



Navy and Marine Corps Public Health Center
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2014
Blue H – Navy Surgeon General’s Health Promotion and Wellness Award
Instructions

1 April 2014
(revised 3 June 2013)

1. Background Information.

The **Health Promotion and Wellness Award** is an annual award sponsored by the Navy Surgeon General and managed by the Navy and Marine Corps Public Health Center, as directed in BUMEDINST 6110.13A. This award encourages and rewards the promotion of health in Navy and Marine Corps organizations. 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.

The Blue H website is:

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

2. Reporting Period.

The reporting period is 1 January – 31 December. Commands should include only policies and activities which were in place or conducted during this time period when scoring their application. The application must be submitted by 1 February of the next year to qualify.

3. Eligibility.

All Navy commands and SEMPER FIT Health Promotion Programs may participate. Medical Treatment Facilities will use the “MEDICAL” criteria. SEMPER FIT Programs will use the “SEMPER FIT” criteria. All other commands, including Military Sealift Fleet Support Command (MSFSC), shore commands and Navy Reserve Navy Operational Support Commands (NOSC), will use the “FLEET” criteria.

4. Combined Applications:

Medical Treatment Facilities (MTF): any medical clinic, geographically separated from the parent MTF, which is led by an OIC or Department Head, must submit independently of their parent MTF. The spirit of this requirement is that geographically separated units must, of necessity, conduct their own community-level and staff-level wellness activities. The MTF and their respective Branch Health/Medical/Dental Clinics are free to take credit for any activity, policy, programs or staff training criterion that are truly "shared". The parent MTF will receive bonus points for each subordinate clinic that submits (3 points for each clinic).

Navy Fleet Commands: For geographically separated fleet commands and detachments, the Detachment Officer in Charge (rather than the geographically separated parent command) should validate the accuracy of the Blue H application and sign the "CO Letter".

Navy Reserve Commands: NOSC health promotion efforts (and their Blue H scores) should be based on policies and activities for all members of all UICs attached to that NOSC – not just the full time staff. Navy Reserve Operational Health Support Unit (OHSU) headquarters and detachments should support

the NOSC health promotion efforts and support the NOSC Blue H application. OHSUs (or other Reserve units) may not apply for the Blue H independently of their NOSC. If desired by the NOSC Commanding Officer, both the NOSC and OHSU detachment may be named in the award announcement. NOSC CO's may request exceptions to this rule for unique circumstances such as geographically isolated detachments.

5. Standards.

For each criterion, a minimal "pass" standard has been adopted. These thresholds were developed by a working group hosted by NMCPHC and are intended to be challenging but achievable. Commands are awarded points for achieving or exceeding these standards.

If a criterion is not applicable to a command, that command will be awarded the maximum number of points for that criterion. For example, if a command has no enlisted Sailors, the CSADD Chapter criterion would be non-applicable and the applicant should take the full points as if they do have a CSADD Chapter.

- o **BRONZE ANCHOR:** Every organization that submits a report will receive at least the BRONZE ANCHOR level award.

- o **SILVER EAGLE:**

To achieve the SILVER EAGLE level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every CATEGORY and TOPIC; and must earn a minimum of 50% of the total available points. The Medical-version categories are (1) Clinical Primary Prevention Practice (primary care health behavior assessment), (2) Community Health Services (community assessment and support), and (3) Staff Health. The topics within Staff Health are policy/risk assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, mental health, tobacco use, and weight management.

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. The Fleet-version criteria topics are policy/risk assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, psychological health, tobacco use, and weight management.

To achieve the SILVER EAGLE level award, a **SEMPER FIT** Program 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. The SEMPER FIT -version criteria topics are HP partnerships, assessment and evaluation, HP tools, nutrition, alcohol and drug abuse prevention, tobacco prevention and cessation, physical fitness, psychological health, sexual health, disease prevention, injury prevention, community outreach and staff training.

