2017
Blue H – Navy Surgeon General’s Health Promotion and Wellness Award
Instructions
(as of 28 April 2017)

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 and MARINE CORPS COMMAND versions recognize 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](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 and Marine Corps commands may participate.

Navy Medical Treatment Facilities will use the MEDICAL criteria.

Medical Battalions, occupational health clinics, small patient-care centers and stand-alone dental health commands may apply using the MEDICAL criteria or the FLEET or Marine Corps Command criteria. The Medical criteria are appropriate only if the application is based on community-level health, patient primary prevention services and staff health. The Fleet Criteria and Marine Corps Command Criteria are appropriate if the application is based solely on staff health policies and activities.

USMC non-medical commands should use the “Marine Corps Command” criteria.

SEMPER FIT Centers will use the SEMPER FIT criteria.

All other commands, including Military Sealift Command, Navy 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 “CO, Letter” can be signed by either the clinic OIC or the parent MTF CO. 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(s) 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.

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

- **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 or Marine Corps 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, sexual health, disease prevention, injury prevention, community outreach and staff training.

- **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: The designated leader of the MTF/Branch Clinic HP Program (i.e. Director; Coordinator) has completed the resident NMCPHC HP Advanced Training Course (previously known as the three-day NMCPHC Navy HP & Wellness Course) within the past 10 years. (Required for Gold Star)*. See Health Promotion Advanced Training: [http://www.med.navy.mil/sites/nmcphc/health-promotion/training/Pages/HPAdvanced.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/training/Pages/HPAdvanced.aspx)

Note - NMCPHC may provide funding to attend this course.

To achieve the GOLD STAR level award, a **FLEET** or Marine Corps 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, for FLLET Commands, he lead Health Promotion Coordinator or Director successfully complete the web-based NMCPHC Health Promotion Basics Course or the 2-day HP Advanced Training Course offered by NMCPHC (or the old / now deleted NKO HP course number NMHPB081).

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, Marine Corps 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 before the due date.

**How** to submit your application:

A. Send an email to the Blue H manager at [mailto:Michael.r.macdonald2.civ@mail.mil](mailto:Michael.r.macdonald2.civ@mail.mil) with these 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 or Marine Corps 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 or Marine Corps Command: 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-with-CaC card 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.

D. Please invite one person from your command to complete the Blue H customer feedback questionnaire at: https://survey.max.gov/651967

*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.


The Blue H Award Manager will forward the list of the Blue H Award applicants on 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, Marine Corps 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 10 March.

8. Notes about the NMCPHC Workplace 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 NMCPHC Workplace Health Risk Assessment (HRA). 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 HRA once each year.

- 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, GS civilian employees, or both.

• Points are awarded separately for HRA completion rates among a command’s military and GS civilian personnel.

• No points are awarded for any of the criteria which utilize MILITARY HRA data unless 50% or more of the MILITARY members assigned completed the HRA during the calendar year.

• No points are awarded for any of the criteria which utilize CIVILIAN HRA data unless 25% or more of the CIVILIAN (not including contractor) members assigned completed the HRA during the calendar year.

• HRA is not the PHA: The web-based Periodic Health Assessment (PHA) required for every active duty member (IAW DoDI 6200.06) has its own built-in HRA-type questions. There are three key differences between the HRA and PHA: (1) the PHA questions differ somewhat from the NMCPHC Workplace HRA and are, in some cases, more clinical; (2) the PHA is not anonymous and is part of the members medical record; (3) PHA data does not include the members workplace identifier and the PHA data cannot be retrieved for use in workplace health risk analyses. Therefore, the HRA remains the only tool available to workplaces to understand health risk behavior of their workforce and the **HRA remains the basis of HRA-related scoring for the Blue H** - Navy Surgeon General’s Health Promotion and Wellness Award.

