



Webinar: Navy Reserves and the Blue H – Navy Surgeon General's Health Promotion and Wellness Award

June 3, 2014



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The views expressed in this briefing are those of the authors and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, nor the U. S. Government



Webinar Courtesy

- Good afternoon and thank you for joining us!
- To listen to the presentation, use the dial in: (877) 885- 1087 Code: 704 516 0523#
- We ask that all participants please mute your phone lines either by pressing *6 or the mute button on your phone.
- Please do not put your phone on hold at any point during the call.
- The slides and audio will be archived on the NMCPHC webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>



Objectives and Outline

- Describe Blue H Award and award levels
- Present the key consolidated 2013 Blue H data points and key quality assurance committee findings
- Discuss the key criteria changes for 2014
- State the roles of the NOSC and the OHSU and address command committee and leadership support issues
- Illustrate the relationship between UICs, NRAs, the HRA and CO-HRA-Report
- Open Discussion
- Back-up slides: 2013 HRA results for this population



What is the Blue H Award?

- Annual award for excellence in health, wellness and fitness activities and policies in Navy workplaces
- All Navy commands are eligible
- Reporting period is the calendar year
- Three categories:
 - FLEET (including all Reserve NOSCs)
 - MEDICAL
 - SEMPER FIT CENTERS
- Awarded annually
 - Basic pennant plus
 - Annual streamer in Gold-Silver-Bronze



Success

- BRONZE ANCHOR:
 - Every organization that submits a report will receive at least the BRONZE ANCHOR award
- SILVER EAGLE:
 - To achieve the SILVER EAGLE level award, a FLEET command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points
- GOLD STAR:
 - To achieve the GOLD STAR level award, a FLEET command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points plus completion of minimum HP training



Key Consolidated 2013 Blue H Data Points

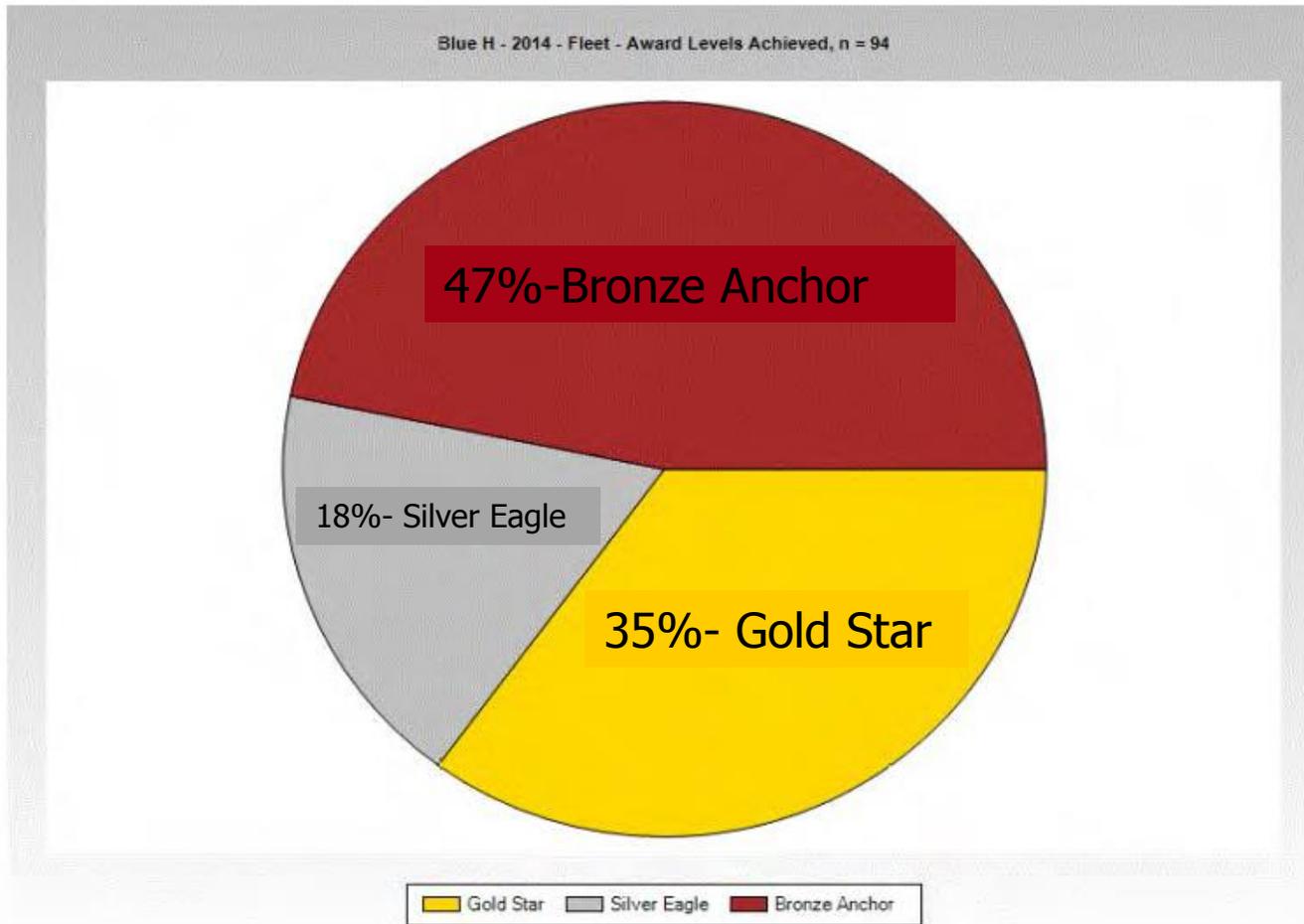
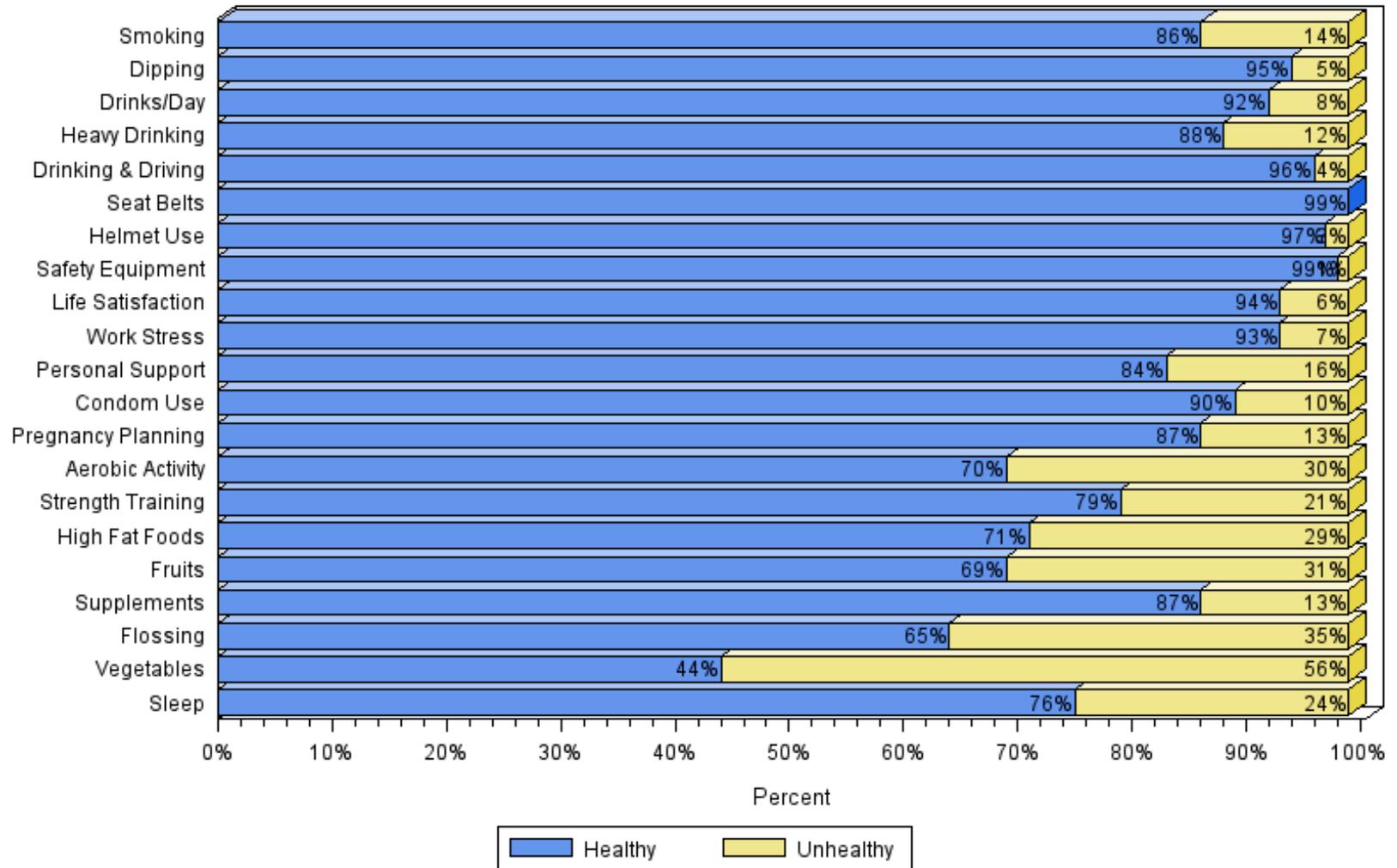