- o **GOLD STAR:**

To achieve the GOLD STAR level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every CATEGORY and TOPIC; and must earn a minimum of 80% of the total available points. Additionally, the following criteria must be met: All Health Promotion (HP) staff members (civilian and military E-6 and above) at all MTFs and branch clinics who are in a position as a Health Promotion Coordinator, Director or Health Promotion Department Head or are in a billet as a Public Health Educator must have successfully completed the three-day NMCPHC Navy HP & Wellness Course (or the previous Cooper-version Navy HP Director and Certification Course) within the past 10 years. HP staff E-5 and below must have completed the on-line Navy Health Promotion Basics Course, Level I on NKO within the past 10 years.

Information regarding either training can be found at:

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

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. Additionally, the lead Health Promotion Coordinator or Director must have successfully completed either the three-day NMCPHC Navy HP & Wellness Course (or the previous Cooper-version Navy HP Director and Certification Course) or the online Navy Health Promotion Basics Course, Level I on NKO within the past 10 years. Information about training can be found at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx>

To achieve the GOLD STAR level award, a **SEMPER FIT** Program 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.

6. Submission Process.

A blank criteria set / worksheet (MEDICAL, FLEET or SEMPER FIT) may be accessed from the Blue H website. A person designated by the Commanding Officer/ Officer in Charge (OIC) or Semper Fit Director of the participating command will **download and save** a copy of the Excel criteria set/worksheet. Use this worksheet during the year to plan and track your Blue H activities and scores.

When to submit your application: Submissions are accepted beginning on 1 January and are due by COB **1 February**. Requests for an extension of this due date may be granted but must be requested via email to NMCPHC at <mailto:Michael.r.macdonald@med.navy.mil> before the due date.

How to submit your application:

- A. Send an email to the Blue H manager at <mailto:Michael.r.macdonald@med.navy.mil> with two attachments:
1. Your completed and CO-approved **criteria worksheet** (*in Excel format*).
 2. A *signed/scanned letter from the Commanding Officer* (or SEMPER FIT Director; or Officer in Charge for geographically separated fleet commands) which validates the accuracy of the application. A sample "CO Letter" may be downloaded from the Blue H homepage.
 3. Your HRA "CO Reports" (one for Military Staff plus one for Civilian Staff if more than 10 GS civilians are assigned).
 4. For GOLD STAR applications:
 - Medical: submit the name of all HPW full time staff members and HP Training Certificates appropriate for their military rank/civilian grade.
 - Fleet: submit name of HP Coordinator and HP Training Certificate for Navy HP Basics Course, Level I or Navy HP & Wellness Course Certificate.
- B. **In addition** to the e-mail described above, enter your scores into the official **on-line application** found on the Blue H home page. CaC card access is required. This on-line application will provide you with immediate feedback about your Blue H score. Commands lacking internet access may request a waiver for this step.*
- C. Award submissions will be acknowledged by return email from NMCPHC. It is the responsibility of the applicant to **verify** that their application has been received by NMCPHC.

*Note: The purpose of the worksheet is to enable the applicant to plan and track activities during the year and to brief leaders on the state of their HPW program. The scores can then be easily transcribed into the official on-line application at the end of the year. The purpose of sending the worksheet to NMCPHC is to provide a back-up of the applicant's scores in case of missing or lost data in the official on-line application.

7. Quality Review Process for CY2013.

Using a random sampling process of 10% of the Blue H Award submissions for 2012 for both Fleet and Medical criteria, a Blue H Awards Quality Assurance (QA) committee conducted an informal QA review process of award applications for the Silver and Gold Level award recipients. In some cases, the QA committee found that, while the award recipients may have met the point eligibility for the award level that they received for 2012, they were unable to verify that the recipients met the HP Training requirement for the Gold and/or they were unable to locate and verify the points taken for the Fleet & Marine Corps HRA (FMCHRA) criteria and/or the Crews into Shape Challenge participation.

