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# Health Promotion and Wellness

# Navy & Marine Corps

# HRA e-News



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



Many of you have applied for the annual HPW award in the past. This award indicates that the command is following the health promotion guidance found in both BUMEDINST 6110.13A and COMNAVAIRFORINST 6100.1 and is supporting the 21st Century Sailor and Marine Initiative.

Specifically, the Fleet version recognizes excellence in workplace primary prevention policies, activities and outcomes. The Medical version recognizes excellence in clinical primary prevention, community health promotion and medical staff health in Navy medical organizations. The

Semper Fit version recognizes excellence in community health promotion by Marine Corps Semper Fit Programs. Reserve component commands can also apply for this award.

A critical source of data when applying for this award comes from the Fleet and Marine Corps Health Risk Assessment, which should be taken by members once a year, whether during the PHA or at other times. In order to capture the frequency and types of health risk factors for members within your commands, members must be logging on to the HRA using your command UIC and NOT another, e.g., the hospital's UIC! If you think your command will be applying for the Blue H – Surgeon General's Award in January, please make contact with your PHA/medical staff to ensure members are using the proper UIC logon (see the other article in this newsletter on "Logon Code Guide").



U.S. Navy photo by Mass  
Communication Specialist 2nd Class  
Thomas L. Rosprim/Released

Although the Fleet and Marine Corps HRA provides personalized feedback and educational links for more detailed information, members often appreciate being able to speak with knowledgeable healthcare providers about their health risk factors.

Healthcare providers can use abbreviations to help them when counseling patients, e.g., the Five A's of Counseling Patients to Quit Tobacco (Ask, Advise, Assess, Assist, and Arrange). Patients have reported that their providers frequently advise them to quit, but may be less consistent with the other A's.<sup>1</sup> A similar method to approach the process of counseling is by using the **Three E's: Engage—Educate—Empower**.

**Engage** means orienting patients to the counseling process, giving them “permission” to actively participate in discussions and problem solving, and clarifying roles and responsibilities. It has become increasingly clear that healthcare has become more participatory and less prescriptive, and patients must be active partners in the management of their personal health.

**Educate** includes increasing the patient's perception of risk and potential outcomes (both positive and negative), providing credible and useable information on the patient's health concerns, and increasing the patient's skills. Skill building should typically include physical, verbal, and psychological skills.

**Empower** involves helping the patient set SMART goals, eliminate or reduce barriers to change, answer the Who-What-Where-When-Why-and How questions about risk behaviors, and provide resources in order to avoid slips or relapses. Resources can include anything from apps, to personal health coaches, to pharmacotherapy.

## HOW DOES YOUR COMMAND COMPARE TO OTHER NAVY AND MARINE CORPS COMMANDS?

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HRA Administrators can, at any time, log on to the Commanding Officer Reports homepage and generate a command report for any period of time from January 1st to the present. This will allow Administrators to do two things: 1) identify the most common healthy and unhealthy risk factors reported by members of the command and 2) identify the numbers of members that have completed an HRA. Since most members complete the HRA during their birth month, approximately 25% of assigned members should also complete an HRA each quarter. In the Spring HRA e-newsletter we reported on the overall Navy HRA results. The complete report is posted on the HRA website at:

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

Administrators should use some caution when comparing their own command data with overall Navy data. Here are some things to keep in mind:

**1.) Comparing like groups:** Specific groups of people may be more likely to report certain risk factors. Thus, depending on the composition of your command, some variation in percentage of health risk on each topic is to be expected. For example, commands with a greater proportion of younger adults, e.g. active duty Marines, may report higher risk for tobacco use, sexual health issues, and not getting enough sleep, but may also report higher levels of physical activity. Based on the all-Navy data, we also see significant differences between active duty members and Reservists, and we know that males and females differ on their overall levels of risk. Shore-based MTFs may also report quite differently from Fleet commands. (Continued on Page 2)

1. Quinn VP, Hollis JF, Smith KS, et al. Effectiveness of the 5-As Tobacco Cessation Treatments in Nine HMOs. *J Gen Intern Med.* 2009;24(2): 149-154.

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2.) **Environmental factors:** If members of your command are exposed to environmental stressors, such as deployment, this may impact many aspects of their health behaviors such as nutrition, tobacco use, stress, and sleep.

3.) **Report bias:** The HRA is an anonymous tool that avoids collecting any personal identifying information (PII), in order to reassure members that they may feel more comfortable in answering honestly. However, there is always the possibility that members will not do so.

## ADMINISTRATOR'S CORNER

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### Logon Code Guidance

The local HRA Administrator and PHA staff should ensure that members understand how to log on to the HRA. Detailed guidance is on the HRA website at:

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

Members should log on using their own command's UIC. Here are the general rules for entering a logon:

Active Duty Navy: 5-digit UIC

Navy Reservists: 5-digit UIC

Marines: 5-digit UIC preceded by an "M"

Active Duty Coast Guard: 9-digit UIC based on their DISTRICT, ATU and OPFAC (i.e, 010105210).

Coast Guard Reservists: 9-digit UIC preceded by an "R"

UIC tables that identify the command logon's for each service component are posted on the website, under the heading "How to log on to the HRA". Only UICs posted in these official tables will work. For any problem logging on, contact [NMCPHCPTS-HRA@med.navy.mil](mailto:NMCPHCPTS-HRA@med.navy.mil)

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](#)