• Read more about the HRA at: [http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx](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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But - you can also tap into the real world Blue H experiences of our awesome volunteer Blue H Coaches. They are:

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

Summary of Changes to the 2016 Blue H Criteria

(Criteria numbers represent 2016 criteria sets)

FLEET AND MEDICAL

Change "Fleet and Marine Corps HRA" to "NMCPHC Workplace HRA" in all instances. Update HRA link in multiple. New link is: "NMCPHC Workplace HRA at https://nmcpeh-hpwebsvr.med.navy.mil/HRA/Pages/Default.aspx"

MED and FLEET MULTIPLE: changed "civilian" to "GS Civilian (not contractors)" in all fields

NEW FLEET and MED Staff Health (Weight Management):
Does the award-calendar-year HRA-CO-Report indicate at least 30% of MILITARY members report a healthy body mass index?

- Scoring: 33-70% healthy = 3 points; 71-100% healthy = 6 points
- Source: NMCPHC Workplace Heath Risk Assessment; Commanding Officer’s Report
- How to calculate: From the NMCPHC Workplace Heath Risk Assessment; Commanding Officer’s Report for MILITARY report the "% Healthy" for BMI. Include HRA's completed during the report period. Minimum HRA participation required to score any points HRA-based criteria = 50% of MILITARY population size.

Webtool Functionality note – mark as "n/a" for commands with 10 or fewer military members

ADD NEW question to Fleet and Medical Staff Health (Responsible Drinking):
Did the command conduct an awareness level activity to promote responsible prescription drug and medication use?
Yes = 8 points. How to calculate = “Suggested 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 a responsible drug-use theme"

Resources:
National Take Back Day: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

ADD NEW Fleet and Med - For commands responsible for the operation of a government galley (and only those commands): The following Go for Green rules are typically followed:
1) All food items on the main line will have food label cards displayed as referenced on NKO under Food Service/Go For Green/1999 Natick Nutrient Analysis Spreadsheet. These will match the color code and sodium code on the menu (1080). Commands must have their G4G compliant menus available for review when requested.
2) Food label cards must be clean and in serviceable condition.
3) The main line must offer a green coded soup, entrée, starch, vegetable, bread, beverage and dessert option at either lunch or dinner when only one of each food category is offered per meal.
4) The main line must offer a green coded soup, entrée, starch, vegetable, bread, beverage and dessert option at each meal when two or more food categories are offered per meal.
5) Posters and table toppers will be prominently displayed throughout the galley and dining area.
6) All food service personnel must be able to explain the G4G program concept of choice architecture.
-- Yes = 5 points; Resource = visit https://www.nko.navy.mil/ >Quick Links (right)>Links to all Communities on NKO>Food Services (left)>Go For Green

How to calculate: "This criterion only applies if this command is responsible for the operation of a government galley / dining facility and is only activated if cell B11 above = TRUE"

**Webtool Functionality note - add new function:** "This command is responsible for the operation of a government galley / dining facility: TRUE or FALSE"

**FLEET and MEDICAL MULTIPLE**
- Change all GMT from "completed in FY16 to "completed anytime during FY16-FY17"
- Change all GMT reference to: NAVADMIN 166/16, 26 Jul 16, "FY17 GMT Schedule" at:
- Add comment to "How to calculate " cell: NOTE - This training is required not less than once every 2 years

MED 24 and FLEET 30 - 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?

-- change to: Did the command conduct an **awareness level activity** (OTHER than AWARE or GMT training) to promote responsible drinking during Impaired Driving Prevention Month (December) or at any time during the year? Change Resources to:
- NADAP’s Prescription for Discharge
  http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/prescription/Pages/default.aspx
- NMCPHC’s Preventing Drug Abuse and Excessive Alcohol Use

MED 55 and Fleet 31 - Change "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?" to "Did the command conduct an education/motivation level activity (OTHER than AWARE or GMT Training) to promote responsible drinking during Impaired Driving Prevention Month (December) or at any time during the year?" Change scoring from 2 points per activity to yes=8 points. Change resources to:
- NMCPHC:
- NADAP’s Keep What You’ve Earned:
- NADAP’s Prescription for Discharge:
  http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/prescription/Pages/default.aspx

MED 56 and FLEET 32 - Have your command DAPA, CMC, Chief of the Boat, CO and XO completed the appropriate level of drug and alcohol abuse training? - Delete “ADAMS for Supervisors”. Change point total from 1-2-3 to 1-2. Change scoring to Commanding Officer determination of status on 31 Dec:
- 100% of designated DAPAs completed training (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.

