



Webinar: Ships, Aircraft Carriers and the Blue H – Navy Surgeon General's Health Promotion and Wellness Award



July 18, 2014



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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

- State the key consolidated 2013 Blue H data points and quality assurance committee findings
- Identify the key criteria changes for 2014
- Summarize the differences and synergy between Blue H, Blue M, and Green H
- Define the role of the stand-alone HRA
- Discuss the command committee and leadership support



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



Fleet-Version Criteria Topics

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



Blue H Participation by Ships and Aircraft Carriers: 2013

- USS ANTIETAM (CG 54)
- USS BAINBRIDGE (DDG 96)
- USS BATAAN
- USS BOXER LHD 4
- USS BULKELEY (DDG 84)
- USS BUNKER HILL (CG 52)
- USS CARTER HALL LSD 50
- USS CONSTITUTION
- USS DENVER (LPD 9)
- USS ESSEX LHD 2
- USS GERMANTOWN LSD 42
- USS GRAVELY (DDG 107)
- USS HARPERS FERRY LSD 49
- USS HUE CITY CG 66
- USS IWO JIMA LHD 7
- USS KEARSARGE LHD 3
- USS MAKIN ISLAND LHD 8
- USS MESA VERDE (LPD 19)
- USS NEW ORLEANS LPD 18
- USS NEW YORK LPD 21
- USS NORMANDY CG 60
- USS OAK HILL LSD 51
- USS PELELIU LHA 5
- USS PORTER (DDG 78)
- USS RAMAGE (DDG 61)
- USS SAMUEL B ROBERTS FFG 58

- USS SAN ANTONIO LPD 17
- USS SIMPSON FFG 56
- USS SOMERSET (LPD 25)
- USS TAYLOR (FFG 50)
- USS THE SULLIVANS (DDG 68)
- USS THUNDERBOLT (PC 12)
- USS WASP LHD 1
- USS WAYNE E. MEYER DDG 108
- ASSAULT CRAFT UNIT FOUR
- ASSAULT CRAFT UNIT TWO
- COASTAL RIVERINE SQUADRON FOUR
- COASTAL RIVERINE SQUADRON EIGHT
- LITTORAL COMBAT SHIP SQUADRON ONE
- PRECOMMISSIONING UNIT AMERICA (LHA 6)

Aircraft Carriers

- USS ABRAHAM LINCOLN CVN 72
- USS CARL VINSON CVN 70
- USS DWIGHT D. EISENHOWER CVN 69
- USS ENTERPRISE CVN 65
- USS GEORGE H. W. BUSH CVN 77
- USS GEORGE WASHINGTON CVN 73
- USS HARRY S. TRUMAN CVN 75
- USS JOHN C. STENNIS CVN 74
- USS NIMITZ CVN 68
- USS RONALD REAGAN CVN 76
- USS THEODORE ROOSEVELT (CVN 71)

