



## Fleet and Marine Corps HRA Commanding Officer's Report



### Commanding Officer's Report NMCPHC

The Fleet Marine Corps HRA measures lifestyle behaviors that are most commonly associated with adverse health outcomes. Individuals who took the HRA have been provided written feedback within a Participant's Report. Each report provided factual information, recommendations, and encouragement to seek additional support when appropriate. Members were scored as high, medium, or low risk based on the number of risk behaviors they reported. The Commander's Report provides a group report on lifestyle choices by unit members at that time and may be useful for planning appropriate training for health promotion. It reports participant responses as either "Unhealthy" or "Healthy". "Unhealthy" includes any significant degree of risk, while "Healthy" includes low-risk behaviors as well as health promoting behaviors.

Average days away from home station: = 46

Number of respondents = 18

UnHealthy <=====> Healthy

Category	Sub-category	Percentage	UnHealthy Count	Healthy Count	Percentage
Tobacco Use	Smoking	39 %	(7)	(11)	61 %
	Smokeless Tobacco	28 %	(5)	(13)	72 %
Alcohol Abuse	Heavy Use	22 %	(4)	(14)	78 %
	Binge Drinking	22 %	(4)	(14)	78 %
Automobile Safety	Seat Belts	0 %	(0)	(18)	100 %
	Alcohol Use	28 %	(5)	(13)	72 %
Safety	Vehicle Helmets	0 %	(0)	(18)	100 %
	Safety Equipment	0 %	(0)	(18)	100 %
	Life Satisfaction	11 %	(2)	(16)	89 %
Stress Management	Work Stress	44 %	(8)	(10)	56 %
	Personal Support	6 %	(1)	(17)	94 %
	Condom Use	6 %	(1)	(17)	94 %
Sexual Health	Aerobic Exercise	17 %	(3)	(15)	83 %
	Muscular Exercise	28 %	(5)	(13)	72 %
	High Fat	28 %	(5)	(13)	72 %
Nutrition	Fruits	39 %	(7)	(11)	61 %
	Vegetables	44 %	(8)	(10)	56 %
	Flossing	6 %	(1)	(17)	94 %
Dental					

Sleep	Sleep Deprivation	22 %	(4)		( 14 )	78 %
Diet Supplements	Supplements	28 %	(5)		( 13 )	72 %
Body Mass Index	BMI	33 %	(6)		( 12 )	67 %

Comment: Many Sailors and Marines engage in behaviors that may adversely affect their health, and thus, their performance in the military. A healthy and fit force is a Force-Multiplier. Behavior choices are most often affected by peer and social influence, leadership, policies, adequate knowledge and access to safer alternatives.

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**Fleet and Marine Corps HRAs Completed  
between 01-JUL-09 and 18-NOV-09**  
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