DAPA = 1
ADAMS for Leaders = 1

MED 76 and Fleet 51 - Change “Did your command provide an awareness-level activity on the topic of nutrition (other than supplement safety) during March (Nutrition Month) or July (Fruits and Vegetables Month), or at any time during the year?” to “Did your command provide an awareness-level activity on the
topic of nutrition (other than supplement safety) during March (Nutrition Month) or at any time during the year?” (deleted July)

MED 99 and Fleet 76: change from: Have at least 25% of your MILITARY members viewed the Navy film “HIV and Me” -OR- the SHARP HPV Vaccination Video -OR- did the command conduct a sexual health poster campaign using at least 4 SHARP posters displayed for at least 1 week in places/spaces typically traversed by at least half of the staff? CHANGE TO: Have at least 25% of your MILITARY members viewed the Navy film “HIV Awareness in the Military (2016)” -OR- the SHARP HPV Vaccination Video -OR- did the command conduct a sexual health poster campaign using at least 4 SHARP posters displayed for at least 1 week in places/spaces typically traversed by at least half of the staff?

MED 127 and FLEET 99 - 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? Add to How to Calculate: "- Videos = 1 point"
Add to resources:
- Video: https://www.dvidshub.net/search/?q=nmcphc
- Video: https://www.ucanquit2.org/HelpHeroQuit/MediaResources/Video.aspx

MED 128 and FLEET 100 - Are self-help tobacco quitting resources offered in this command? Change How to calculate/analyze to: “CO Conclusion- Resources such as manuals, materials such as fact sheets and brochures, and information on quit lines to include the Freedom Quitline and TRICARE quitlines, and texting programs and mobile apps should be readily available. All forms of tobacco should be addressed and resources should not be exclusively for quitting smoking.” ADD to resources:
1) http://www.freedomquitline.org/
2) http://www.tricare.mil/HealthWellness/Tobacco/Quitlines
3) https://smokefree.gov/tools-tips/apps
https://smokefree.gov/smokefree-text-messaging-programs

MED 129 and FLEET 101 - change “Are at least 70% of MILITARY members within Navy standards for body composition?” to “Does the most recent PRIMS data indicate that at least 70% of MILITARY members are within Navy standards for body composition?”

MEDICAL ONLY

Webtool Functionality note - add new function - For these MEDICAL criteria, add "other" checkbox to the WEBTOOL to enable additionally scoring opportunity:
-- MED 76. Did your command provide an awareness-level activity on the topic of Dietary supplement safety using the recommended resources during March (Nutrition Month), June (Safety Month) or at any time during the year?
-- MED 78. Did your command provide an awareness-level activity on the topic of nutrition (other than supplement safety) during March (Nutrition Month), or at any time during the year?
-- MED 126. 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?
-- MED 131. Did your command conduct a weight management awareness level activity during Healthy Weight Month of January (preferably) or any other time?


MED 14 - change "Primary Care and Specialty Providers (credentialed providers) screen, diagnose and
treat for tobacco dependence in accordance with the DoD/VA Clinical Practice Guidelines on the Management of Tobacco Use” to Primary Care and Specialty Providers (credentialed providers) screen, diagnose and treat for tobacco dependence in accordance with the PHS Clinical Practice Guidelines on Treating Tobacco Use and Dependence”. Also change “How to Calculate” from “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.” to “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) and tobacco clinical champion is checking Population Health Navigator metrics for their MTF (screening, diagnosing, and treating). “Credentialed Provider” includes MD, DO; NP; PA; working in a primary care setting in MTFs; may include IDCs on ships and similar settings.” Change resources to:


MED 17 - The MTF offers group tobacco cessation counseling that meets population needs. Change "how to calculate" from:

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
to:

Group sessions are offered and marketed at least 2 group sessions with dates-certain during two different calendar quarters (points are scored whether or not any participants attended)

Also change resources to:


MED 18 - "The MTF offers individual tobacco cessation counseling that meets population needs." Change "How to calculate/analyze" from:

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).

to:

Individual counseling is offered by health promotion AND other MTF staff such as Medical Homeport or Primary Care or SARP or other member of the healthcare team.

Also change resources to:


MED 19 - Delete "Metrics" link from "how to calculate". Change resources to:

HP METRICS PAGE -
BUMED instruction:

MED 22 - Did the MTF participate in at least one health and wellness awareness-building or education activity at the community level for each month of the report year in sync with the Health Promotion Toolbox calendar? Change to "Did the MTF participate in at least one health and wellness awareness-building activity at the community level for each month of the report year in sync with the Health Promotion Toolbox calendar?" (Removal of "education"). Delete from resources "Topics are: Weight Management; Healthy Heart (including hypertension); Nutrition; Fruit and Vegetable Intake; Sexual
Health; Physical Fitness; Summer Safety; Workplace Safety; Dental Health; Stress management; Suicide Prevention; Alcohol Abuse Prevention and Tobacco Cessation.

MED 24 - DELETE "Did the command conduct an awareness level activity (OTHER than AWARE or GMT training) to promote responsible drinking during Impaired Driving Prevention Month (December) or at any time during the year?"

MED 25 - 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? Change points per activity from 6 to 3. New scoring = 3, 6, 9 or 12. Each activity is now worth 3 pts with a maximum of 12 points or 4 activities.

MED 26 - Change "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?" to "If an installation/base HPW council exists, the MTF has an HPW representative who participates, assisting in providing an integrated HPW Program in a consistent manner across the installation. Change "how to calculate" to "If no installation/base HPW council exists then score = zero".

MED 27 - Community m-NEAT – Change "How to Calculate" to: Based on total score from m-NEAT COMMUNITY Assessment:
- "fully supportive" (of access to healthy food choices) = 16 points
- "mostly supportive" (of access to healthy food choices) = 14 points
- "partially supportive" (of access to healthy food choices) = 12 points
- m-NEAT assessment complete but "not supportive" = 10 points

MED 30 – NOTE - The minimum mandatory links for a medical health promotion Web page list has been updated. Modifications were made to organization names to include TRICARE; Military One Source; National Heart, Lung, and Blood Institute (NHLBI); Weight-control Information Network, BeTobaccoFree, and CDC's Healthy Living. Additionally, links were updated for Military One Source and NHLBI. Deletions include The President's Fitness Challenge due to the program reorganization and current review and That Guy. That Guy was replaced with Navy Alcohol and Drug Abuse Prevention (NADAP).
Minimum links are:
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/blue-h-hp-website-links.docx . Change "how to calculate" to "Minimum website content includes ALL of these: 1. HP&W phone number; 2. links or list of classes/dates offered by HP&W; 3. (a) direct links to at least these sites (please download list):

MED 37 - 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? Remove Am Lung Ass from How to calculate/analyze; Change Resource to: http://www.med.navy.mil/sites/nmcphc/health-promotion/training/Pages/Tobacco.aspx

MED 41 - CHANGE CSADD RESOURCE to OPNAV 1500.80 at:
https://cnic.navy.mil/content/cnic/cnic_hq/regions/cnrh/om/csadd/_jcr_content/par1/pdfdownload_3/file.res/opnav-1500-80%5b1%5d.pdf