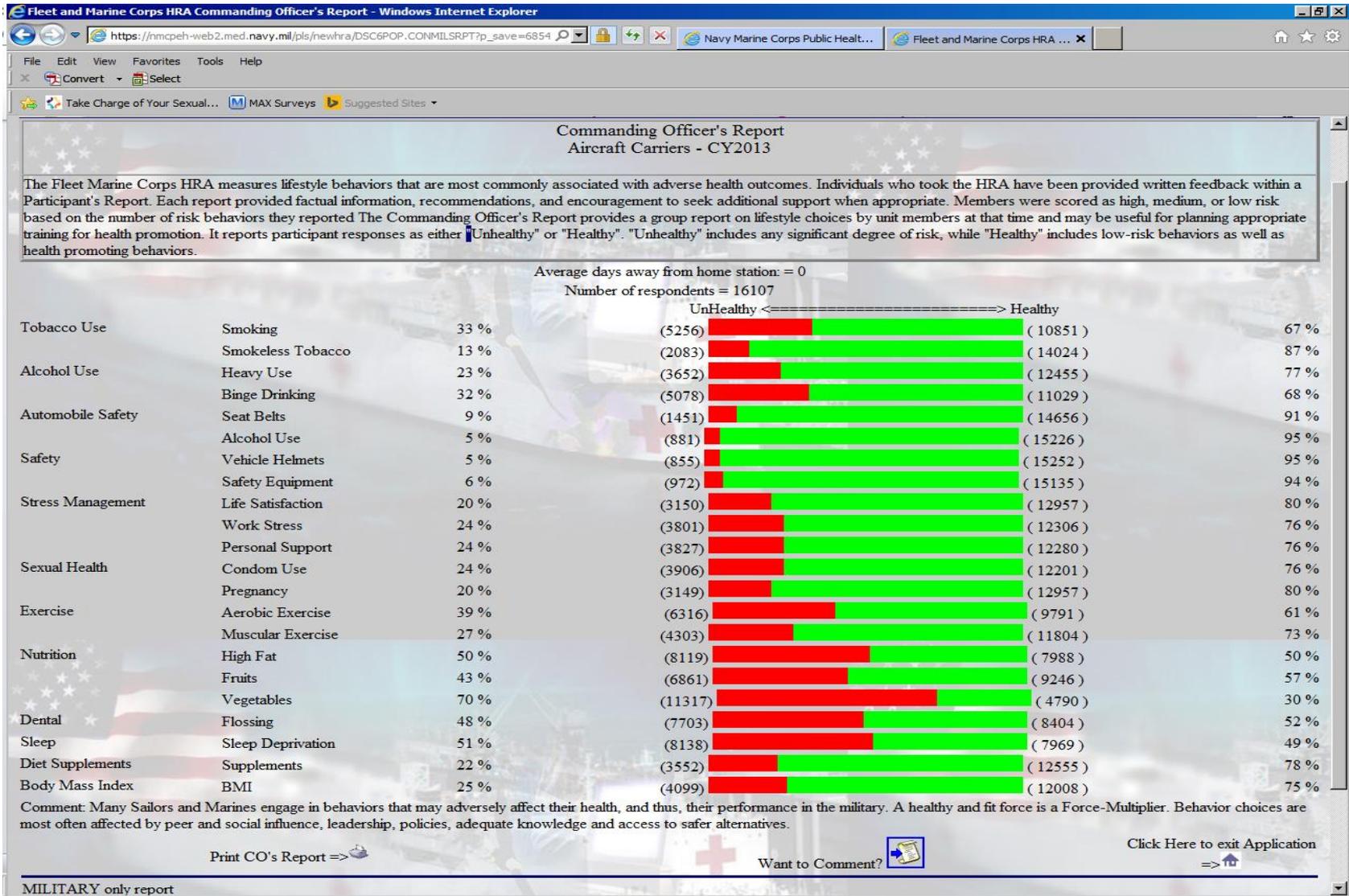


Green H and Blue M

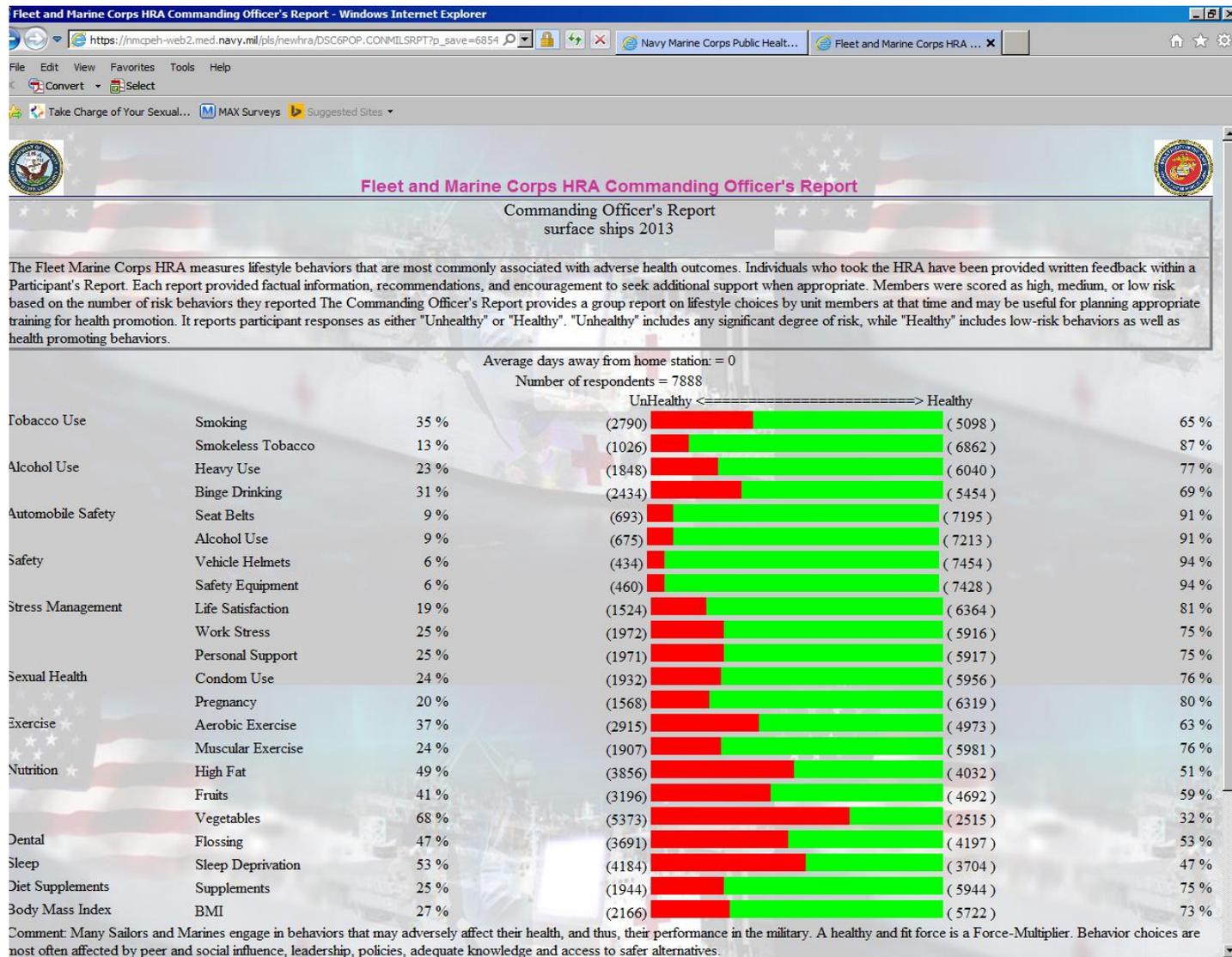
- Green H (Force Commander Annual Health Promotion Unit Award)
 - SURFOR units that have excelled in establishing and promoting a command conducive to health promotion
 - Annual award, based upon the calendar year
 - Criteria reviewed and updated annually
 - Must be earned each year to maintain
- Blue M (For Naval Air Force, U.S. Pacific and Atlantic Fleets)
 - Gives recognition to those commands for meeting the Health Promotion award criteria
 - Part of the annual Medical Dept. award, the Blue “M”
 - Meeting the Blue “M” award criteria is included in the grading criteria for the Aircraft Carrier Battle “E” and the Squadron Battle “E”



HRA Results – All Aircraft Carriers: 2013

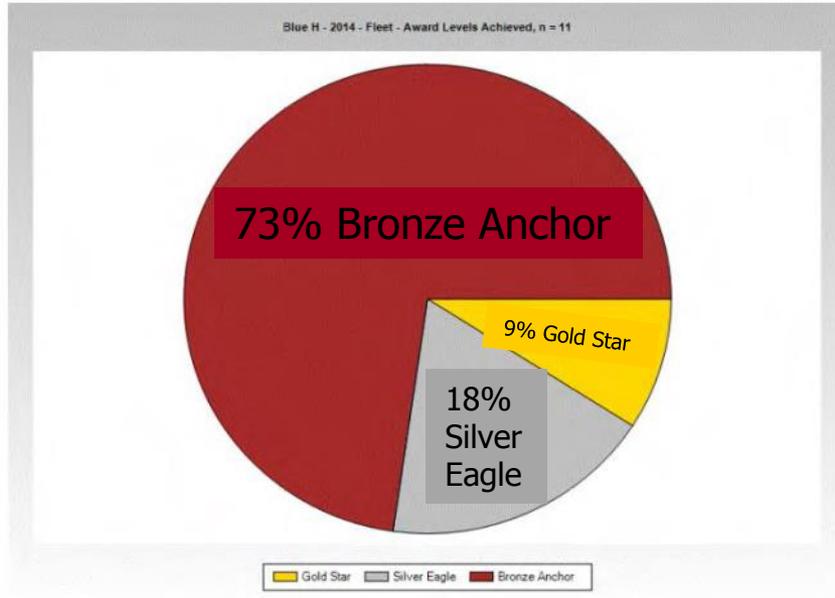


HRA Results – Blue H Winning Surface Ships: 2013

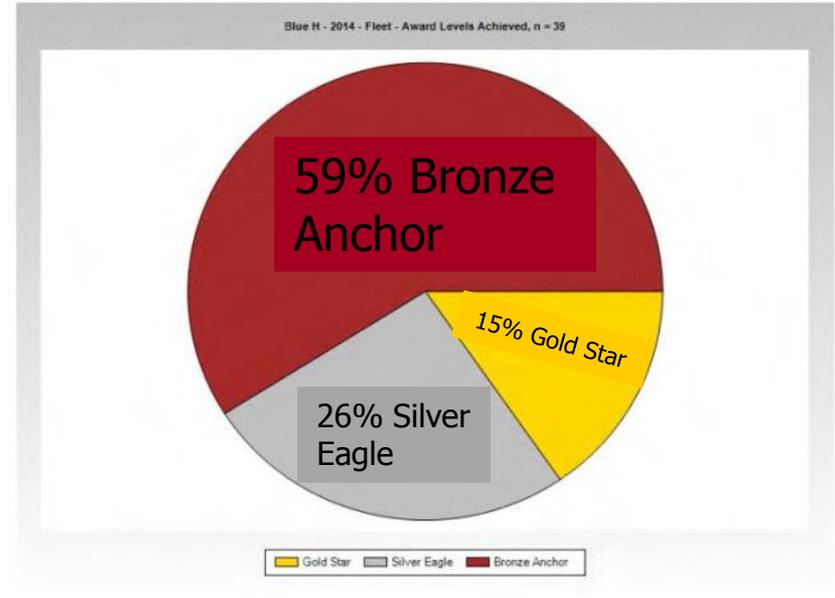


Key Consolidated 2013 Blue H Data Points

Carriers

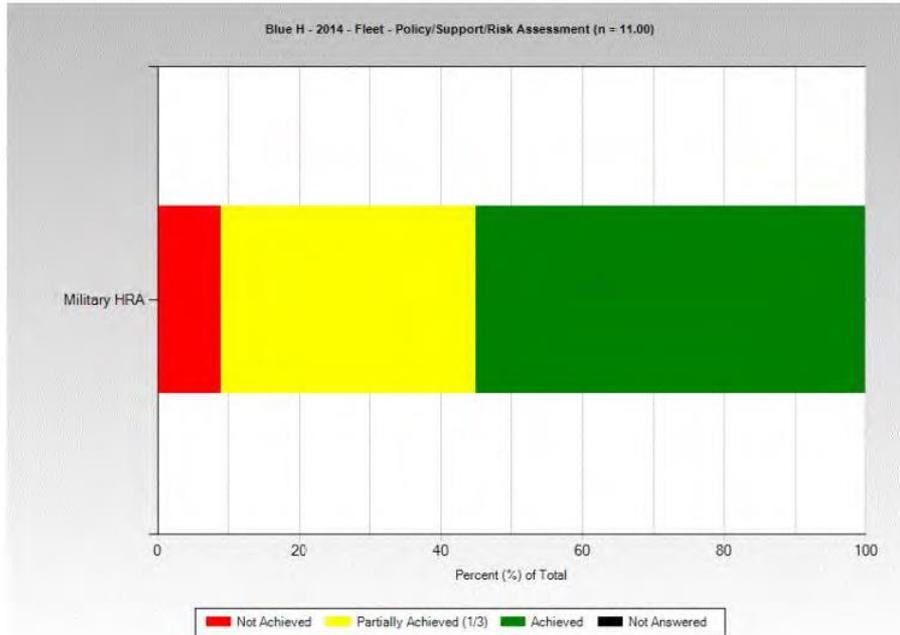


Surface Ships



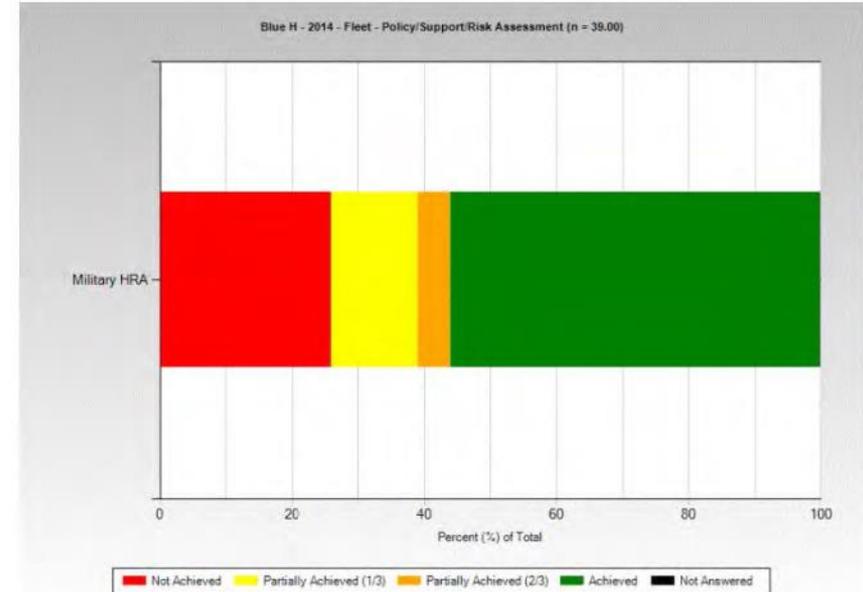
At least 50% of the crew completed the HRA

