and father. Regarding your actions related to possible pregnancy:</b>	I am not having sexual intercourse at this time in my life.	<b>healthy</b>	Many people are not currently sexually active. If you resume sexual activity but don't want a pregnancy, consider the range of new, safe and effective birth control methods available. Some work for years after you have started them. Some are permanent and others are easily and quickly reversible if and when you are ready to have a baby. Some methods require no devices or medication at all. But not all forms of contraception are equally effective. It makes sense to carefully consider your parenting plans and get informed about contraception so you and your partner can select the option that works best for you. Pregnancy is a life-changing event for mother and father. Be well informed about contraception, and talk with your partner and doctor
	My current partner and I cannot become pregnant		<b>healthy</b>	none
	My partner or I are pregnant, we are trying to have a baby now, or we would welcome a pregnancy if it occurred now		<b>healthy</b>	none
	My partner or I are correctly and consistently using birth control ALL the time		<b>healthy</b>	There is a wide range of new, safe and effective contraception options available. Some are permanent and others work for years and are easily and quickly reversible when you're ready to have a baby. Some methods require no devices or medication at all. But not all forms of contraception are equally reliable. It makes sense to be informed about contraception so you and your partner can select the most reliable option that works for you
	My partner or I are correctly using birth control MOST of the time		<b>unhealthy</b>	If you're not trying to conceive a child now, but are having sex without using birth control+ B20 ALL the time, you (or your sexual partner) are at risk of an unplanned pregnancy. There is a wide range of new, safe and effective contraception options available, some that work for years after you've started them. Some are permanent and others are easily and quickly reversible when you're ready to have a baby. Some methods require no devices or medication at all. But not all forms of contraception are equally effective. It makes sense to carefully consider your parenting plans and get informed about contraception so you and your partner can select the option that works best for you. Be well informed about contraception, and talk with your partner and doctor
	My partner or I are correctly using birth control SOME of the time		<b>unhealthy</b>	
	My partner and I are not using birth control		<b>unhealthy</b>	