MED 52 - Change "All Health Promotion (HP) staff members (GS 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. (Required for Gold Star)" to “The designated leader of the MTF/Branch Clinic HP Program (i.e. Director; Coordinator) has
completed the resident NMCPHC HP Advanced Training Course within the past 10 years. (Required for Gold Star)"
Change resources from "Navy HP Basics Level I Course on NKO (SUSPENDED FOR 2016) -and-
NMCPHC HP and Wellness Course (3-day): http://www.med.navy.mil/sites/nmcphc/health-
promotion/Pages/health-promotion-training.aspx" to
Health Promotion Advanced Training http://www.med.navy.mil/sites/nmcphc/health-
promotion/training/Pages/HPAdvanced.aspx

MED 62 and MED 63 - Change resource to Navy Safety Center:
http://www.public.navy.mil/navsafecen/Pages/index.aspx

MED 87 - Have all of your assigned CFLs and ACFLs participated in a minimum of 1 class annually in
physical readiness related topics (e.g., physical fitness, physical activity injury prevention/safety, weight
management, nutrition) OTHER THAN NOFFS? DELETE "NMCPHC CHOW Course" from resources

MED 93 - change crews into shape resource to http://www.med.navy.mil/sites/nmcphc/health-
promotion/Pages/crews-into-shape.aspx

MED 98 - change Have at least 25% of your MILITARY members viewed the Navy film "Reproductive
Health – Types of Contraception" (2012) -OR- "Think Ahead – Pregnancy and Parenting (2013)" -OR-
was this film shown on ship-TV? -OR- did the command conduct at least one iteration of NMCPHC's
group-intervention "For Ladies Only" - OR - one iteration of NMCPHC's "Reproductive Health"? to
Have at least 25% of your MILITARY members viewed the Navy film "Reproductive Health – Types of
Contraception" (2012) -OR- "Think Ahead – Pregnancy and Parenting (2013)" -OR- did the command
conduct at least one iteration of NMCPHC's group-intervention "For Ladies Only" - OR - one iteration of
NMCPHC's "Reproductive Health"?

MED 123 - Is your MTF in compliance with SECNAV 5100.13E and NAV MED Policy 09-009?
Remove "NAVMED Policy 09-009". Add SECNAV link to resources:

MED 124 - add "LOCAL" before "policy" in "Do you have a tobacco free policy for civilian staff/contractors
that limits tobacco use during work hour or in the presence of patients?"

MED 126 - change: "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?" to "Does your
command indoctrination process include awareness level information on tobacco cessation and
information about the command tobacco-use policies?"

MED NEW under community health
Is your tobacco cessation program point of contact (not just the MTF info line) listed on the UCAnQuit2
Support Locator?
• CO Conclusion
• Points: yes = 5

MED NEW - "The pharmacy dispenses Plan B One-Step emergency contraception pill (or generic) upon
request without prescription or age limitation". Resource: DoD-HA Letter 14 Aug 2013 at
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/reproductive-and-sexual-
health/emergency-contraceptive-coverage-dod.pdf
yes = 1 point
MED NEW – “Have at least 50% of your MILITARY and GS CIVILIAN (not contractors) medical home staff members viewed the Navy film “Contraception Counseling (2017)” -OR- the SHARP film "Male Patient Sexual Risk Assessment (2017)"? Yes = 3 points

FLEET ONLY

FLEET 17 - Change CSADD resource to: OPNAV 1500.80 at: https://cnic.navy.mil/content/cnic/cnic_hq/regions/cnrh/om/csadd/_jcr_content/par1/pdfdownload_3/file.res/opnav-1500-80%5b1%5d.pdf

FLEET 25: change “Did the lead Health Promotion Coordinator or Director successfully complete the web-based NMCPHC Health Promotion Basics Course or the 3-day HPW Course offered by NMCPHC? (required for Gold Star) (SUSPENDED FOR 2016)” to “Did the lead Health Promotion Coordinator or Director successfully complete the web-based NMCPHC Health Promotion Basics Course or the 2-day HP Advanced Training Course offered by NMCPHC (or the old / now deleted NKO HP course number NMHPB081)? (Required for Gold Star)” Resource - change to: NMCPHC HP Basics Course at: http://www.med.navy.mil/sites/nmcphc/health-promotion/training/Pages/HPBasics.aspx