Figure 12:

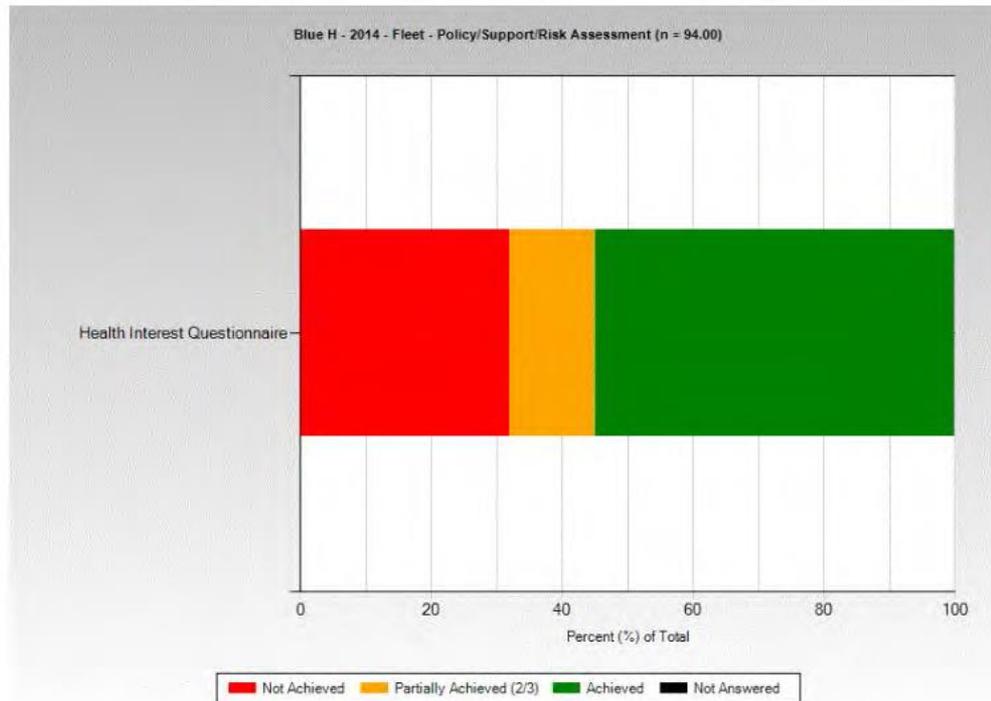
USNR Distribution of Healthy vs. Unhealthy Responses on HRA Questions



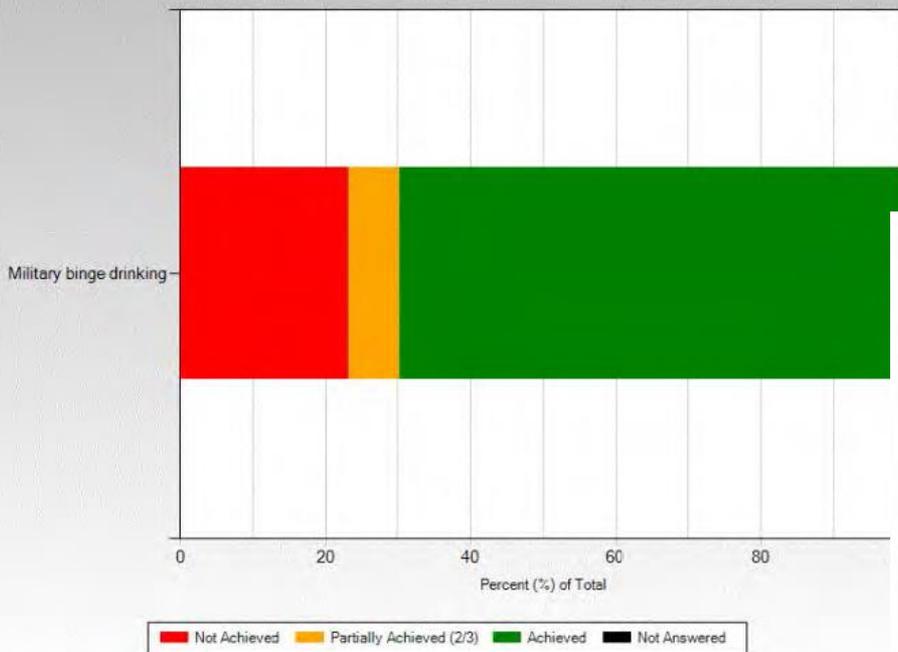
Prepared by the EpiData Center Department, Navy and Marine Corps Public Health Center on 13 March 2014



Policy/Support/Risk Assessment

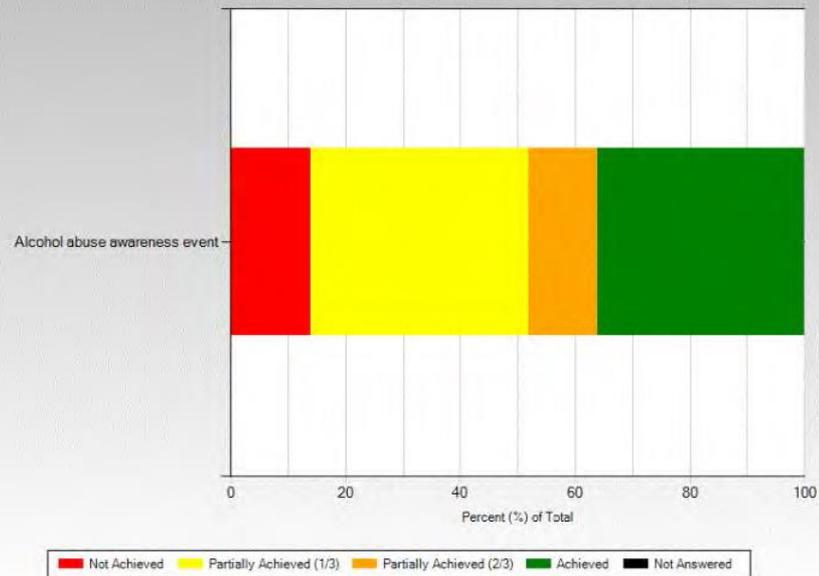


Category	No.	Question	Rank	Count	Total	% Total
Policy/Support/Risk Assessment	9.	Health Interest Questionnaire	Not Achieved	30	94.00	32.00
Policy/Support/Risk Assessment	9.	Health Interest Questionnaire	Partially Achieved (2/3)	12	94.00	13.00
Policy/Support/Risk Assessment	9.	Health Interest Questionnaire	Achieved	52	94.00	55.00
Policy/Support/Risk Assessment	9.	Health Interest Questionnaire	Not Answered	0	94.00	0.00



Category	No.	Question	Rank	Count	Total	% Total
Alcohol Abuse Prevention	13.	Military binge drinking	Not Achieved	22	94.00	23.00
Alcohol Abuse Prevention	13.	Military binge drinking	Partially Achieved (2/3)	7	94.00	7.00
Alcohol Abuse Prevention	13.	Military binge drinking	Achieved	65	94.00	69.00
Alcohol Abuse Prevention	13.	Military binge drinking	Not Answered	0	94.00	0.00

Alcohol Abuse Prevention

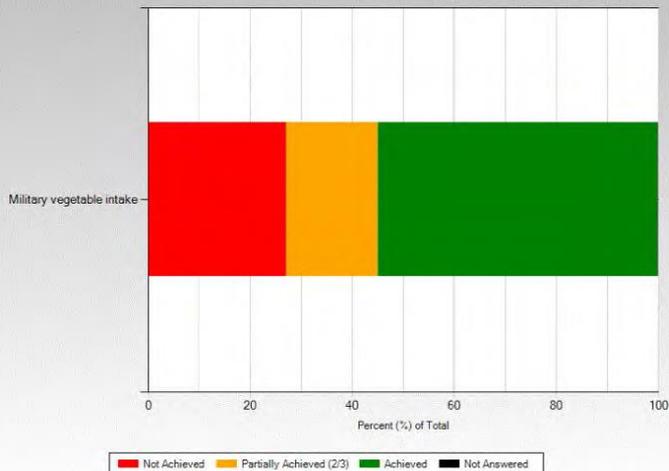


Category	No.	Question	Rank	Count	Total	% Total
Alcohol Abuse Prevention	16.	Alcohol abuse awareness event	Not Achieved	13	94.00	14.00
Alcohol Abuse Prevention	16.	Alcohol abuse awareness event	Partially Achieved (1/3)	36	94.00	38.00
Alcohol Abuse Prevention	16.	Alcohol abuse awareness event	Partially Achieved (2/3)	11	94.00	12.00
Alcohol Abuse Prevention	16.	Alcohol abuse awareness event	Achieved	34	94.00	36.00
Alcohol Abuse Prevention	16.	Alcohol abuse awareness event	Not Answered	0	94.00	0.00

