

Orange color = risk

Q1: [PERSONAL PERCEPTION]

Would you say that your health in general is?

- a. Excellent Thank you for completing the HRA! You rated your health as < a) thru d) >. Personal perception about how healthy you are is usually quite accurate. Your Personal Health Risk Appraisal Report identified <# of risk categories> from the answers you provided on key topics that relate to overall health, which places you in a <high, medium, or low> risk group.
- b. Good same as above
- c. Fair Same as above
- d. Poor Same as above

Q2: [TOBACCO USE]

Do you currently smoke cigarettes, cigars, pipes or hookah?

- a. Every day Smoking is a major risk to your health. It's probably not easy for you to quit smoking for good, but assistance is available through self-help programs, your medical staff, and community programs. Quitting smoking puts money back in your pocket, improves fitness, and helps you avoid cardiovascular disease and cancer.
- b. Most days Smoking is a major risk to your health. Not smoking every day may reduce your risk of developing cardiovascular diseases and cancers. However, there is no "safe" amount of smoking. Not smoking every day is one method of tapering off before you quit smoking entirely.
- c. Some days Smoking occasionally may present a lower risk of disease. However, there is no "safe" amount of smoking. Quitting entirely should be less difficult for you than for a daily smoker. You're in a good position to become smoke-free.
- d. Never smoked You are doing the single most important thing to stay healthy! Not smoking saves you money (over \$1000/year for one pack per day), helps you avoid many tobacco related diseases, and adds to your fitness level and attractiveness.
- e. I quit You are doing the single most important thing to stay healthy! Not smoking saves you money (over \$1000/year for one pack per day), helps you avoid many tobacco related diseases, and adds to your fitness level and attractiveness.

Educational link: <http://www.nlm.nih.gov/medlineplus/smoking.html>

Q3: [SMOKELESS TOBACCO USE]

Do you currently use smokeless tobacco (e.g., *chewing tobacco, dip, snuff*)?

- a. Every day Using smokeless tobacco is very dangerous. About 9% of Sailors and over 20% of Marines use smokeless tobacco. Smokeless tobacco may not cause lung cancer, but direct contact with at least 28 known cancer-causing agents leads to cancer of the mouth, throat, voice box, and esophagus. Your military dentist will check your mouth for signs of gum disease and pre-cancerous lesions during your annual checkup and can assist you in quitting.
- b. Most days Same as above
- c. Some days Same as above
- d. Never used smokeless tobacco Not using smokeless tobacco is a great choice. You can avoid oral cancer, tooth and gum disease, and maintain a fresh and clean mouth.
- e. I quit Not using smokeless tobacco is a great choice. You can avoid oral cancer, tooth and gum disease, and maintain a fresh and clean mouth.

Educational link:

<http://www.nlm.nih.gov/medlineplus/smokelesstobacco.html>

Q4: [ALCOHOL USE]

How many alcoholic beverages do you have during a typical day when you drink alcohol (*One drink = 12 ounces of regular beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits.*)?

- a. 5 or more Alcoholic consumption at this level on a frequent basis can harm your physical health in several ways. It may also indicate that you rely on alcohol to cope with life or may indicate a particular choice of social activities and friends. Cutting back or seeking help are both great steps you can take.
- b. 3-4 Same as above
- c. 1-2 Enjoy your beverages and drink responsibly. Moderate intake of alcohol has not been shown to be a risk factor for disease.
- d. Not applicable; I don't drink alcohol or I seldom drink alcohol. Many people choose not to drink alcohol or do so only on special occasions. Alcohol is not necessary to enjoy friends and social activities.

Educational link:

<http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Q5: [ALCOHOL USE]

How often do you typically drink five or more alcoholic drinks on one occasion (*“One occasion” refers to an event or period, when drinking exceeds one drink per hour*)?