FLEET 31 - Did the command conduct an education/motivation level activity (OTHER than AWARE or GMT Training) to promote responsible drinking during Impaired Driving Prevention Month (December) or at any time during the year? Change resources to NMCPHC: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hptoolbox-december.aspx; NADAP’s Keep What You’ve Earned: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/drinkresponsibly/Pages/default.aspx; NADAP’s Prescription for Discharge: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/prescription/Pages/default.aspx


FLEET 65 - Have all of your assigned CFLs and ACFLs participated in a minimum of 1 class annually in physical readiness related topics (e.g., physical fitness, physical activity injury prevention/safety, weight management, nutrition) OTHER THAN NOFFS? DELETE “NMCPHC CHOW Course" from resources

FLEET 99 - change “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?” To Did your command provide an educational/motivation level activity on the topic of tobacco cessation during Tobacco Free Living Month (November) or at any time during the year? change points from 2, 4 or 6 points to "6". Change how to calculate to "CO Conclusion"

FLEET 104 – In “how to calculate”- delete “NOTE – all reserve commands will take full points as “n/a” because they can’t not produce HRA CO Reports for civilian members"

FLEET NEW: 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 source = command HP Committee how to calculate = - Posters = 1 point - Articles in newsletters = 1 point - Bulletin Boards = 1 point - Distributing educational materials = 1 point
- Videos = 1 point
resource = NMCPHC HP Toolbox
http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx


SEMPER FIT ONLY

SF 22 (under Health Promotion Partnerships) – Change wording from “Are you using “Protect What You’ve Earned” materials?” to “Have you partnered with other MCCS entities using ‘Protect What You’ve Earned’? Change “How to calculate/analyze data to “Any event/activity that was planned and implemented in collaboration with MCCS entity”

SF 34 - Do you offer nutrition unit level briefings? Change NMCPHC HP Toolbox link to:

SF 36 - Change wording from “Are you utilizing "Fueled to Fight" materials within your Nutrition and Weight management programs?” to “Are you utilizing “Fueled to Fight” or Go4Green materials (graphics, posters, brochures, and/or table tents)? How to calculate/analyze data “Full range of Fueled to Fight and/or Go4Green materials are utilized as intended and designed”. Resources: Gear Locker/Semper Fit & Recreation/Health Promotion Program and http://hprc-online.org/nutrition/go-for-green/go-for-green-for-the-warfighter


SF 43 - Change wording from “Do you provide tobacco cessation counseling either individual or group within your Semper Fit HP Program?” to “Do you provide tobacco cessation counseling using the be "Operation Tobacco-Free Marine" Curriculum? Yes = 3 points. Resource should be: Facilitator Manual on Gear Locker/Semper Fit & Recreation/Health Promotion Program.

SF 44 - Do you offer unit-level briefings in physical activity? Change resources to: SEMPER FIT:
http://www.usmc-mccs.org/healthpromotions/index.cfm ; NMCPHC:

SF 53 - Do you offer unit-level briefings in chronic disease management? Change NMCPHC toolbox link to: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx


SF 60 - Have you implemented health promotion programs that are delivered within the community in at least one health and wellness awareness-building activity for each month of the year on any of the Semper Fit core programs or the national Health Observances? Change NMCPHC toolbox link to:
http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx

• SF 64 - Has EACH member of the Semper Fit HP staff received training this past year on any of the Semper Fit elements? Change training link to: http://www.med.navy.mil/sites/nmcphc/health-
promotion/training/Pages/home.aspx

• SF 65 - Does Semper Fit have a certified Tobacco Cessation facilitator on staff? Change resource to:
  http://www.med.navy.mil/sites/nmcphc/health-promotion/training/Pages/Tobacco.aspx