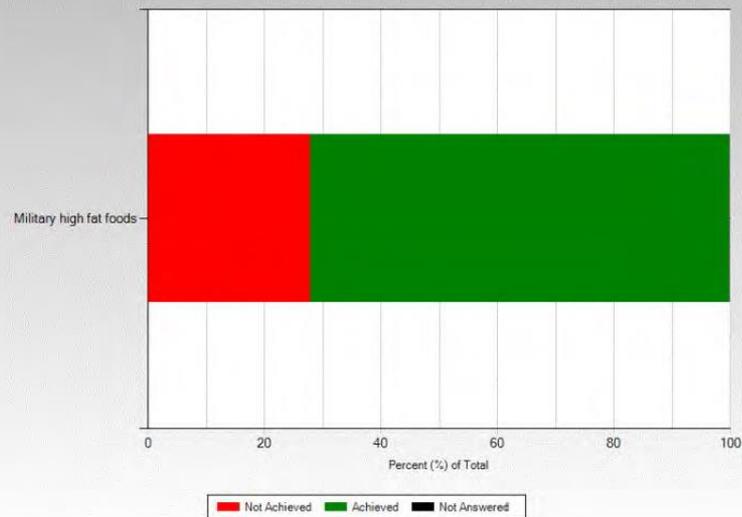


Nutrition

Blue H - 2014 - Fleet - Nutrition (n = 94.00)

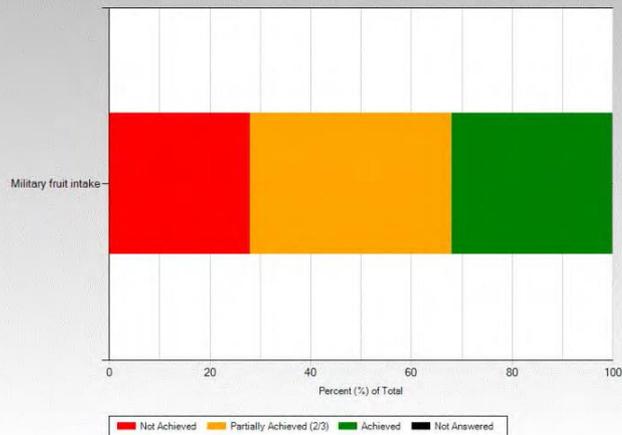


Blue H - 2014 - Fleet - Nutrition (n = 94.00)



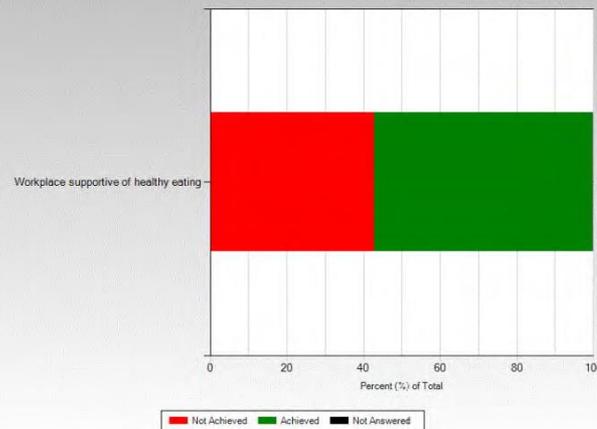
Category	No.	Question	Rank	Count	Total	% Total
Nutrition	32	Military vegetal				
Nutrition	32	Military vegetal				
Nutrition	32	Military vegetal				
Nutrition	32	Military vegetal				

Blue H - 2014 - Fleet - Nutrition (n = 94.00)



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	30	Military fruit intake	Not Achieved	26	94.00	28.00
Nutrition	30	Military fruit intake	Partially Achieved (2/3)	38	94.00	40.00
Nutrition	30	Military fruit intake	Achieved	30	94.00	32.00
Nutrition	30	Military fruit intake	Not Answered	0	94.00	0.00

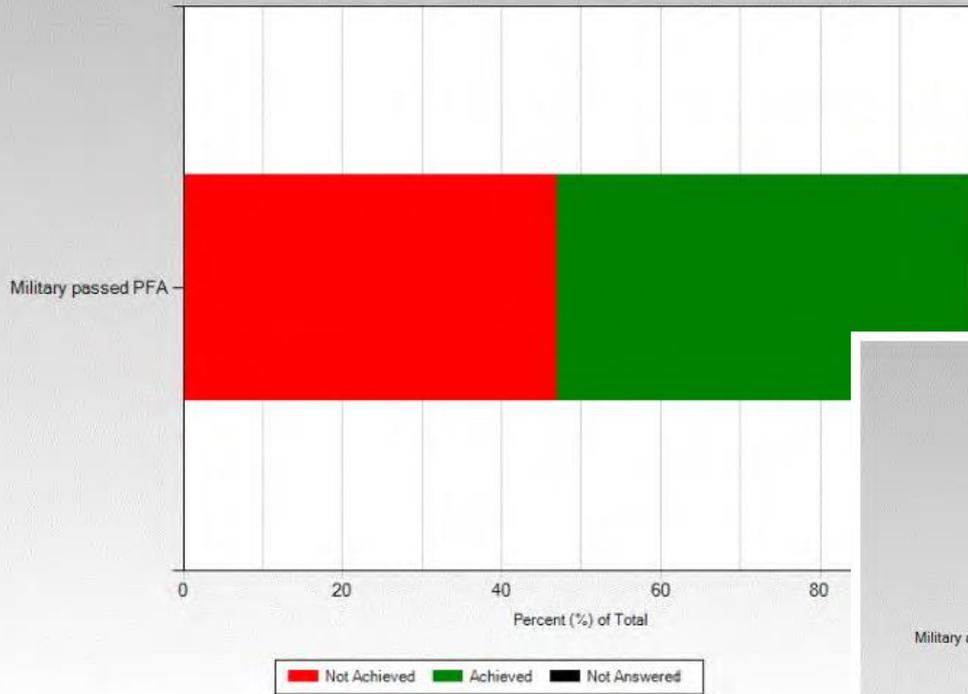
Blue H - 2014 - Fleet - Nutrition (n = 94.00)



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	34	Workplace supportive of healthy eating	Not Achieved	40	94.00	43.00
Nutrition	34	Workplace supportive of healthy eating	Achieved	54	94.00	57.00
Nutrition	34	Workplace supportive of healthy eating	Not Answered	0	94.00	0.00