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Policy/Support/Risk Assessment	11	Military HRA	Not Achieved	1	11.00	9.00
Policy/Support/Risk Assessment	11	Military HRA	Partially Achieved (1/3)	4	11.00	36.00
Policy/Support/Risk Assessment	11	Military HRA	Achieved	6	11.00	55.00
Policy/Support/Risk Assessment	11	Military HRA	Not Answered	0	11.00	0.00

Surface Ships

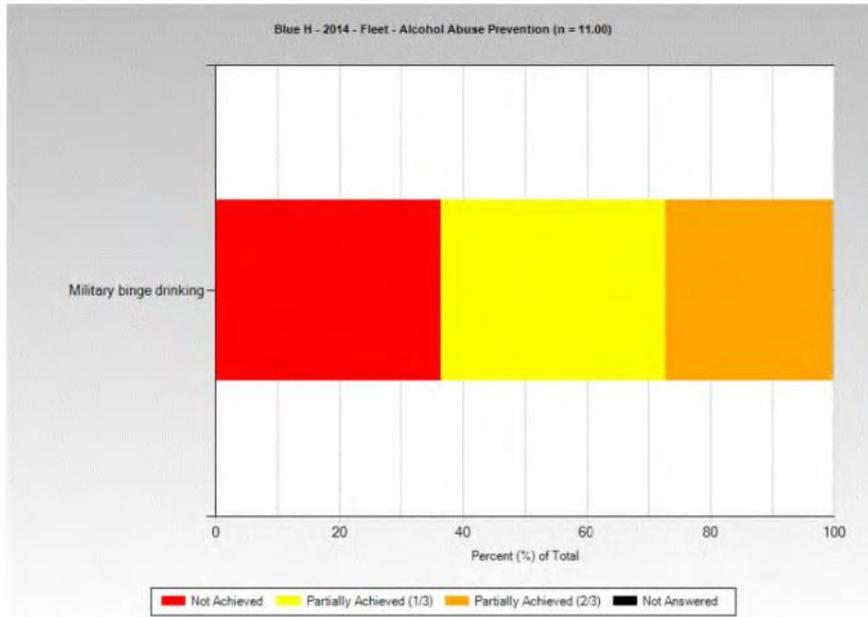


Category	No.	Question	Rank	Count	Total	% Total
Policy/Support/Risk Assessment	11	Military HRA	Not Achieved	10	39.00	26.00
Policy/Support/Risk Assessment	11	Military HRA	Partially Achieved (1/3)	5	39.00	13.00
Policy/Support/Risk Assessment	11	Military HRA	Partially Achieved (2/3)	2	39.00	5.00
Policy/Support/Risk Assessment	11	Military HRA	Achieved	22	39.00	56.00
Policy/Support/Risk Assessment	11	Military HRA	Not Answered	0	39.00	0.00



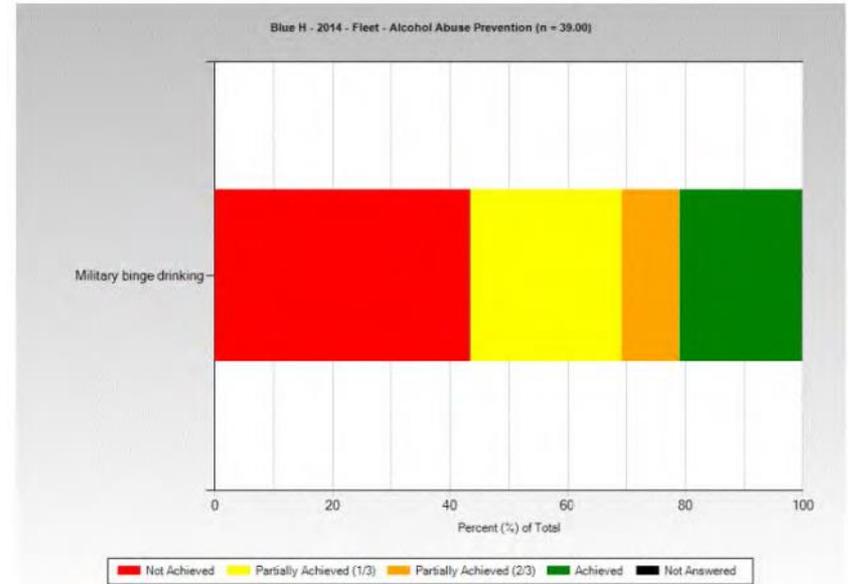
Not more than 36% of the crew binge drink

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Alcohol Abuse Prevention	13.	Military binge drinking	Not Achieved	4	11.00	36.00
Alcohol Abuse Prevention	13.	Military binge drinking	Partially Achieved (1/3)	4	11.00	36.00
Alcohol Abuse Prevention	13.	Military binge drinking	Partially Achieved (2/3)	3	11.00	27.00
Alcohol Abuse Prevention	13.	Military binge drinking	Not Answered	0	11.00	0.00

Surface Ships

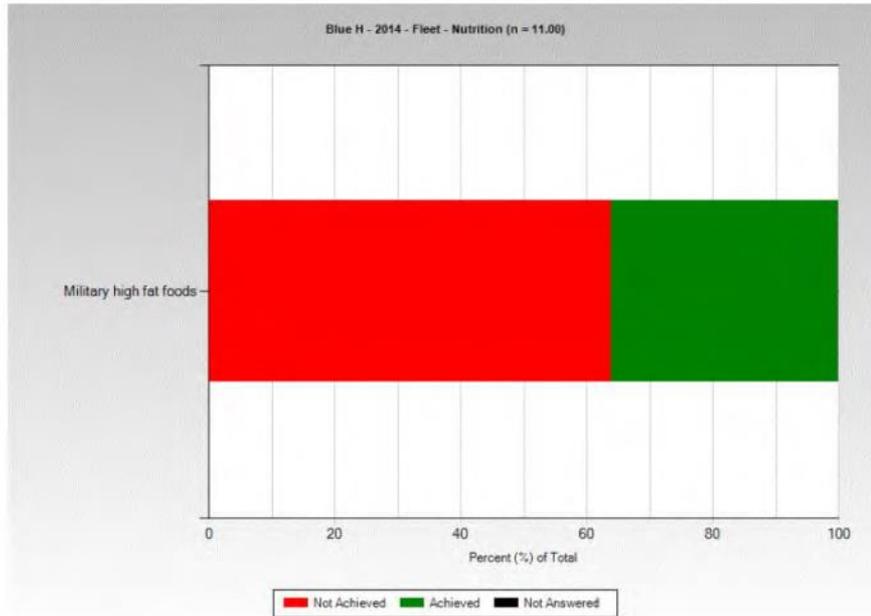


Category	No.	Question	Rank	Count	Total	% Total
Alcohol Abuse Prevention	13.	Military binge drinking	Not Achieved	17	39.00	44.00
Alcohol Abuse Prevention	13.	Military binge drinking	Partially Achieved (1/3)	10	39.00	26.00
Alcohol Abuse Prevention	13.	Military binge drinking	Partially Achieved (2/3)	4	39.00	10.00
Alcohol Abuse Prevention	13.	Military binge drinking	Achieved	8	39.00	21.00
Alcohol Abuse Prevention	13.	Military binge drinking	Not Answered	0	39.00	0.00



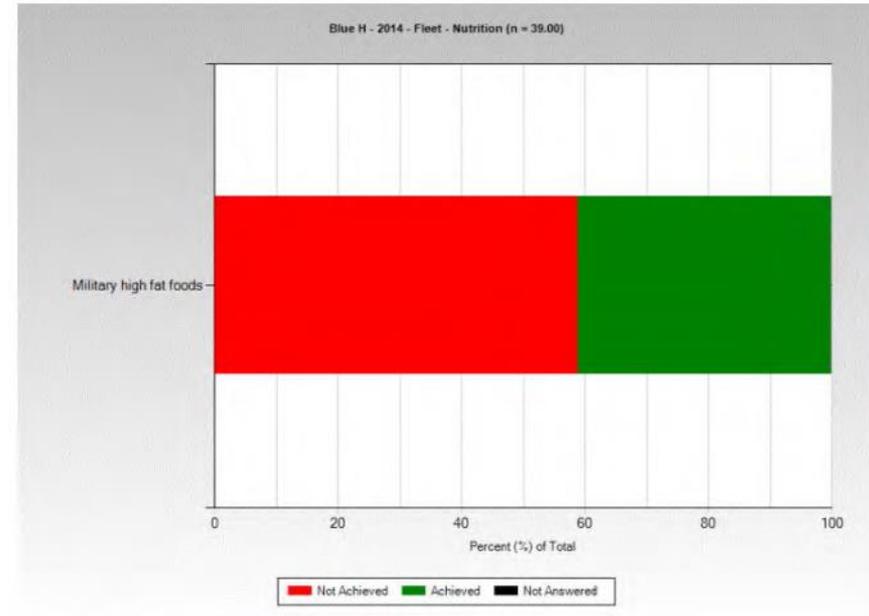
Not more than 50% of the crew eat high fat foods more than once per week