After discussion, the Blue H Award Working Group decided that, during 2013, more detailed guidance would be provided regarding the criteria for HP training and FMCHRAs, and a formal QA process will be put into place. For applications submitted for CY2013, 10% of all Silver and 25% of all Gold Level potential awardees for the Fleet and Medical award submissions will be randomly selected prior to the official announcement of award recipients, to allow any data gaps discovered during the QA review to be resolved.

The 2013 random sample selection process will be conducted using the following method: The Blue H Award Manager will forward the list of the 2013 Blue H Award applicants on 2 Feb 2014 to the QA committee. The list will be submitted alphabetically by command name. Using that list, the number of award packages that will need to be reviewed from both the Fleet and Medical categories to meet the selection pool of 10% Silver and 25% Gold Level submissions will be determined. The commands will then be numerically selected from the list, starting with the first command alphabetically, until the predetermined number of commands is reached. The initial QA process will be completed by the QA committee by 15 February. The criteria that will be reviewed for QA will be the following:

- -Fleet Criteria:
 - --HP Training Requirement for Gold level
 - --FMCHRA Completion Rate for Military and Civilian Staff (if appropriate) vs. points taken
 - --Crews into Shape Teams vs. points taken
- -Medical Criteria:
 - --HP Training Requirement for Gold level
 - --FMCHRA Completion Rate for Military and Civilian Staff (if appropriate) vs. points taken
 - --Crews into Shape Teams vs. points taken
 - --Command website links to Command HPW page
 - --Command HPW webpage links to other HPW resources (links) specifically identified in the Blue H Award criteria.

In instances where the QA committee is unable to verify the points taken for any of the selected criteria, the point of contact listed in the application will be contacted and given the opportunity to clarify and submit additional information no later than 1 March.

8. Notes about the Fleet and Marine Corps Health Risk Assessment (HRA).

- The criteria include health risk outcome measures which reveal the current risk behavior of command personnel. These criteria are based on the results of the Fleet and Marine Corps Health Risk Assessment (FMCHRA). This tool is web-based, free and completely anonymous. Ships may request the CD version if connectivity to the internet is a frequent issue. It takes an individual less than 5 minutes to complete the questions. Members should complete the

FMCHRA once each year. This should occur during the Periodic Health Assessment but if not, then it can also be completed at any time the command dictates, such as birth month, safety stand-down day, etc. Commands will designate an “administrator” who can retrieve the FMCHRA summary data and print a Commanding Officer’s Report.

- The Commanding Officer Report informs leaders and managers about the current levels of risk behavior among the command and can help direct future command-level efforts. Administrators can also measure changes in health risks over time. Risk is assessed as either “healthy” or “unhealthy.”
- Organizations which have more than one UIC may print either individual command reports or a consolidated report that includes multiple UICs. Commanding Officer Reports can be generated for military members, civilian employees, or both.
- Points are awarded separately for FMCHRA completion rates among a command’s military and civilian personnel.
- No points are awarded for any of the criteria which utilize MILITARY FMCHRA data unless 50% or more of the MILITARY members assigned completed the FMCHRA during the calendar year.
- No points are awarded for any of the criteria which utilize CIVILIAN FMCHRA data unless 25% or more of the CIVILIAN (not including contractor) members assigned completed the FMCHRA during the calendar year.
- NOTE: Reserve Health Risk Assessment (HRA) Reports. To generate a NOSC Commanding Officer’s Report, which includes both drilling members and full-time-staff, the HRA Administrator will log in using the NOSC’s 4-digit NRA number.
- Read more about the FMCHRA at:
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>

9. A summary of changes to the criteria is attached.

10. For more information, please contact the Project Manager:

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**Blue H
Navy Surgeon General's Health Promotion and Wellness Award
2014 Blue H Coaches**