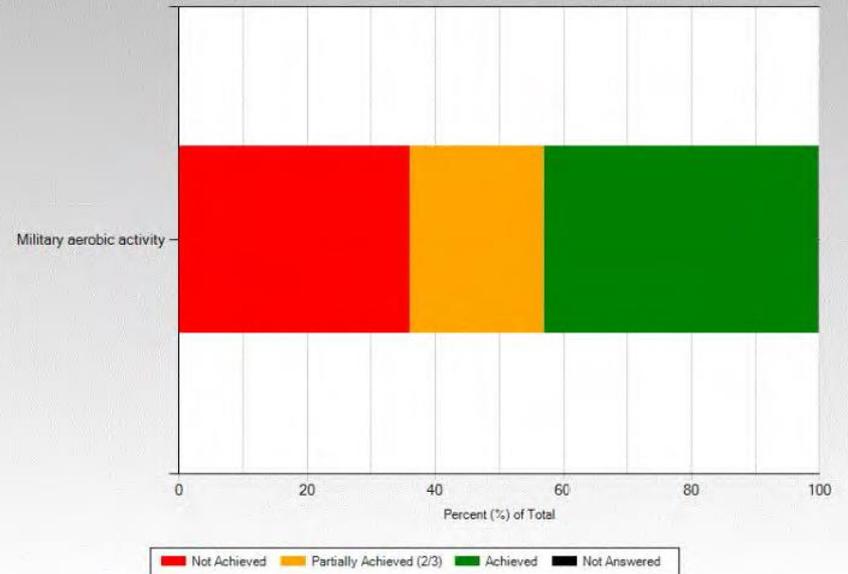


Physical Activity



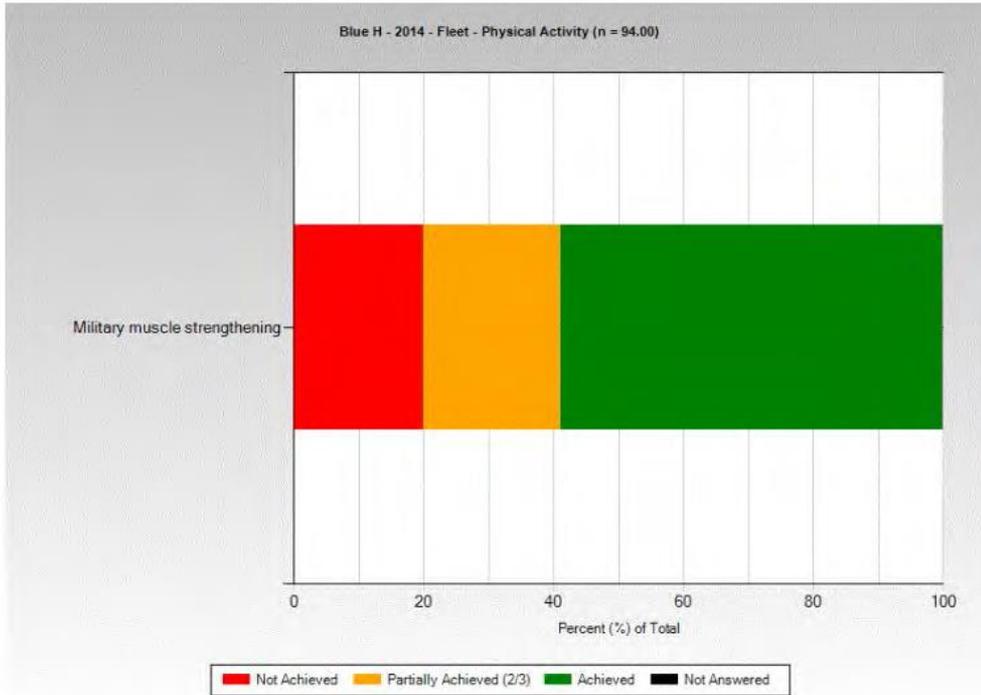
Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	36.	Military passed PFA	Not Achieved	44	94.00	47.00
Physical Activity	36.	Military passed PFA	Achieved	50	94.00	53.00
Physical Activity	36.	Military passed PFA	Not Answered	0	94.00	0.00

Blue H - 2014 - Fleet - Physical Activity (n = 94.00)

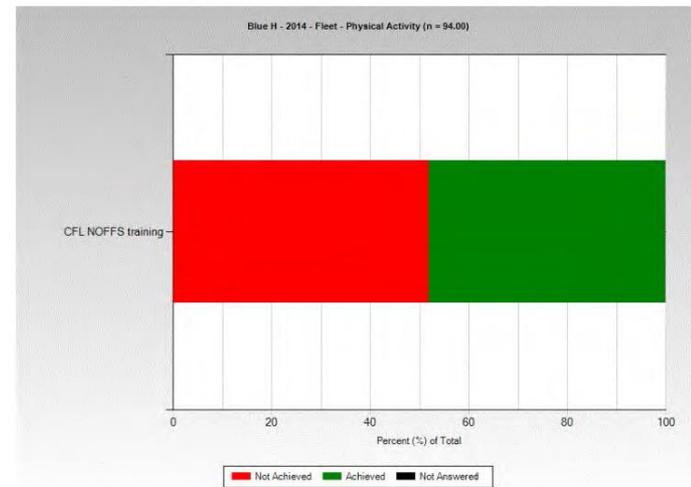


Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	38.	Military aerobic activity	Not Achieved	34	94.00	35.00
Physical Activity	38.	Military aerobic activity	Partially Achieved (2/3)	20	94.00	21.00
Physical Activity	38.	Military aerobic activity	Achieved	40	94.00	43.00
Physical Activity	38.	Military aerobic activity	Not Answered	0	94.00	0.00

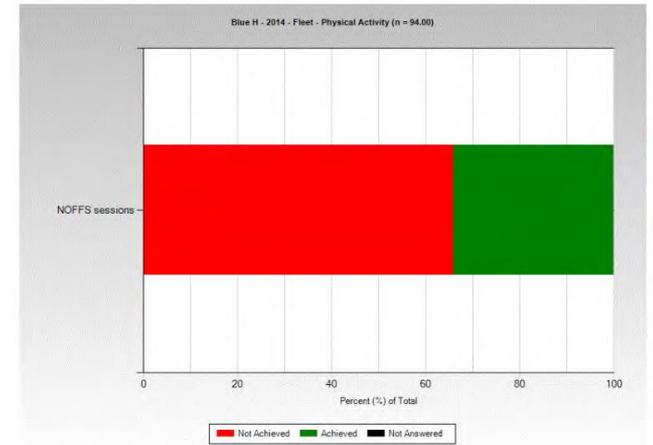




Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	40	Military muscle strengthening	Not Achieved	19	94.00	20.00
Physical Activity	40	Military muscle strengthening	Partially Achieved (2/3)	20	94.00	21.00
Physical Activity	40	Military muscle strengthening	Achieved	55	94.00	59.00
Physical Activity	40	Military muscle strengthening	Not Answered	0	94.00	0.00



Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	43	CFL NOFFS training	Not Achieved	49	94.00	52.00
Physical Activity	43	CFL NOFFS training	Achieved	45	94.00	48.00
Physical Activity	43	CFL NOFFS training	Not Answered	0	94.00	0.00

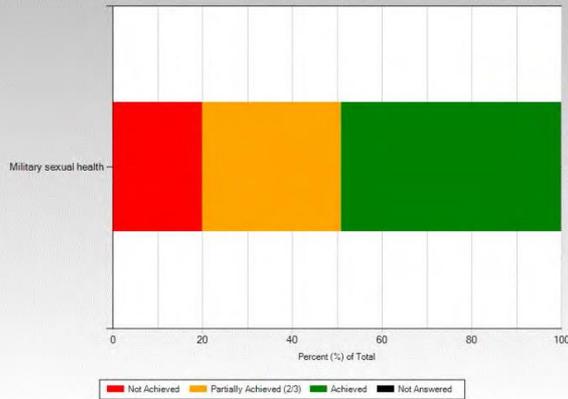


Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	44	NOFFS sessions	Not Achieved	62	94.00	86.00
Physical Activity	44	NOFFS sessions	Achieved	32	94.00	34.00
Physical Activity	44	NOFFS sessions	Not Answered	0	94.00	0.00



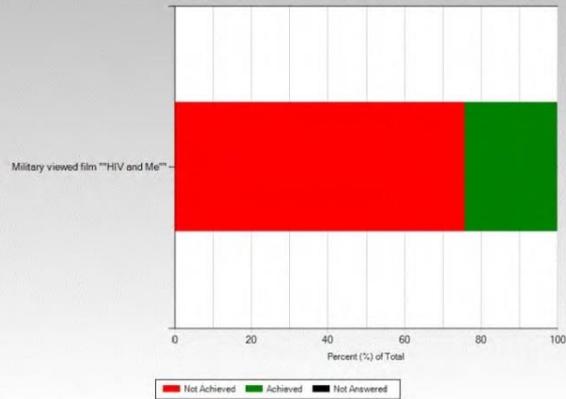
Sexual Health

Blue H - 2014 - Fleet - Sexual Health (n = 94.00)



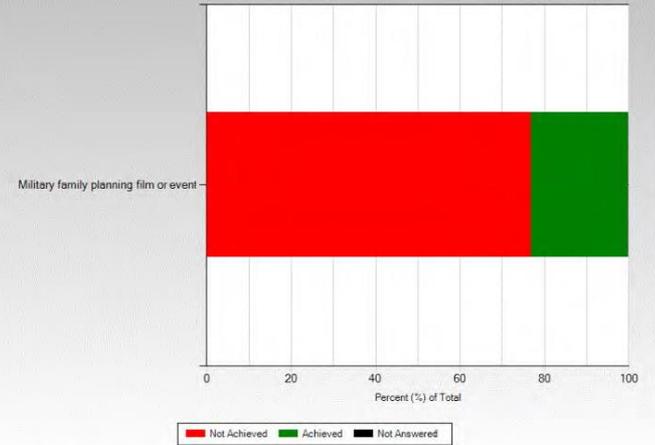
Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	50.	Military sexual health	Not Achieved	19	94.00	20.00
Sexual Health	50.	Military sexual health	Partially Achieved (2/3)	29	94.00	31.00
Sexual Health	50.	Military sexual health	Achieved	46	94.00	49.00
Sexual Health	50.	Military sexual health	Not Answered	0	94.00	0.00

Blue H - 2014 - Fleet - Sexual Health (n = 94.00)



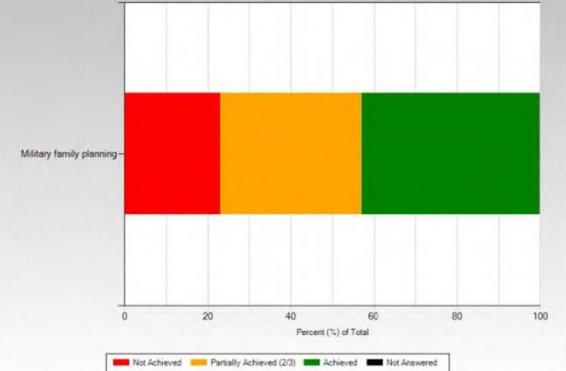
Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	58.	Military viewed film "HIV and Me"	Not Achieved	71	94.00	76.00
Sexual Health	58.	Military viewed film "HIV and Me"	Achieved	23	94.00	24.00
Sexual Health	58.	Military viewed film "HIV and Me"	Not Answered	0	94.00	0.00