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	28	Military high fat foods	Not Achieved	7	11.00	64.00
Nutrition	28	Military high fat foods	Achieved	4	11.00	36.00
Nutrition	28	Military high fat foods	Not Answered	0	11.00	0.00

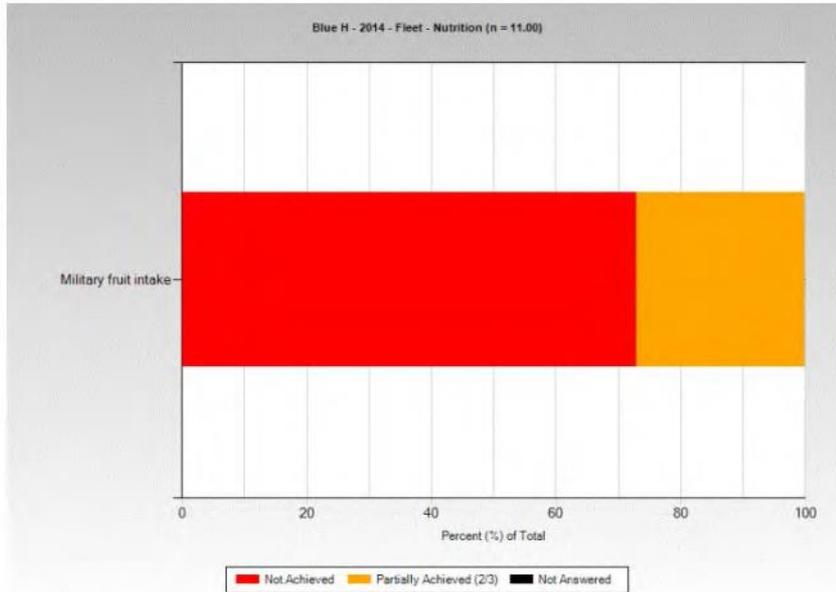
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	28	Military high fat foods	Not Achieved	23	39.00	59.00
Nutrition	28	Military high fat foods	Achieved	16	39.00	41.00
Nutrition	28	Military high fat foods	Not Answered	0	39.00	0.00

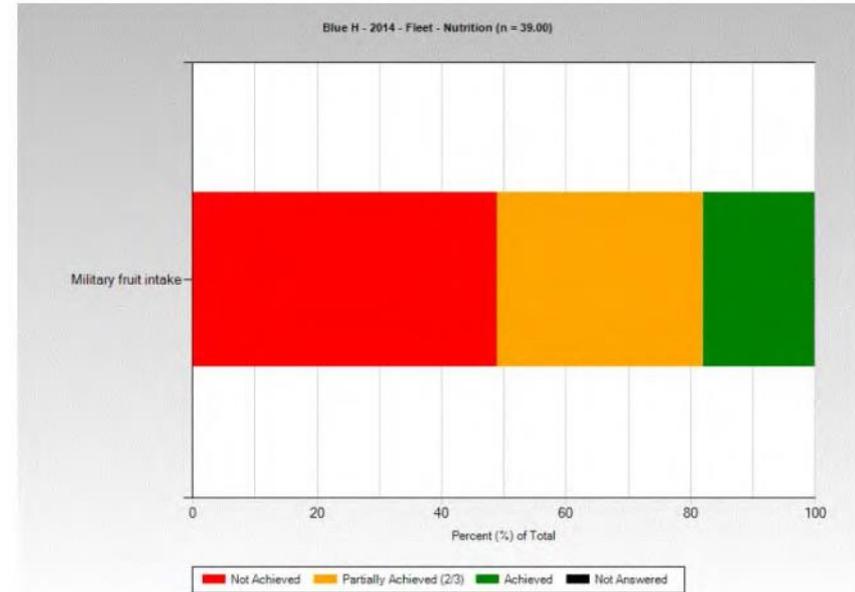
At least 60% of the crew eat two servings of fruit daily

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	30	Military fruit intake	Not Achieved	8	11.00	73.00
Nutrition	30	Military fruit intake	Partially Achieved (2/3)	3	11.00	27.00
Nutrition	30	Military fruit intake	Not Answered	0	11.00	0.00

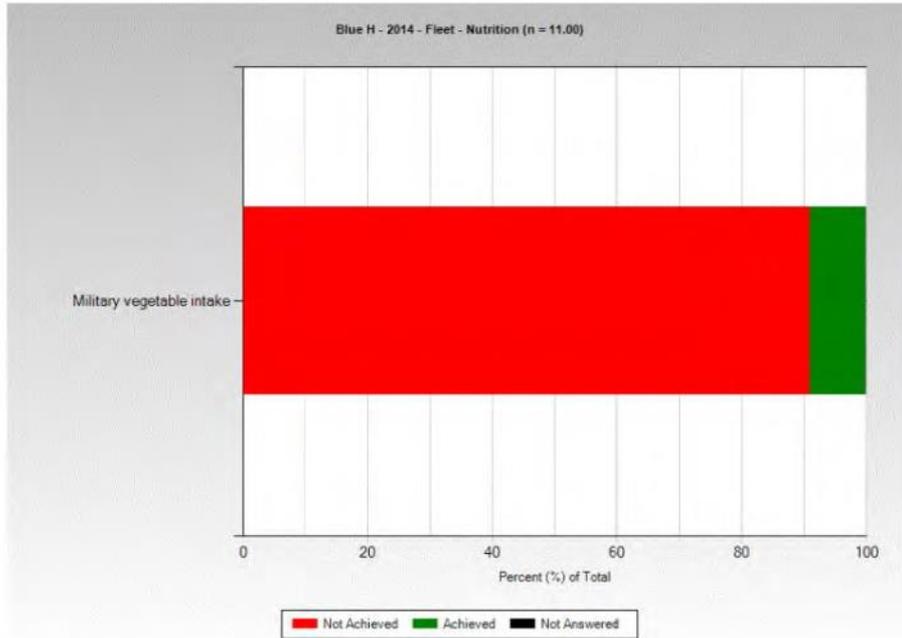
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	30	Military fruit intake	Not Achieved	19	39.00	49.00
Nutrition	30	Military fruit intake	Partially Achieved (2/3)	13	39.00	33.00
Nutrition	30	Military fruit intake	Achieved	7	39.00	18.00
Nutrition	30	Military fruit intake	Not Answered	0	39.00	0.00

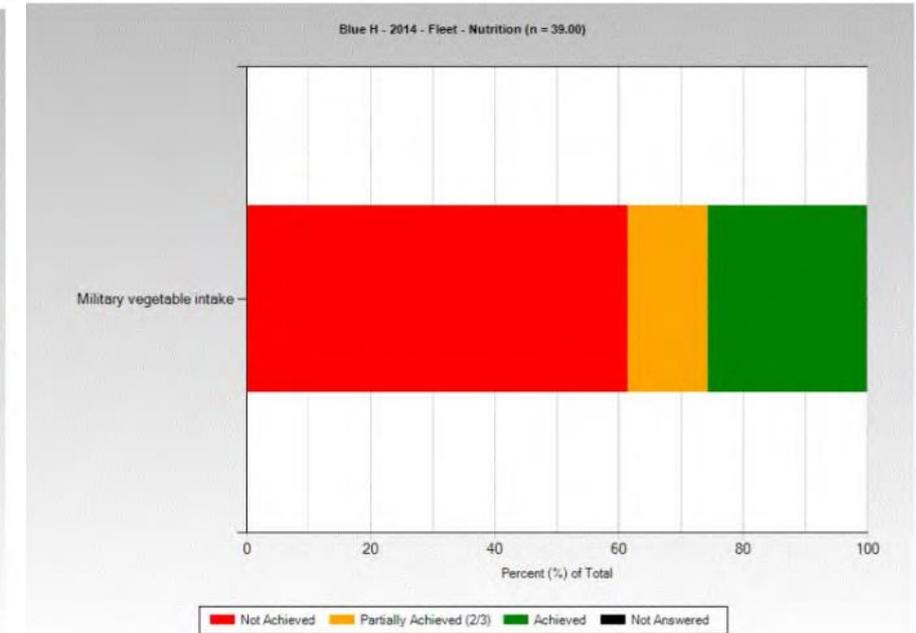
At least 35% of the crew eats three servings of vegetables daily