AIRCRAFT CARRIER Blue H Coach
LT Rachel Condon, DPT, CSCS
Ship's Physical Therapist
Health Promotion Officer
USS Theodore Roosevelt (CVN 71)
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SURFACE SHIP Blue H Coach:
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NOSC MEDICAL LIASON Blue H Coach
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NAVY RESERVE Blue H Coach (through May 2014)
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SEMPER FIT - HP PROGRAM Blue H Coach
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Blue H home:
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

Blue H
Navy Surgeon General's Health Promotion and Wellness Award

Summary of Changes to the 2014 Blue H Criteria

2013 Semper Fit 34 and 37

Old: SF 34 Does your program have a functional, effective, on-going collaboration with a registered dietician? and SF 37 Do you offer a weight management program or promote the Ship Shape program sponsored by the MTF in support of Marines in the Body Composition Program?

New: Do you offer or refer customers to a weight management intervention, individual or group, which is multi-component and multi-session and includes weight loss maintenance, such as ShipShape?

2013 Semper Fit 36:

Old: Have you evaluated, or partnered with your MTF on an evaluation of, the availability of healthy food options at your installation using the m-NEAT tool? Yes=5.

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

- "fully supportive" (of access to healthy food choices) = 8 points
- "mostly supportive" (of access to healthy food choices) = 7 points
- "partially supportive" (of access to healthy food choices) = 6 points
- m-NEAT assessment complete but "not supportive" = 5 points

2013 Semper Fit 39

Old: Did you implement a base wide awareness campaign on tobacco prevention/cessation that includes Make Me Proud, Great American Smoke OR Great American Spit-Out?

New:

1) Do you provide an awareness level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year? (Same point spread- 2 pts/activity, max 6 pts)

How to calculate/analyze:

- POD/POW Notes
- Posters
- Articles in newsletters
- Bulletin Boards
- Distributing educational materials

2) Do you provide an education/motivation level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year?

Change to: 2 points/activity for a max of 6 pts.

- Great American Smokeout
- Great American SpitOut
- World No Tobacco Day
- New Year's Day
- Kick Butts Day

- Display- free-standing or at a health fair
- One session presentation by a SME
- Showing a video
- Sponsoring a fun run with a tobacco cessation/prevention theme.

2013 Semper Fit 42

Old: Do you promote your local installation's Tobacco Cessation program?

New: Do you provide tobacco cessation counseling either individual or group within your Semper Fit HP Program?

How to calculate: Support is defined as taking an active role in counseling, follow up and tracking tobacco metrics.

2013 Med 14:

Old: "Primary Care and Specialty Providers can provide tobacco cessation counseling and medications to patients without referring to Health Promotion, SARP, in accordance with the DoD/VA Clinical Practice Guidelines on the Management of Tobacco Use"

New: Primary Care and Specialty Providers screen, diagnose and treat for tobacco dependence in accordance with the DoD/VA Clinical Practice Guidelines on the Management of Tobacco Use.

Source of data: Tobacco Clinical Champion.

How to calculate:

Old: CO conclusion: Yes means that all credentialed providers may prescribe the full range of DOD/VA and the Public Health Service approved nicotine replacement therapies and other medications; and all patients can access these at no cost with provider counseling. Quit-lines, web-based, self-help programs and individual or group counseling are accessible but are not required for access to NRT and other medications.

New: Tobacco Clinical Champion conclusion. 'Yes' means screening for tobacco use is occurring at clinical appointments (via check-in process/paperwork or by the provider themselves).

"Credentialed Provider" includes MD, DO; NP; PA; working in a primary care setting in MTFs; may include IDCs on ships and similar settings.

2013 Med 17:

Old: The MTF offers group-level AND / OR individual level tobacco cessation services that meet population needs.

New:

1. The MTF offers group-level tobacco cessation services that meet population needs.

Source of Data: Health Promotion Director/Coordinator/Tobacco Cessation Program Manager.