Blue H - 2014 - Fleet - Sexual Health (n = 94.00)



Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	55.	Military family planning film or event	Not Achieved	72	94.00	77.00
Sexual Health	55.	Military family planning film or event	Achieved	22	94.00	23.00
Sexual Health	55.	Military family planning film or event	Not Answered	0	94.00	0.00

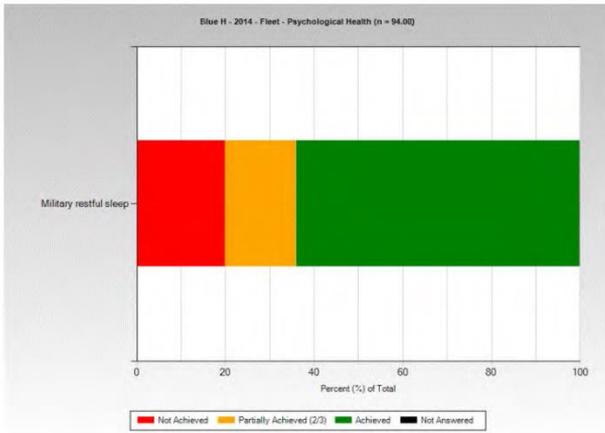
Blue H - 2014 - Fleet - Sexual Health (n = 94.00)



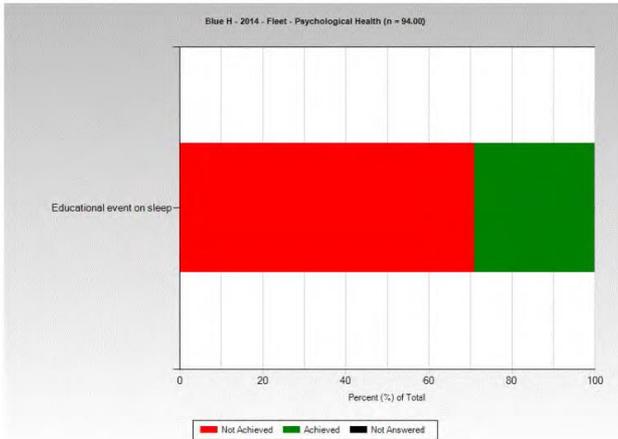
Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	52.	Military family planning	Not Achieved	22	94.00	23.00
Sexual Health	52.	Military family planning	Partially Achieved (2/3)	32	94.00	34.00
Sexual Health	52.	Military family planning	Achieved	40	94.00	43.00
Sexual Health	52.	Military family planning	Not Answered	0	94.00	0.00



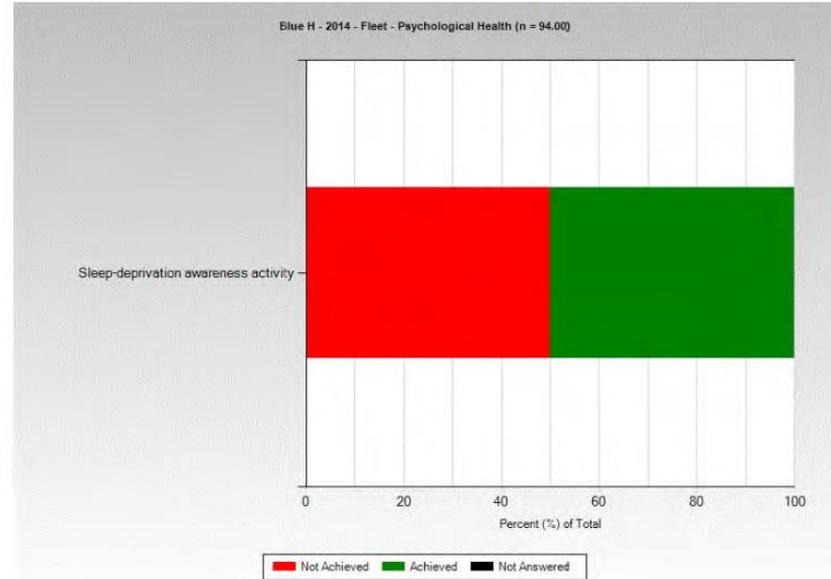
Psychological Health



Category	No.	Question	Rank	Count	Total	% Total
Psychological Health	62	Military restful sleep	Not Achieved	19	94.00	20.00
Psychological Health	62	Military restful sleep	Partially Achieved (2/3)	15	94.00	16.00
Psychological Health	62	Military restful sleep	Achieved	60	94.00	64.00
Psychological Health	62	Military restful sleep	Not Answered	0	94.00	0.00

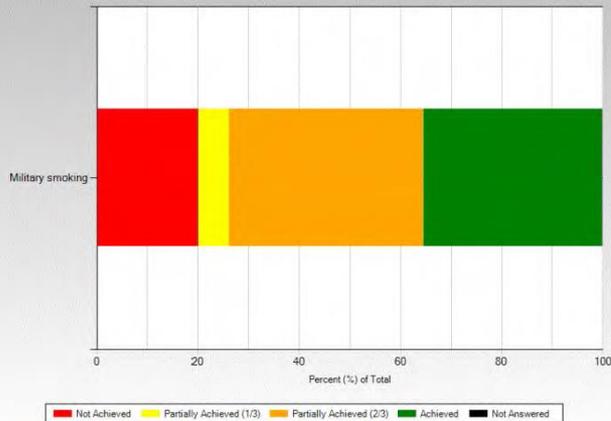


Category	No.	Question	Rank	Count	Total	% Total
Psychological Health	65	Educational event on sleep	Not Achieved	67	94.00	71.00
Psychological Health	65	Educational event on sleep	Achieved	27	94.00	29.00
Psychological Health	65	Educational event on sleep	Not Answered	0	94.00	0.00

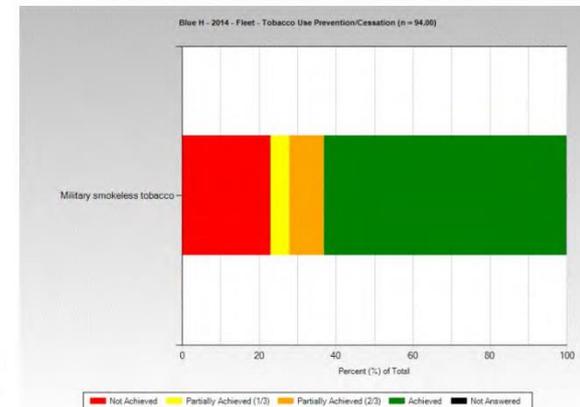


Category	No.	Question	Rank	Count	Total	% Total
Psychological Health	64	Sleep-deprivation awareness activity	Not Achieved	47	94.00	53.00
Psychological Health	64	Sleep-deprivation awareness activity	Achieved	47	94.00	53.00
Psychological Health	64	Sleep-deprivation awareness activity	Not Answered	0	94.00	0.00

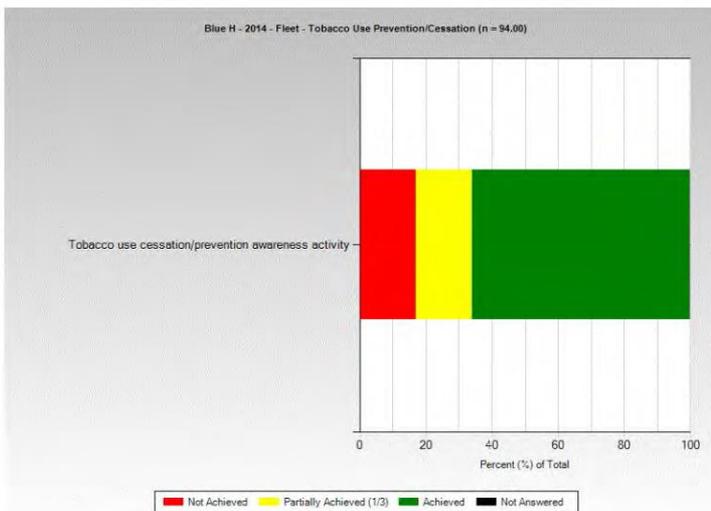




Tobacco Use Prevention Cessation



Category	No.	Question	Rank	Count	Total	% Total
Tobacco Use Prevention/Cessation	74.	Military smoking	Not Achieved	19	94.00	20.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Partially Achieved (1/3)	6	94.00	6.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Partially Achieved (2/3)	36	94.00	38.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Achieved	33	94.00	35.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Not Answered	0	94.00	0.00