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	32	Military vegetable intake	Not Achieved	10	11.00	91.00
Nutrition	32	Military vegetable intake	Achieved	1	11.00	9.00
Nutrition	32	Military vegetable intake	Not Answered	0	11.00	0.00

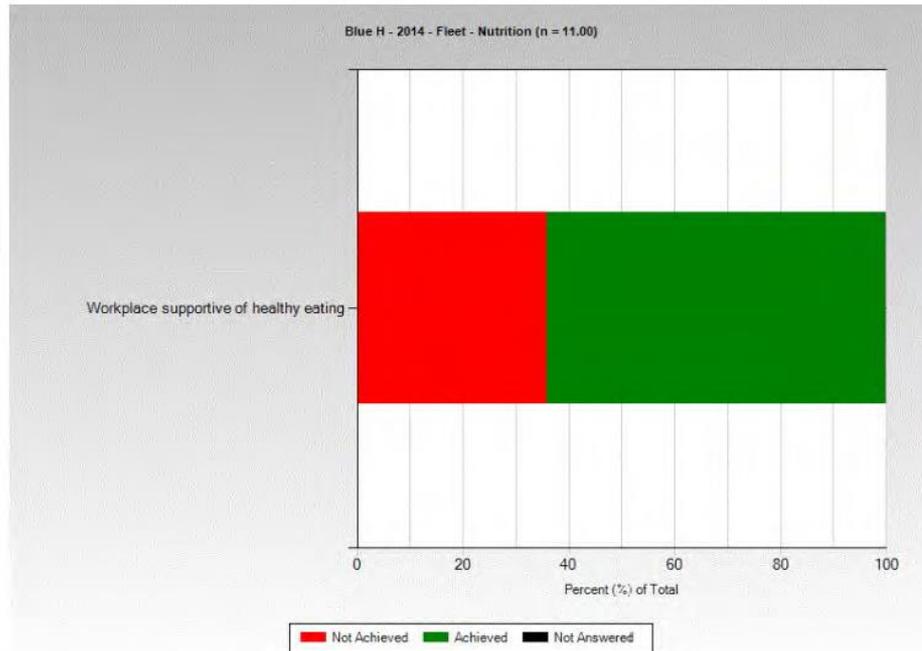
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	32	Military vegetable intake	Not Achieved	24	39.00	62.00
Nutrition	32	Military vegetable intake	Partially Achieved (2/3)	5	39.00	13.00
Nutrition	32	Military vegetable intake	Achieved	10	39.00	26.00
Nutrition	32	Military vegetable intake	Not Answered	0	39.00	0.00

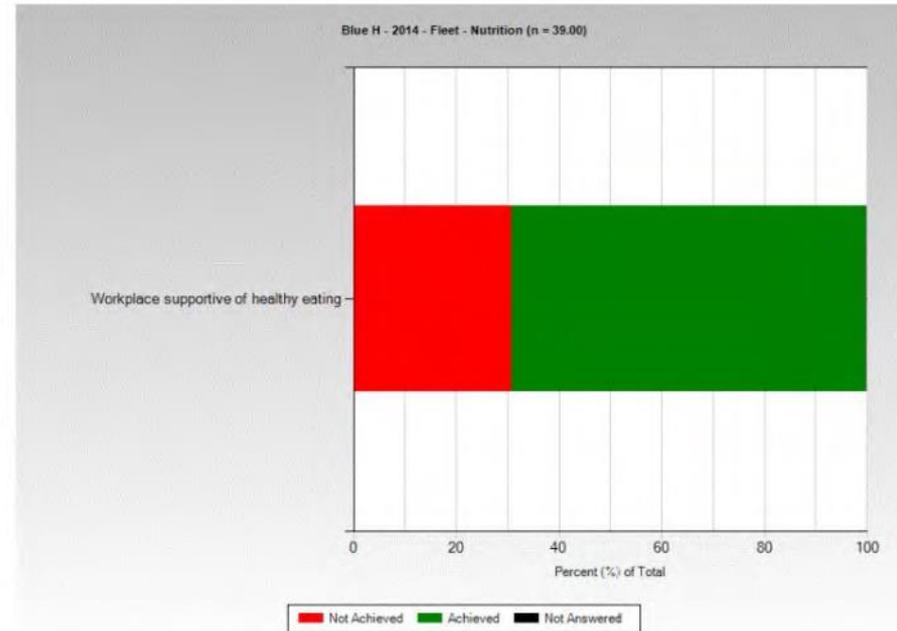
Workplace is “supportive” of access to health food options

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	34	Workplace supportive of healthy eating	Not Achieved	4	11.00	36.00
Nutrition	34	Workplace supportive of healthy eating	Achieved	7	11.00	64.00
Nutrition	34	Workplace supportive of healthy eating	Not Answered	0	11.00	0.00

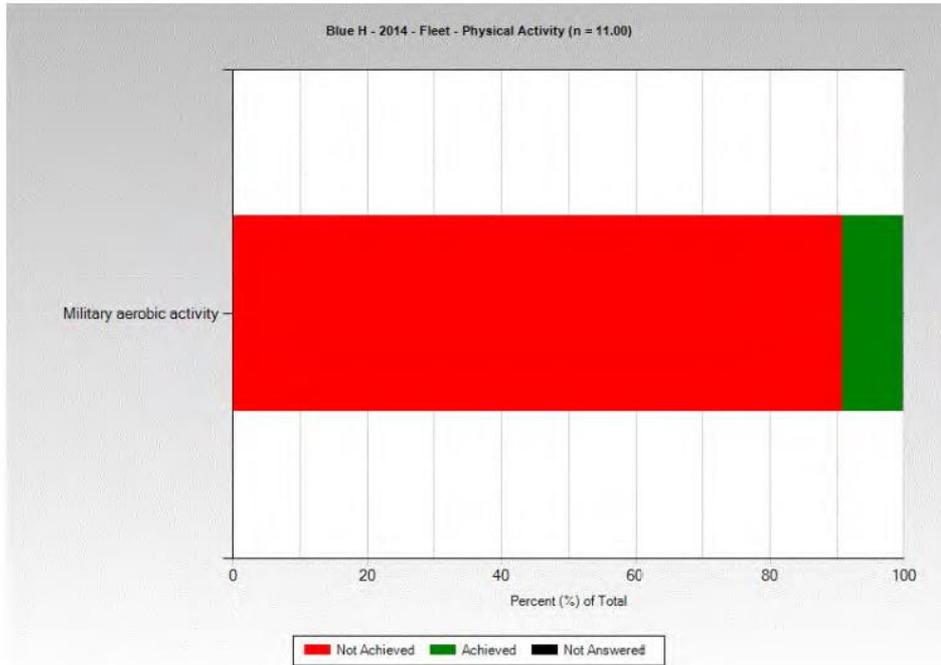
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Nutrition	34	Workplace supportive of healthy eating	Not Achieved	12	39.00	31.00
Nutrition	34	Workplace supportive of healthy eating	Achieved	27	39.00	69.00
Nutrition	34	Workplace supportive of healthy eating	Not Answered	0	39.00	0.00

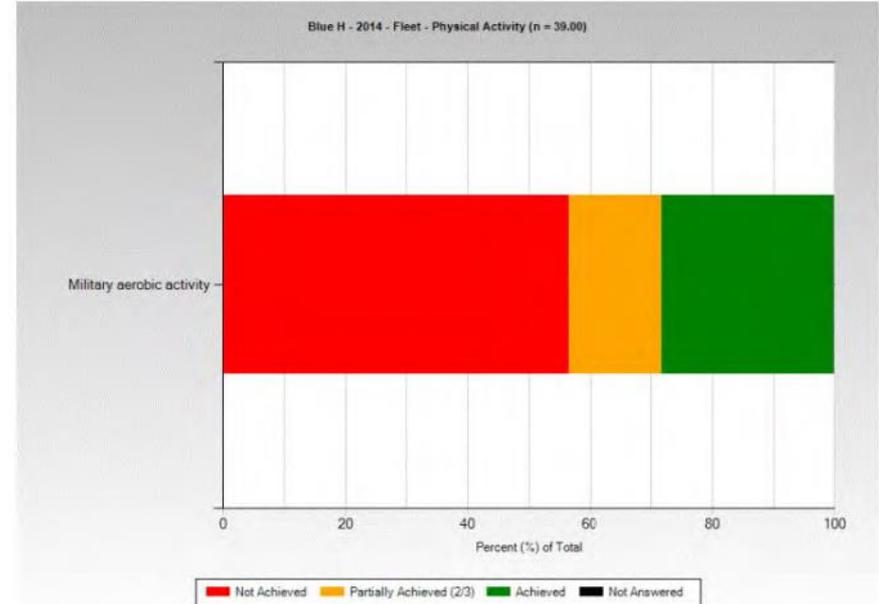
At least 70% of the crew report adequate aerobic activity

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	38.	Military aerobic activity	Not Achieved	10	11.00	91.00
Physical Activity	38.	Military aerobic activity	Achieved	1	11.00	9.00
Physical Activity	38.	Military aerobic activity	Not Answered	0	11.00	0.00