SF NEW - under Nutrition and Weight Management add new “Are you utilizing Nutrition in the Corps Curriculum within your Nutrition and Weight Management programs, 3 pts. = yes, Resource: Gear Locker/Semper Fit & Recreation/Health Promotion Program


SF NEW - under Tobacco Use Prevention and Cessation add new “Do you offer the Operation Tobacco Free Marine (OTFM) Facilitator course and have you trained OTFM facilitators during this past year?” Offered = 1 pt. Trained at least 2 facilitators = 3 points. Resource: Implementation guide on Gear Locker/Semper Fit & Recreation/Health Promotion Program http://thegearlocker.org/

SF NEW - under Tobacco Use Prevention and Cessation add new “Do you have an Operation Tobacco Free Marine Facilitator aboard your installation?” yes = 3pts. Resource: Implementation guide on Gear Locker/Semper Fit & Recreation/Health Promotion Program

SF NEW - under Community Outreach add new “Have you supported Force Fitness Instructor (FFI)?” 3 pts. = yes, Calculate – At least one activity/event/appointment, Resource: www.fitness.marines.mil

MARINE CORPS COMMAND ONLY

USMC MULTIPLE - Change “Fleet and Marine Corps HRA” to “NMCPHC Workplace HRA” in all instances. Update HRA link in multiple cells - New link is: "NMCPHC Workplace HRA at: https://nmcpeh-hpwebsvr.med.navy.mil/HRA/Pages/Default.aspx"

USMC 24 - Delete “Have at least 75% of MILITARY members completed Annual Training on Personal and Professional Development during FY2015?”

USMC 32 – “Does your command participate in an intensive, multi-component, behavioral change intervention for weight management, including an extended weight loss maintenance component, such as ShipShape for those on BCP, RCP or as part of a BCP support program?” Change ShipShape link to: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx

USMC 49 – “Did at least one “Crew” within the command participate in the annual “Crews Into Shape” in March (preferably) or at any time during the report period?” Change Crews link to: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx

USMC 52 - change “Have at least 25% of your MILITARY members viewed a brief given by a qualified instructor on Sexual Health?” to " Have at least 25% of your MILITARY members viewed a brief given by a qualified instructor on Sexual Health or viewed one of the NMCPHC sexual health videos: HIV Prevention in the Military”, Types of Contraception” or “Think Ahead”?”

USMC 54 – “OTHER THAN any other criterion listed above - Has your command conducted a sexual health activity during April (preferably) or at any other time this year?” add to “How to calculate” “films” to the list of materials.
USMC 57- “Did the command conduct an 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?” Change KWYE video link to: https://www.youtube.com/channel/UC0KjF_Rm-npMmvNy8U0VR7A

USMC 60- “Did the command conduct an activity to promote the National Depression Screening Day web-based resources; OR Did the command conduct an activity to promote the National PTSD Screening Day web-based screening tool?” Change resources to: http://afterdeployment.dcoe.mil/

USMC 67 – “Did the command conduct a WATER SAFETY activity (such as a lecture, health fair, or health display)?” Change resource to: Navy Safety Center: http://www.public.navy.mil/navsafecen/Pages/index.aspx; CMC Safety Division: http://www.safety.marines.mil/LinkClick.aspx?fileticket=cfk2Whc6sd4%3d&tabid=5191&portalid=92&mid=14056

USMC 68 - “Did the command conduct a MOTOR VEHICLE SAFETY activity (such as a lecture, health fair, or health display)?” Change resource to: Navy Safety Center: http://www.public.navy.mil/navsafecen/Pages/index.aspx; CMC Safety Division: http://www.safety.marines.mil/LinkClick.aspx?fileticket=cfk2Whc6sd4%3d&tabid=5191&portalid=92&mid=14056


USMC New (Tobacco) “Does the command have assigned a member trained as an "Operation Tobacco Free Marine" Facilitator?” Yes=1. Resource = Visit your local MCCS website to find out when the course facilitator training is offered or contact your MCCS HP office. Learn more at: http://www.usmc-mccs.org/services/fitness/health-promotion/