How to calculate: Group tobacco cessation offerings MUST meet these minimum conditions:

a) Conducted at least 2 groups in the last 12 months AND

b) Offered at a variety of times and days to meet the needs of the population

OR

c) the community-level Health Interest Questionnaire indicates tobacco group sessions meet population needs in terms of capacity, time and place

2. The MTF offers individual-level tobacco cessation services that meet population needs .

Source of Data: Health Promotion Director/Coordinator/Tobacco Cessation Program Manager.

How to calculate:

a) Individual counseling is offered by more than health promotion staff (such as healthcare care members) AND

b) It includes moderate to intense counseling (i.e. must be at least 2 sessions of at least 30 minutes each).

2013 Med 18

Old: Tobacco cessation metrics were reported to NMCPHC for the most recently concluded 6-month period (Jan-Jun or Jul-Dec)

New: Tobacco cessation metrics were reported to NMCPHC 2x in the most recent full calendar year.

Source of Data: Health Promotion Director/Coordinator and Tobacco Program Manager

2013 Med 19

Old: SHIPSHAPE metrics were reported to NMCPHC for the most recently concluded 6-month period (Jan-Jun or Jul-Dec)

New: SHIPSHAPE metrics were reported to NMCPHC 2 for the period Jan-Jun of the award year.

2013 Med 25

Old: Did the MTF conduct a community-level awareness level activity to promote the National Alcohol Screening Day web-based resources? Yes=3 points.

New: Did your command provide an awareness level activity to promote the National Alcohol Screening Day web-based resources in December or at any time during the year? 1 point per event. Max 3 points.

2013 Med 25

Deleted: Did your command provide an awareness level activity to promote the National Alcohol Screening Day web-based resources in December or at any time during the year?

2013 Med 26

Old: In addition to any tobacco cessation/prevention activity reported in the above criterion, did the MTF ALSO conduct other community-level activities (outside the MTF), IN PARTNERSHIP with another base agency, from the list of resources provided herein? 2, 4 or 6 points.

New: Did your command provide an education/motivation level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year?"

How to Calculate: 3 points each activity. 6 points max. activities:

- Great American Smokeout
- Great American SpitOut
- World No Tobacco Day
- New Year's Day
- Kick Butts Day
- Display- free-standing or at a health fair
- One session presentation by a SME
- Showing a video
- Sponsoring a fun run with a focus on tobacco prevention/cessation

2013 Med 27:

Deleted: Has the MTF coordinated development and distribution of a local "help directory" of services in your community?

2013 Med 28:

Old: Has a community-wide / base-wide health and wellness committee been established AND did meeting minutes demonstrate the group met at least 3 times during the year? – 10 points; mandatory for Gold Star

New: 20 points, but NOT mandatory for Gold Star.

2013 Med 29 and 30:

Old Med 29: Has the MTF conducted a m-NEAT (aka CHOW) Community assessment and communicated results to appropriate food managers? Yes=3

Old Med 30: Has the MTF conducted a m-NEAT (aka CHOW) Community assessment and communicated results to appropriate food managers? Yes=3

New 29 (combined 29 and 30): Was an m-NEAT assessment (of access to healthy food choices) completed this year for the COMMUNITY? Based on total score from m-NEAT COMMUNITY Assessment:

- "fully supportive" (of access to healthy food choices) = 8 points
- "mostly supportive" (of access to healthy food choices) = 7 points
- "partially supportive" (of access to healthy food choices) = 6 points
- m-NEAT assessment complete but "not supportive" = 5 points

2013 Med 32

Regarding "The MTF or HP&W website offers the minimum mandatory content OR links to the NMCPHC-HPW 'Additional Resources' page":

Replaced links to Regional TMA/Tricare Benefits = Healthy Living North, South and West with Tricare Healthy Living <http://www.tricare.mil/HealthyLiving/>

Changed link for President's Fitness Challenge to:

<https://www.presidentschallenge.org/informed/news.shtml>

2013 Med 39

Old: Does your facility have at least 2 trained (minimum 1-day training course) tobacco cessation facilitators on staff?