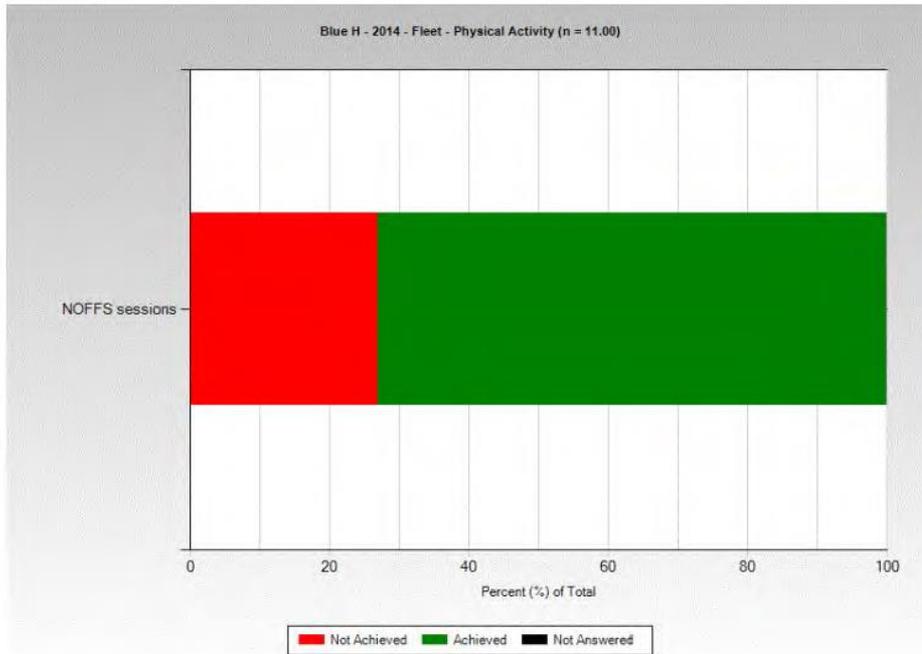
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	38.	Military aerobic activity	Not Achieved	22	39.00	55.00
Physical Activity	38.	Military aerobic activity	Partially Achieved (2/3)	6	39.00	15.00
Physical Activity	38.	Military aerobic activity	Achieved	11	39.00	28.00
Physical Activity	38.	Military aerobic activity	Not Answered	0	39.00	0.00

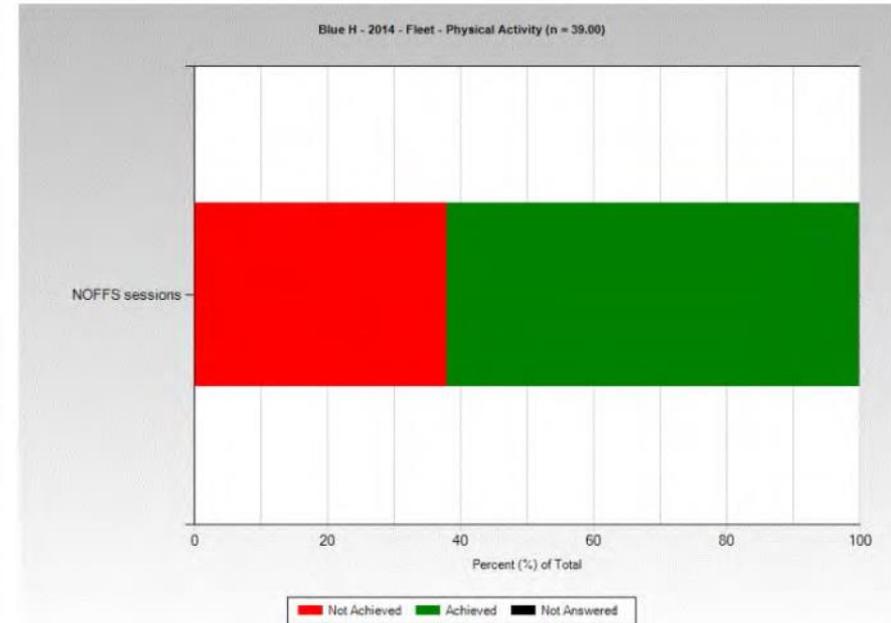
At least three NOFFS training events per year

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	44	NOFFS sessions	Not Achieved	3	11.00	27.00
Physical Activity	44	NOFFS sessions	Achieved	8	11.00	73.00
Physical Activity	44	NOFFS sessions	Not Answered	0	11.00	0.00

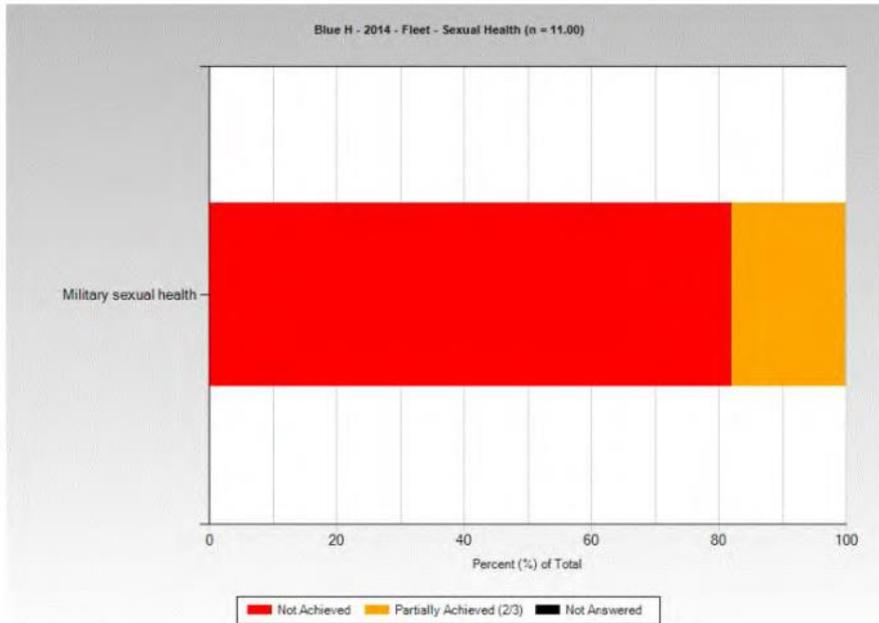
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Physical Activity	44	NOFFS sessions	Not Achieved	15	39.00	38.00
Physical Activity	44	NOFFS sessions	Achieved	24	39.00	62.00
Physical Activity	44	NOFFS sessions	Not Answered	0	39.00	0.00

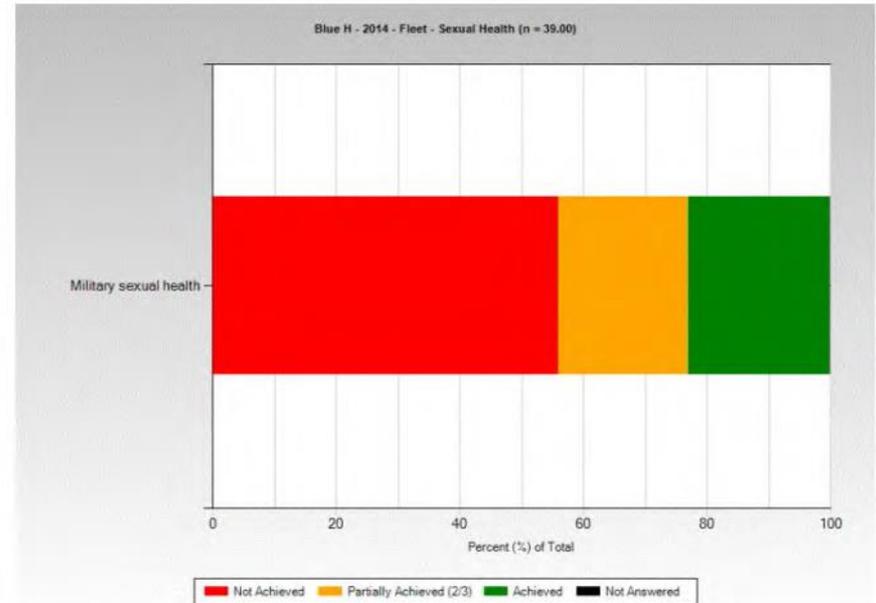
At least 80% at low risk of STIs

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	50	Military sexual health	Not Achieved	9	11.00	82.00
Sexual Health	50	Military sexual health	Partially Achieved (2/3)	2	11.00	18.00
Sexual Health	50	Military sexual health	Not Answered	0	11.00	0.00