Category	No.	Question	Rank	Count	Total	% Total
Tobacco Use Prevention/Cessation	77.	Military smokeless tobacco	Not Achieved	22	94.00	23.00
Tobacco Use Prevention/Cessation	77.	Military smokeless tobacco	Partially Achieved (1/3)	5	94.00	5.00
Tobacco Use Prevention/Cessation	77.	Military smokeless tobacco	Partially Achieved (2/3)	8	94.00	9.00
Tobacco Use Prevention/Cessation	77.	Military smokeless tobacco	Achieved	59	94.00	63.00
Tobacco Use Prevention/Cessation	77.	Military smokeless tobacco	Not Answered	0	94.00	0.00

Category	No.	Question	Rank	Count	Total	% Total
Tobacco Use Prevention/Cessation	80.	Tobacco use cessation/prevention awareness activity	Not Achieved	16	94.00	17.00
Tobacco Use Prevention/Cessation	80.	Tobacco use cessation/prevention awareness activity	Partially Achieved (1/3)	16	94.00	17.00
Tobacco Use Prevention/Cessation	80.	Tobacco use cessation/prevention awareness activity	Achieved	62	94.00	66.00
Tobacco Use Prevention/Cessation	80.	Tobacco use cessation/prevention awareness activity	Not Answered	0	94.00	0.00



Key 2013 Quality Assurance Findings

- Training Certificates
- HRA CO-Reports
- Crews Into Shape
- Relationship between UICs, NRAs, the HRA and CO-HRA Report



Key Criteria Changes for 2014

2013 Med 55/57 and Fleet 25/26

Old: Med 55/Fleet25: Did the command OFFER members an opportunity to participate in an alcohol abuse awareness event other than the National Alcohol Screening Day (such as a Drunk and Drugged Driving lecture, health fair, or health display)? Med 57/Fleet26: Did the command conduct an awareness level activity to promote the National Alcohol Screening Day web-based resources?

New:

1. Did the command conduct an awareness level activity to promote responsible drinking or alcohol abuse awareness during National Alcohol Screening Day (April) or Impaired Driving Prevention Month (December) or at any other time during the year ?
2. Did your command provide an education/motivation level activity on the topic of responsible drinking during Impaired Driving Prevention Month (December) or at any time during the year?

2013 Med 56 and Fleet 27

Old: Have your command DAPA, military supervisors, CO and XO completed the appropriate level of drug and alcohol abuse training?

New: Have your command DAPA, military supervisors, CMC, Chief of the Boat, CO and XO completed the appropriate level of drug and alcohol abuse training?

2013 Med 75 and Fleet 45

Old: Old: Has your command conducted a nutrition awareness event during March or September (preferably) or at any other time this year? Yes = 6.

New:

1) Did your command provide an awareness-level activity on the topic of nutrition during March (Nutrition Month) or July (Fruits and Vegetables Month), or at any time during the year? Awareness Activities include providing POD/POW Notes, displaying posters, distributing articles in newsletters, bulletin boards, distributing educational materials, etc. Score: 1 Point per event max of 3 points.

How to calculate:

- Posters = 1 point
- Articles in newsletters = 1 point
- Bulletin Boards = 1 point
- Distributing educational materials = 1 point

2) Did your command provide an education/motivation-level activity on the topic of nutrition during March (Nutrition Month) or July (Fruits and Vegetables Month), or at any time during the year? Education/motivation level activities include providing a display either free-standing or at a health fair, one-session presentation by a Dietitian or other qualified Nutrition expert, showing a video, sponsoring a fun run with a nutrition education component, offering a challenge (excluding Crews into Shape), such as the 30-Day Fruits and Veggies Challenge, Healthy Recipe Contest, etc. Score: 3 Points per activity for a max of 6 points.



Key Criteria Changes for 2014 (cont)

2013 Med 74 and Fleet 44:

Old: Is the worksite "fully" or "mostly" supportive of healthy eating (based on the overall score from the m-NEAT Worksite Assessment)? Yes=6

New: Was an m-NEAT assessment (of access to healthy food choices) completed this year for the worksite? Based on total score from m-NEAT Worksite Assessment:

- "fully supportive" (of access to healthy food choices) = 6 points
- "mostly supportive" (of access to healthy food choices) = 5 points
- "partially supportive" (of access to healthy food choices) = 4 points
- m-NEAT assessment complete but "not supportive" = 3 points

2013 Med 76 and Fleet 46

Old: Did at least 97% of your MILITARY members pass the PFA?

New: "How to compute" add "MOST RECENT PRT Cycle"

Change PRA to "PRT – only (physical activity portion of PRA)"

2013 Med 93:

Deleted: Ships and commands with operational/deployable billets only - Command has written indoctrination policy that all female sailors newly assigned have been offered an opportunity or referral to ensure she is satisfied with her current form of contraception (if any). (Note - commands with no operational billets should take the maximum score for this criterion).

2013 Med 94 and Fleet 64

Old: Ships and commands with operational/deployable billets only - Command has written indoctrination policy that all female sailors newly assigned have been offered an opportunity or referral to ensure she is satisfied with her current form of contraception (if any). (Note - commands with no operational billets should take the maximum score for this criterion).

New:

- Medical: Deleted

- Fleet: Ships Only (all others take the points as if in compliance): Ship medical departments will ensure all female sailors newly assigned have been offered an opportunity or referral to ensure she is satisfied with her current form of contraception (if any).



Key Criteria Changes for 2014 (cont)

2013 Med 97 and Fleet 67

Old: Have at least 75% of MILITARY members completed the current year GMT on sexual assault prevention and sexual harassment grievance procedures during the FY2014? Yes = 3

New: 6 points max: 3 each for sexual assault prevention AND sexual harassment grievance procedures

2013 Med 123 and Fleet 90

Old: Med 123 and Fleet 90: Did your command conduct a tobacco use cessation/prevention awareness activity by setting up a display, distributing educational handouts, or conducting a tobacco use cessation/prevention awareness events?

New: Split into 2 criteria: awareness and education/activity.

1. "Did your command provide an awareness level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year?" 3 points max. 1 point per event.

- Posters = 1 point
- Articles in newsletters = 1 point
- Bulletin Boards = 1 point
- Distributing educational materials = 1 point

2. "Did your command provide an educational-level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year?" 6 points max. 3 points per event.

Great American Smoke-out

Great American Spit-out

"Quit Tobacco – Make Everyone Proud"

2013 Med 125 and Fleet 91

Old: For self-help tobacco cessation resources, How to Calculate = CO Conclusion.

New: CO Conclusion - Resources such as Clearing the Air, Be Tobacco Free, manuals, quitline information, and other materials such as brochures and factsheets should be readily available. All forms of tobacco should be addressed. Resources should not exclusively be for quitting smoking.

2013 Med 126 and Fleet 92

Old: Are at least 70% of MILITARY members within Navy standards for body composition? Scoring: 70-79%=1; 80-89%=2; 90-100%=3

New: Scoring: 70-79%=1; 80-89%=3; 90-100%=6



Key Criteria Changes for 2014 (cont)

2013 Med 127 and Fleet 93

Old: Did your command conduct a weight management awareness or education/motivation-level activity by setting up a display, distributing educational handouts, or conducting a healthy weight event during Healthy Weight Month of January (preferably) or any other time?

New: Split into 2 criteria:

1. Did your command conduct a weight management awareness level activity during Healthy Weight Month of January (preferably) or any other time? Awareness activities include providing POD/POW Notes, displaying posters, distributing articles in newsletters, bulletin boards, distributing educational materials, etc. Score: 1 Point per event max of 3 points.