New: Does your facility have at least 2 trained tobacco cessation facilitators (attended required one-day classroom tobacco cessation facilitator course offered by NMCPHC staff or other NMCPHC approved regional trainers OR attended other training pre-approved by NMCPHC)?

Recommended and approved Tobacco Cessation Facilitator training for the Navy include (minimum one full-day training course):

- American Lung Association Freedom from Smoking Facilitator Training
- Navy MTF Health Promotion Tobacco Cessation Facilitator Training

(NOTE - this removes Tobacco Dependence Treatment Specialist Training- UMDNJ, Mayo Clinic, UMass Medical School; Univ of Arizona, Quit Smart Training.)

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 ?

Source of Data: Command DAPA

How to Calculate - Activity may be any of these:

- POD/POW Notes
- Posters
- Articles in newsletters
- Bulletin Boards
- Distributing educational materials
- PSA Video

Resources:

1. Keep What You've Earned Video <http://www.public.navy.mil/navsafecen/Pages/video/videos.aspx>
2. "Save-A-Life Tour", "Safe Ride or Designated Driver Programs" as well as other Best Practices. For Navy "best practices" see NADAP website at http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/Documents/Alcohol%20Abuse%20Awareness%20and%20Prevention/AlcoholBestPractices.doc or http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/resources/Pages/Alcohol%20Awareness%20Prevention.aspx
3. For other activity ideas, visit the nmcpHC Health Promotion Toolbox (December) at <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/health-promotion-toolbox.aspx>
4. That Guy resources <http://www.thatguy.com/resources/>

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?

How to Calculate - Suggested training events include:

- Display- free-standing or at a health fair
- One session presentation by a SME
- Showing a video that is not a PSA
- Sponsoring a fun run with an alcohol abuse prevention or drink responsibly theme

Resources: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-december.aspx>

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?

How to Calculate:

Commanding Officer determination of status on 31 Dec:

- 100% of designated DAPAs completed training [DELETED " within 90 days of appointment unless they previously completed course not more than 3 yrs prior to appointment"] (1 full-time DAPA if command has over 500 members).
- 100% of CO/XO/CMC completed ADAMS for Leaders at any time in the past.
- At least 1 member has completed ADAMS Facilitator's course.
- 90% of supervisors completed ADAMS for Supervisors at any time in the past.

DAPA = 1

ADAMS for Leaders = 1

ADAMS for Facilitators= 1

ADAMS for Supervisors=1

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.

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).

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 109

Old: Awareness and education of healthcare giver occupational stress is provided at command.

New: Awareness and education of Caregiver Occupational Stress Control (CgOSC) is provided at MTFs" with resource <http://www.med.navy.mil/sites/nmcscd/nccosc/pages/welcome.aspx>

2013 Med 117

Old: Are the CO/OIC, XO, CMC, HP Coordinator and CFL tobacco free?

New: Are the CO/OIC, XO, CMC, HP Coordinator, tobacco program manager and CFL tobacco free?

Change resource to <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>

2013 Med 120

Old: Does the MTF have a written policy and do MTF staff actually comply with a policy which prohibits the use of tobacco while in uniform? Yes for uniformed staff =1

New: Is your MTF in compliance with SECNAV 5100.13E and NAV MED Policy 09-009? Yes= 2 points

Resources: Link to BUMED 6200-12A and NAVMED 09-009

2013 Med 121

Old: Does the MTF have a written policy and do MTF staff actually comply with a policy which prohibits the use of tobacco in the presence of patients? "yes" for uniformed staff =1 plus "yes" for GS staff =1

New: Do you have a tobacco free policy for civilian staff/contractors that limits tobacco use during work hour or in the presence of patients? Yes=2 points.

2013 Med 122

Deleted: Does the MTF have a written policy and do MTF staff actually comply with a policy which prohibits the use of tobacco during working hours?

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

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