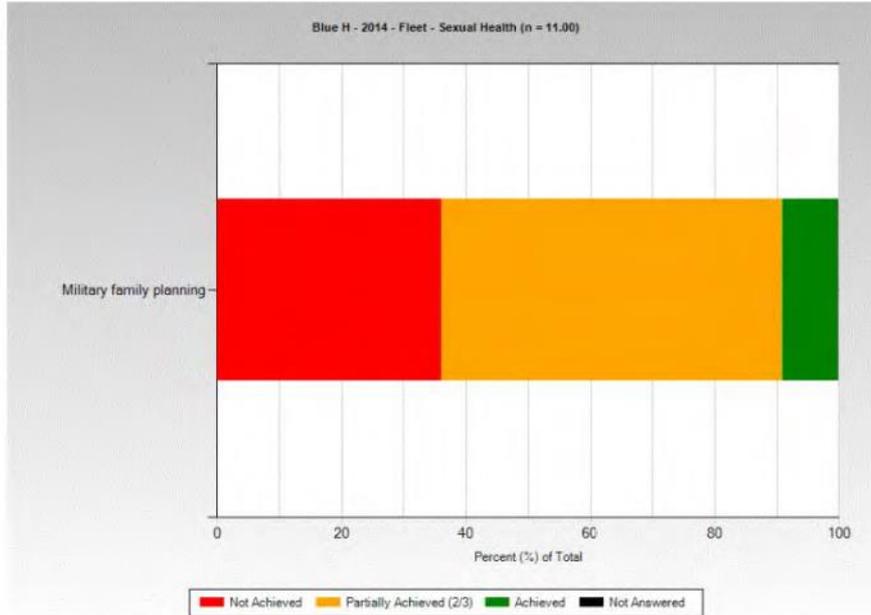
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	50	Military sexual health	Not Achieved	22	39.00	56.00
Sexual Health	50	Military sexual health	Partially Achieved (2/3)	8	39.00	21.00
Sexual Health	50	Military sexual health	Achieved	9	39.00	23.00
Sexual Health	50	Military sexual health	Not Answered	0	39.00	0.00

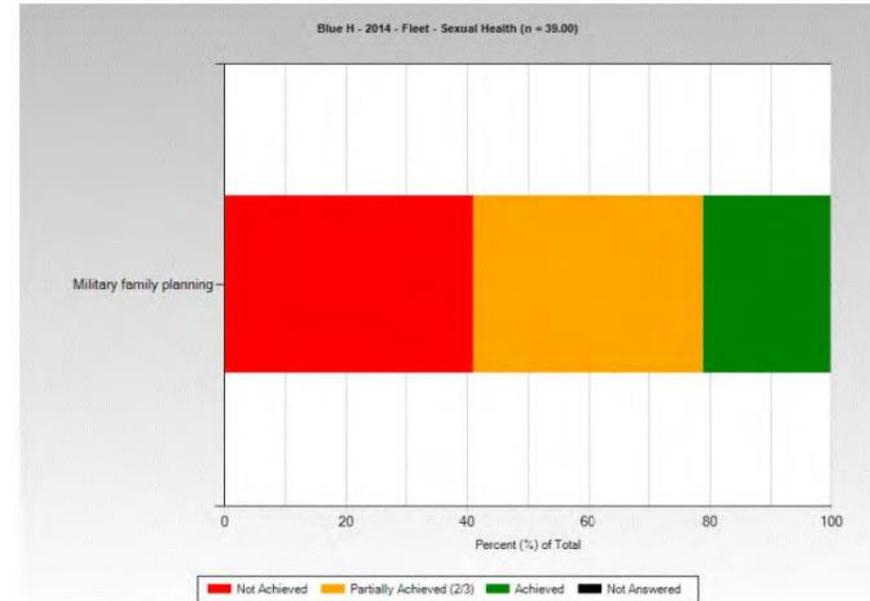
At least 80% at low risk of unplanned pregnancy

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	52.	Military family planning	Not Achieved	4	11.00	36.00
Sexual Health	52.	Military family planning	Partially Achieved (2/3)	6	11.00	55.00
Sexual Health	52.	Military family planning	Achieved	1	11.00	9.00
Sexual Health	52.	Military family planning	Not Answered	0	11.00	0.00

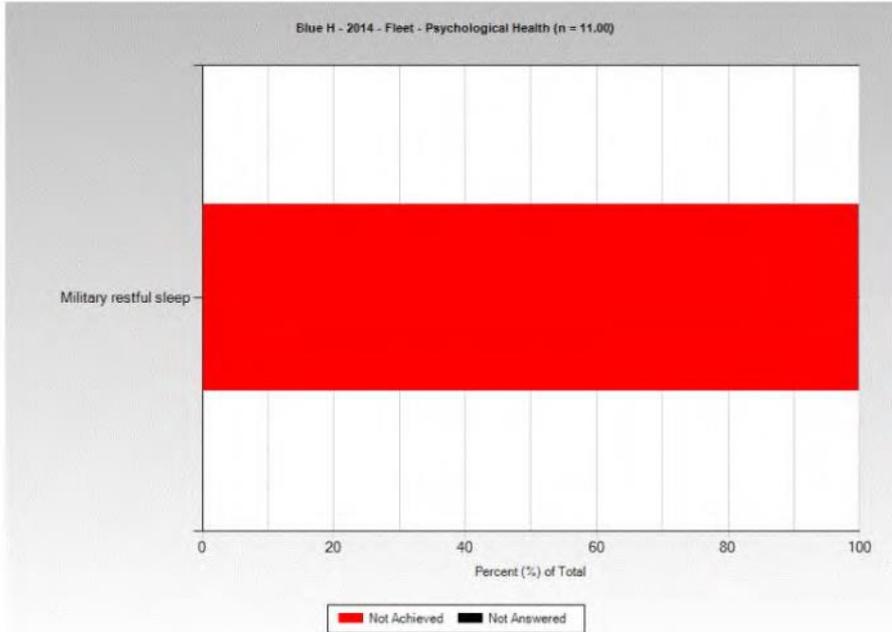
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Sexual Health	52.	Military family planning	Not Achieved	16	39.00	41.00
Sexual Health	52.	Military family planning	Partially Achieved (2/3)	15	39.00	38.00
Sexual Health	52.	Military family planning	Achieved	8	39.00	21.00
Sexual Health	52.	Military family planning	Not Answered	0	39.00	0.00

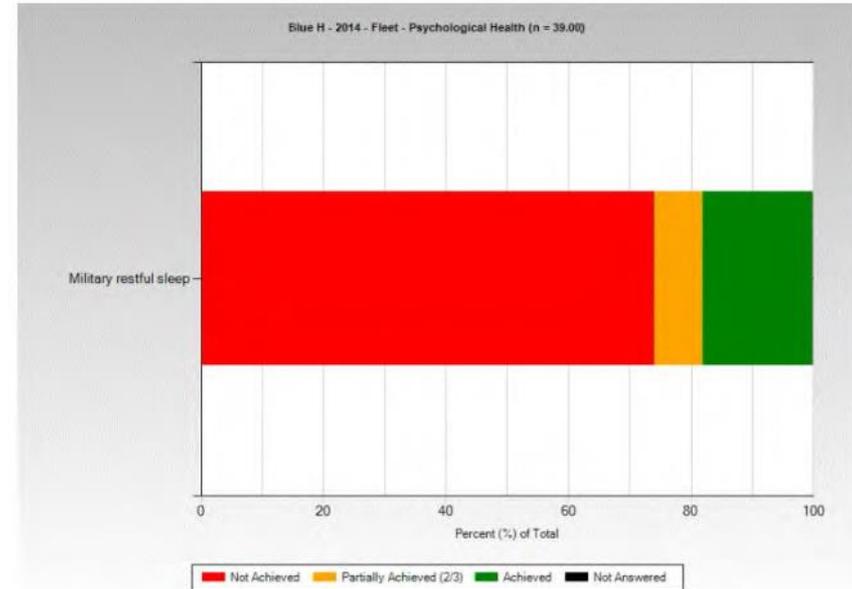
At least 60% of the crew get enough restful sleep

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Psychological Health	62	Military restful sleep	Not Achieved	11	11.00	100.00
Psychological Health	62	Military restful sleep	Not Answered	0	11.00	0.00