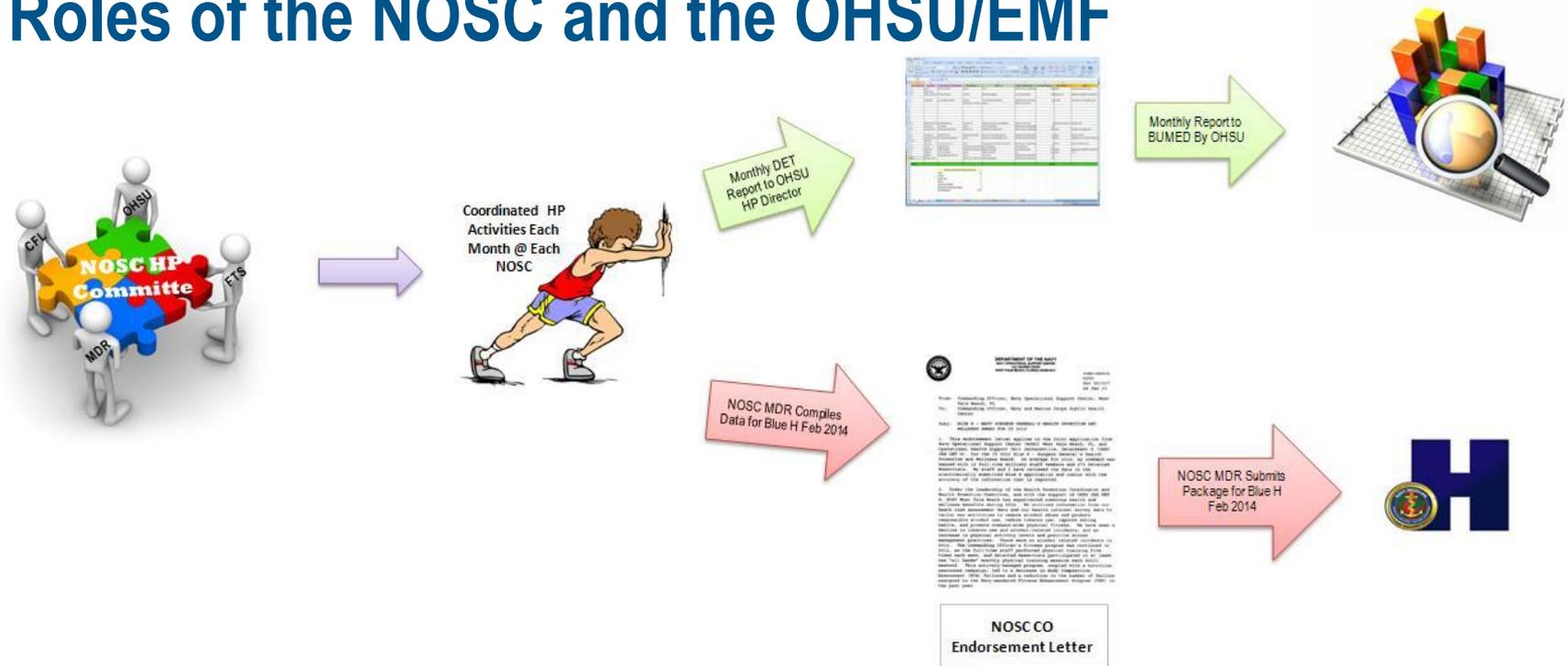
How to calculate:

- Posters = 1 point
- Articles in newsletters = 1 point
- Bulletin Boards = 1 point
- Distributing educational materials = 1 point

2. Did your command conduct a weight management education/motivation-level event during Healthy Weight Month of January (preferably) or any other time? Education/motivation level activities include providing a display either free-standing or at a health fair, one-session presentation by a qualified expert, showing a video, sponsoring a fun run with a weight management education component, offering a challenge (excluding Crews into Shape). 3 points per event; max 6 points



Roles of the NOSC and the OHSU/EMF



- NOSC's HPW Coordinator is assisted by the OHSU/EMF HPW DET Coordinator in planning and implementing HPW initiatives focusing on the entire NOSC's SELRES population
- The OHSU/EMF HPW DET Coordinator assist the NOSC in implementing effective programs and activities that specifically meet the need of the SELRES population
- OHSUs/EMFs should contribute to the health promotion effort of their parent NOSC and may be mentioned in the Blue H award announcement along with their NOSC, if so desired by the NOSC Commanding Officer. However, OHSUs are not eligible to apply for the Blue independently of their NOSC, except in special circumstances

Key Command Committee and Leadership Support Issues

- It is suggested that the NOSC's HPW Committee membership consist of the OHSU/EMF HPW DET Coordinator, the medical department representative NOSC's HPW Coordinator, safety officer, and the command CFL. Other representatives can be added to the NOSC's HPW Committee, based on the population health concerns and risk indicators of the SELRES population assigned to that NOSC
- Keep NOSC CO informed of HRA results for all RUICs assigned to that NOSC, PRIMS statistics, and command assessment information. Ask what HPW issues are important to the CO, XO, and Chief and suggest ways to target them
- NOSC leaders have the authority to direct membership of a NOSC's HPW Committee and provide a platform for the committee to plan and implement meaningful HPW programming and assist in the successful implementation of HPW initiatives



Leadership (cont)

- Ideally, the NOSC population size and scores will include all UICs within the NOSC, including members of the local OHSU/EMF. If desired by NOSC CO, the NOSC will submit their Fleet Worksheet with the NOSC and OHSU/EMF listed in the "command name" cell and the population size and scores computed to reflect all assigned UICs, including the OHSU/EMF
- OHSU/EMF detachments and NOSCs should integrate their health promotion efforts and the OHSU should support their corresponding NOSC's Blue H application
- The NOSC HPW Committee should meet at least quarterly, to plan, promote and implement appropriate and measureable HPW programs initiatives to help address the population health concerns of the SELRES population assigned to that NOSC

Blue-H Award: CO Endorsement Letter

NOSC CO Endorsement Letter Options:

- The NOSC CO can request in their letter to have a separate pennant for the OHSU's/EMF's detachments that supported the NOSC's efforts
- The NOSC CO can just request to have the OHSU detachments to be named jointly in the award
- For the OHSU DETs that drill off-site from the NOSC and are doing health promotion activities with the SELRES population at their off-site drill location, then the NOSC CO's letter can indicate that he is also submitting OHSU DET x for a separate award and pennant from that of the NOSC because they drill off-site and had an extensive health promotion program with the NOSC's oversight



Best Practice Ideas for your NOSC

- Download instructions, tracking spreadsheet and “sample CO Letter” as soon as it is available on the website
- Keep your NOSC CO in the loop
- Survey your Sailors to identify what they want to learn and how they want to learn it
- Compare the survey and results and communicate with your leadership
- Make a plan for each month. Use the resources located on the tracking sheet
- Use the tracking sheet monthly to record your progress and score your activities
- Delegate tasks to your HP committee members



Best Practices Continued...

- All crew/staff complete web-based or stand-alone HRA once during the calendar year
 - Web-based preferred
 - Provide UICs
- <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/CURRENT-RUIC-LISTING-OCT-2011.xls>
- Score your activities, policies and HRA results on the spreadsheet
 - In January of the following year:
 - E-mail completed spreadsheet, HP training certificate, CO-HRA Report, and CO Letter to NMCPHC
 - Also, enter your scores into the on-line, Blue H web-tool (if available)



Discussion and Questions



Get help or ask additional questions

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Blue H website:

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



Continuing Education

- NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive 1 Category 1 CECH but only when viewed during the live webinar. If you are a CHES and you viewed the live webinar, E-mail your name and CHES number to: Melissa.cazaux@med.navy.mil
- If you have viewed the recorded version of the webinar online and would like to request Cat. II CECH, download the certificate for this webinar from the NMCPHC Webinar website, complete it and send it to the NCHEC, Inc. for 1 Cat. II CECH



- The slides and audio will be archived on the NMCPHC webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>
- Thank you for joining us and if you have any questions, please email Bob MacDonald at michael.r.macdonald@med.navy.mil

