



Spring, 2013



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EDITOR'S CORNER



2012 has seen record numbers of Sailors, Marines, and Coast Guardsmen complete a health risk assessment. 198,529 HRAs were completed. Results are posted on the HRA website (scroll all the way down):

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>

HRA Administrators were able to generate commanding officer reports for 2012 data until March 1st. Hopefully you have examined your results and are planning on how to boost healthy behaviors in your commands during 2013! You can now generate command reports for any time range in 2013.

HEALTH RISK ASSESSMENT HIGHLIGHTS

Overall, the prevalence of specific risk factors has remained fairly constant from the previous year, with the leading health risks being low fruit and vegetable consumption (64%), not flossing (43%), high fat foods consumption (37%), and not getting enough restful sleep (35%). Other significant areas of concern included lack of regular condom use (27%), lack of aerobic activity (25%), smoking (24%), lack of personal support (23%), and heavy drinking (22%). The military allows members to have higher BMI than the Centers for Disease Control's "healthy" level in order to avoid over-screening muscular young adults; however, 52% of service members were classified as overweight and 12% were classified as obese.

COUNSELING AND EDUCATION



U.S. Navy photo by Mass
Communication Specialist 3rd Class
Ricardo R. Guzman, Released

The Personal Report displays reported risks that exceed public health recommendations. We recommend health educators address all risks highlighted by a red ball, but focus on those that the individual has some interest in reducing or eliminating. Be sure the individual gets to keep the report. On each topic line there is a website for reliable health information.

Remember that the real goal of counseling is to engage the member in a dialogue, rather than force them to listen to a lecture. Get them to see the benefits of a healthier lifestyle and how to overcome personal, social, and environmental barriers to change.

ADMINISTRATION

Remember that the Unit Identification Code (UIC) is the unique identifier for logging onto the HRA and capturing the group data by commands. Stress that your members use the proper UIC. Database tables for each service component are posted on the HRA homepage under the heading, "How to log on to the HRA". Also on that page are instructions for command HRA Administrators. Shipboard Administrators can also request the stand-alone version of the HRA CD. Finally, HRA Administrators can now access HRA data for 2013. When generating a Commanding Officer Report, specify the date range, beginning as early as 1 January 2013.

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