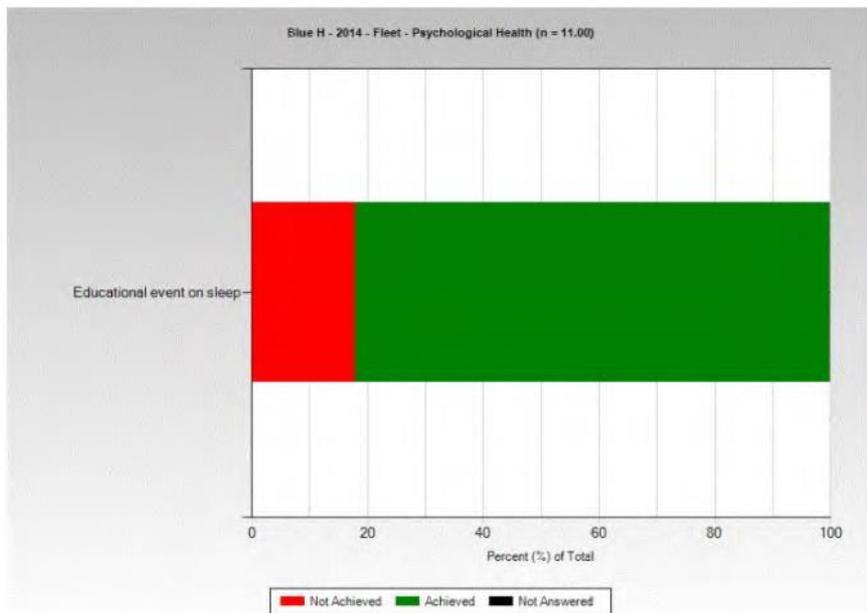
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Psychological Health	62	Military restful sleep	Not Achieved	29	39.00	74.00
Psychological Health	62	Military restful sleep	Partially Achieved (2/3)	3	39.00	8.00
Psychological Health	62	Military restful sleep	Achieved	7	39.00	18.00
Psychological Health	62	Military restful sleep	Not Answered	0	39.00	0.00

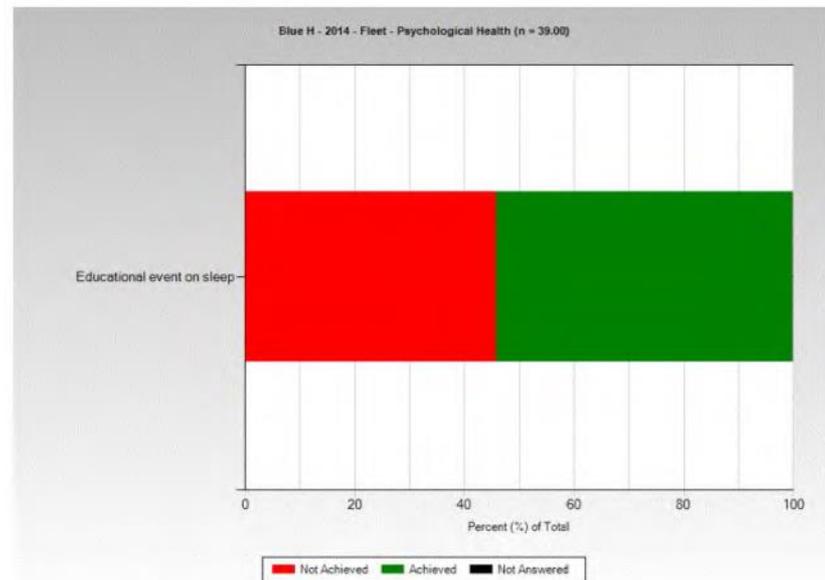
Conducted an educational event about sleep

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Psychological Health	65.	Educational event on sleep	Not Achieved	2	11.00	18.00
Psychological Health	65.	Educational event on sleep	Achieved	9	11.00	82.00
Psychological Health	65.	Educational event on sleep	Not Answered	0	11.00	0.00

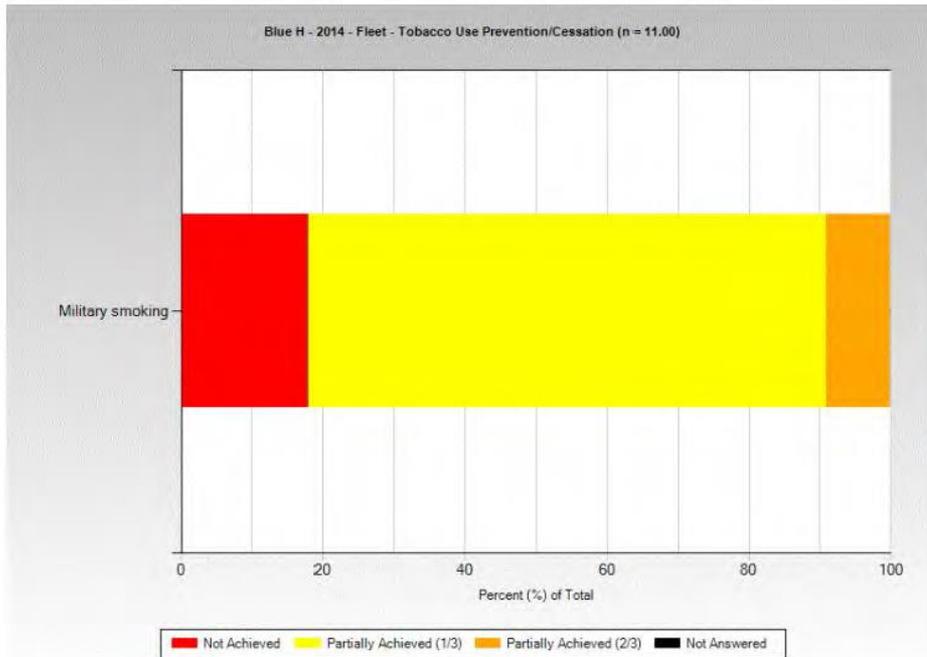
Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Psychological Health	65.	Educational event on sleep	Not Achieved	18	39.00	46.00
Psychological Health	65.	Educational event on sleep	Achieved	21	39.00	54.00
Psychological Health	65.	Educational event on sleep	Not Answered	0	39.00	0.00

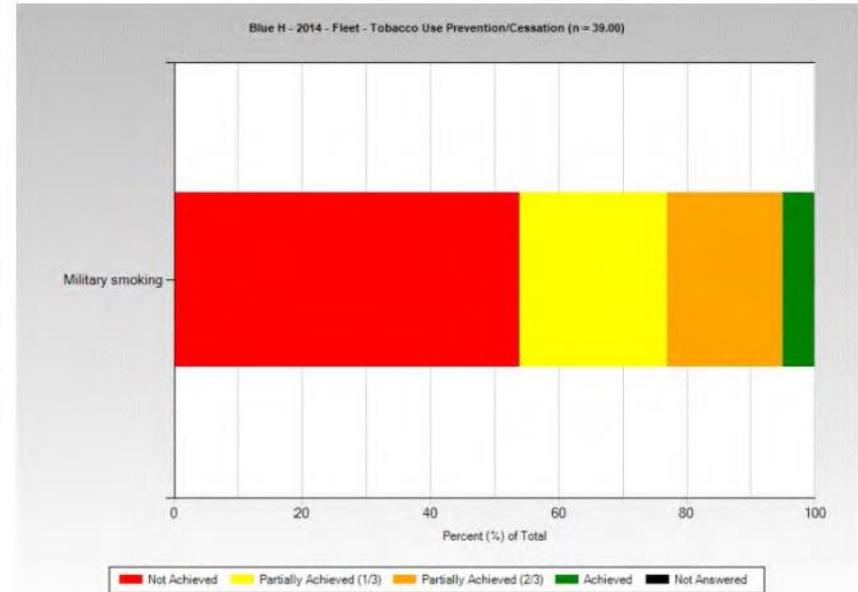
Not more than 35% of the crew smoke tobacco

Carriers



Category	No.	Question	Rank	Count	Total	% Total
Tobacco Use Prevention/Cessation	74.	Military smoking	Not Achieved	2	11.00	18.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Partially Achieved (1/3)	8	11.00	73.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Partially Achieved (2/3)	1	11.00	9.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Not Answered	0	11.00	0.00

Surface Ships



Category	No.	Question	Rank	Count	Total	% Total
Tobacco Use Prevention/Cessation	74.	Military smoking	Not Achieved	21	39.00	54.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Partially Achieved (1/3)	9	39.00	23.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Partially Achieved (2/3)	7	39.00	18.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Achieved	2	39.00	5.00
Tobacco Use Prevention/Cessation	74.	Military smoking	Not Answered	0	39.00	0.00



Key 2013 Quality Assurance Findings

- Training Certificates
- HRA CO-Reports
- Crews Into Shape



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



The Health Risk Assessment (HRA)

- When and How to Administer the HRA
 - All crew/staff complete once during the calendar year
 - Ensure the crew members know their UIC
- Stand-Alone vs. Web-Based
- Stand-Alone Process
 - DVD from NMCPHC
 - Load Onto Ship Server
 - Send Database to NMCPHC in Jan each Year



HPW Committee and Leadership Support

- Know your committee
 - Ensure they understand your requirements
 - Facilitate coordination among programs

- Active leadership engagement
 - Set clear goals and communicate to command leadership how they can support accomplishing those goals throughout the year.
 - Proactive planning
 - HRA
 - Heath Fair
 - Safety Stand downs



Best Practices Ideas for Ships and Aircraft Carriers

- HP Basics Course
 - Required for Gold Star
 - Wealth of information and tools on program planning

- Be proactive
 - Know your requirements
 - Make an annual plan

- Utilize your resources
 - NMCPHC and FFSC websites and tools
 - HPW Committee
 - Command Organizations



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