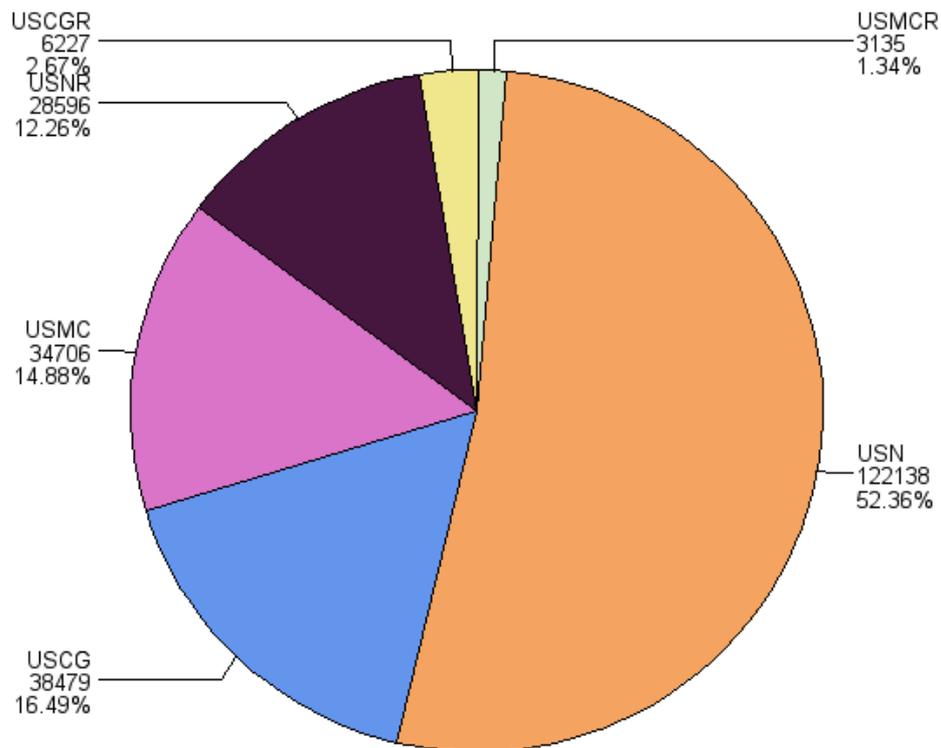


Back-up Slides



2013 HRA results for this population

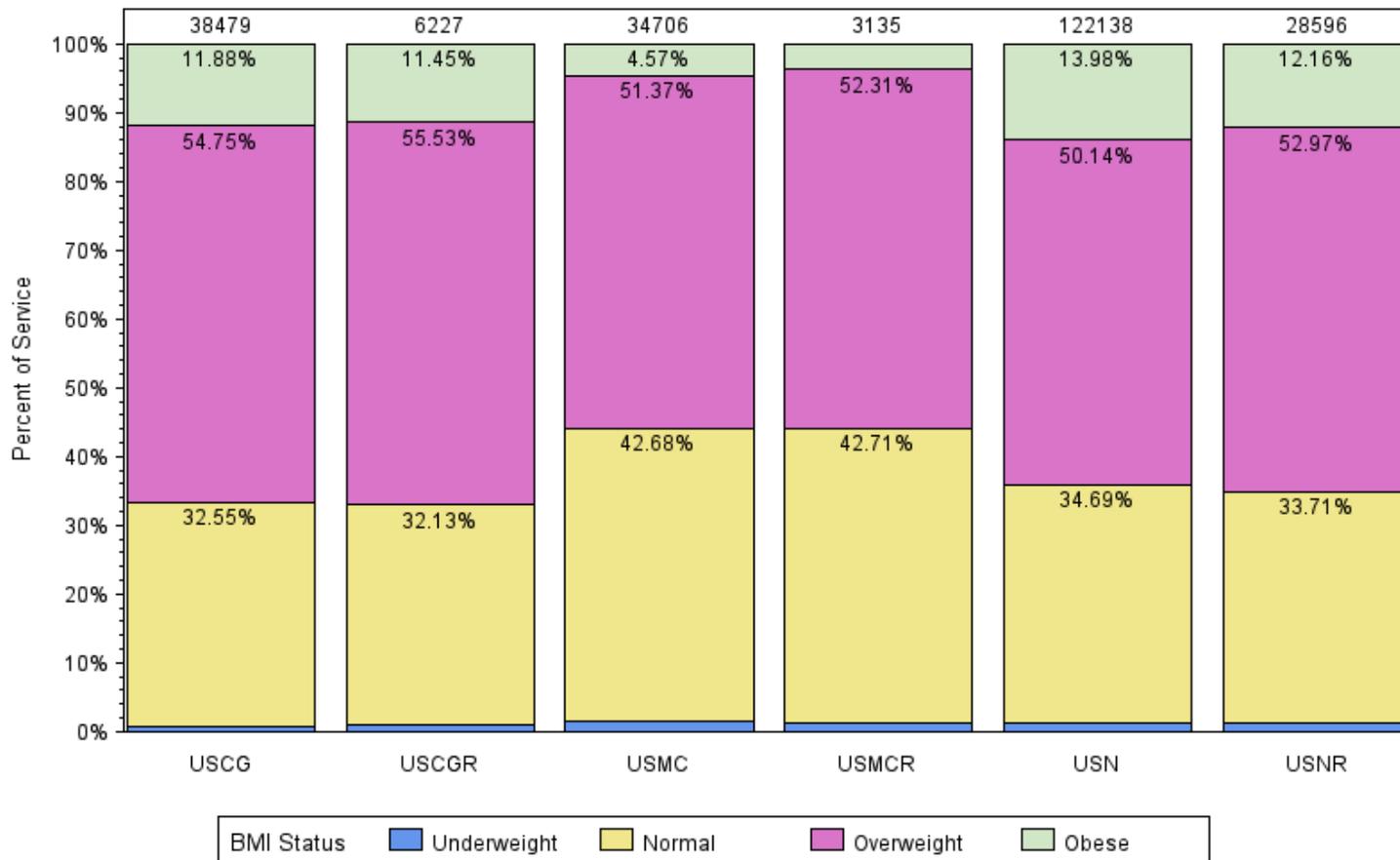
Figure 1:
Distribution of Completed HRAs by Service Component
233,281 records



Prepared by the EpiData Center Department, Navy and Marine Corps Public Health Center on 13 March 2014



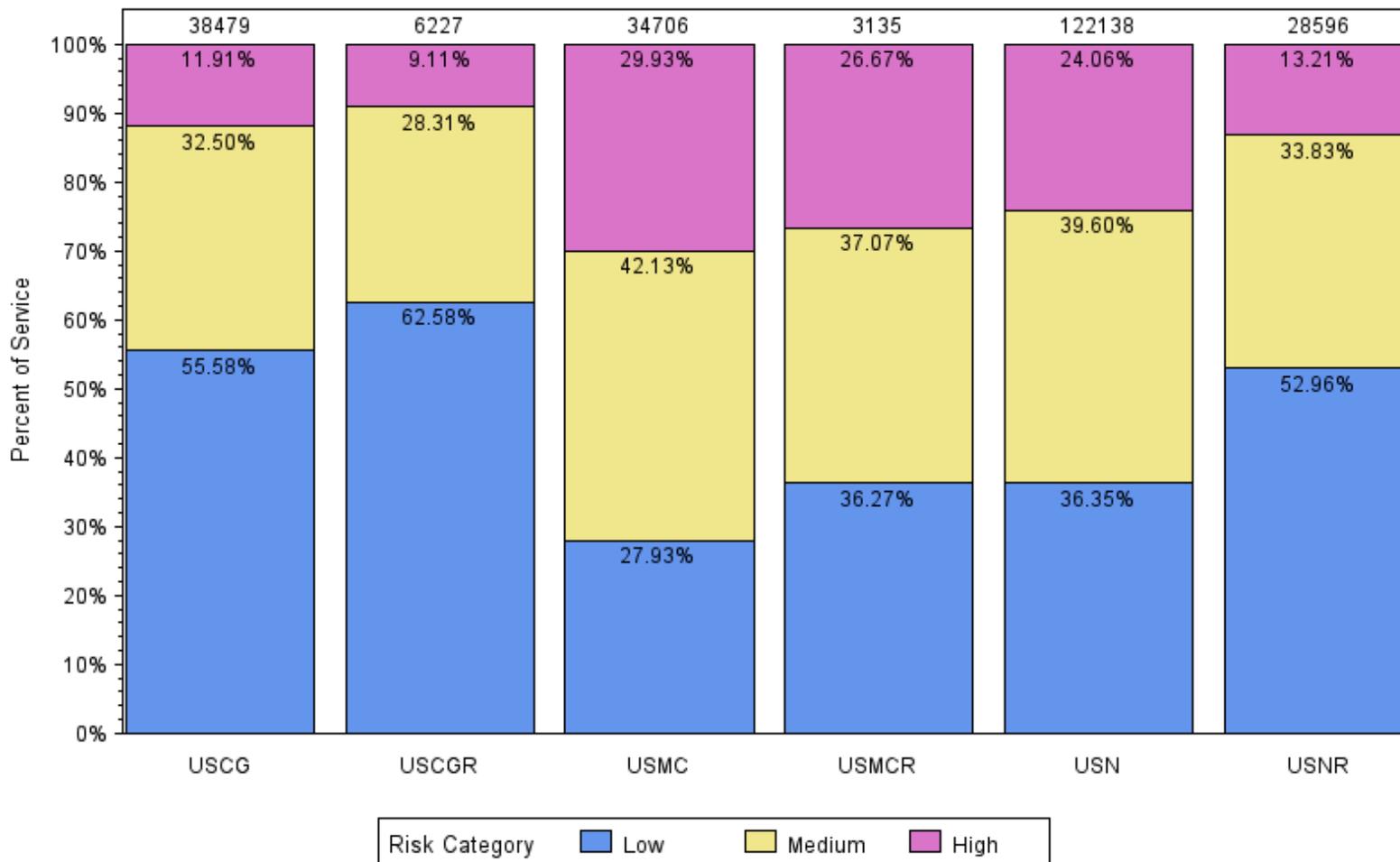
Figure 9:
Distribution of BMI Category for Completed HRAs by Service Component
 233,281 records



Prepared by the EpiData Center Department, Navy and Marine Corps Public Health Center on 13 March 2014



Figure 17:
Distribution of Risk Categories for Completed HRAs by Service Component
 233,281 records



Prepared by the EpiData Center Department, Navy and Marine Corps Public Health Center on 13 March 2014



Fleet-Version Criteria Topics

- Policy/risk assessment
- Alcohol abuse prevention
- Injury prevention
- Nutrition
- Physical activity
- Sexual health
- Psychological health
- Tobacco use
- Weight management

Why should Navy commands participate...?

- Measures
 - Conduct of evidence-based / best practice activities
 - Health status of the crew/staff
 - Return on investment
- Enables TYCOM-wide and Navy-wide comparison and analysis
- Recognizes efforts and best practices



Who is involved?

- Primary point of contact
 - (often the Command Fitness Leader or additional duty health and wellness coordinator)
- Commanding Officer
- Command Health and Wellness Committee