- a. Daily Some Sailors and Marines drink heavily in the evenings or on weekends. *5 or more drinks on one occasion* on a daily basis can be very risky, either by affecting your health or contributing to an alcohol-related incident. Never participate in "chugging" or drinking games. Cutting back and seeking counseling are both great steps you can take now.
- b. Weekly Some Sailors and Marines drink heavily in the evenings or on weekends. *5 or more drinks on one occasion* on a weekly basis can be very risky, either by affecting your health or contributing to an alcohol-related incident. Never participate in "chugging" or drinking games. Cutting back and seeking counseling are both great steps you can take now.
- c. Monthly You may be drinking too heavily. *5 or more drinks at one sitting* on a monthly basis can eventually catch up with you, either by affecting your health or contributing to an alcohol-related incident (e.g., *MVA, DUI, violence, unsafe sex*). Never participate in "chugging" or drinking games. Cutting back and seeking counseling are both great steps you can take
- d. Once or twice per year Many Sailors and Marines occasionally drink more heavily than usual during celebrations or special events. Plan ahead to avoid alcohol-related incidents. DUIs will put your career in danger.
- e. Never You indicate a healthy choice not to drink heavily, even during celebrations. Sailors and Marines also look out for their 'mates and fellow Marines who have been drinking.

Educational link:

<http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Q6: [ALCOHOL USE]

How often do you drive when perhaps you've had too much to drink?

- a. Often (i.e., more than once during the past 6 months) You could be placing yourself, your passengers, other motorists, and pedestrians in danger if you drink and drive. Over 20% of all motor vehicle fatalities each year in the U.S. are caused by drunk drivers. Your body takes about an hour to get rid of each alcoholic drink in your system. Most drunk drivers mistakenly believe they can avoid accidents. Let someone else drive or call a cab
- b. Sometimes (i.e., once during the past 6 months) Same as above
- c. Rarely (i.e., not in the past 6 months, but at least once during the past year) Same as above
- d. Never (i.e., not during the past year) You are being a responsible Sailor or Marine by never driving drunk. Remember not to let your shipmates or fellow Marines drink and drive.

Educational link:

<http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Q7: [INJURY PREVENTION]

How often do you use a seat belt when you drive or ride as a passenger in a car?

- a. Always By always using your seat belt, you decrease your risk of serious injury or death after an accident by about 50%
- b. Most of the time You are exposing yourself to serious injury or death whenever you do not use seat belts. Of the more than 32,000 annual fatalities, about 54% were not using a seat belt at the time of the accident.
- c. Sometimes Same as above
- d. Rarely Same as above
- e. Never Same as above

<http://www.nhtsa.gov/Driving+Safety/>

Q8: [INJURY PREVENTION]

How often do you wear a helmet when you ride a motorcycle, all-terrain vehicle, or bicycle?

- a. Always Your use of a protective helmet provides significant protection against head injury or death. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce your risk.
- b. Most of the time You place yourself at risk for serious head injury and death whenever you ride a motorcycle, ATV, or bicycle without a helmet. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce risk.
- c. Sometimes Same as above
- d. Rarely Same as above
- e. Never Same as above
- f. Does not apply to me / I do not ride these vehicles If you ride these vehicles in the future, a helmet will provide significant protection against head injury and death. A large portion of medical, disability, and rehabilitation costs from these head injuries are paid for by the general public.

Educational link: <http://www.nhtsa.gov/Driving+Safety/>

Q9: [INJURY PREVENTION]

How often do you use the safety equipment recommended for your job (e.g., hearing and vision protection, respirators, barriers, and other safety devices)?

- a. Always You are protecting yourself against injuries and disease at your worksite by using appropriate safety equipment.
- b. Most of the time You may be exposing yourself to harmful occupational exposures that can result in injury and disease whenever you fail to use appropriate safety equipment. Safety equipment is the last line of defense when hazards cannot be eliminated or controlled.
- c. Sometimes Same as above
- d. Rarely Same as above
- e. Never Same as above

- f. Does not apply to me / None recommended If you visit work sites, encounter an environmental hazard, or work at home, use appropriate safety equipment.

Educational link: <http://www.cdc.gov/niosh/topics/safety.html>

Q10: [STRESS MANAGEMENT]

In general, how satisfied are you with your life (*e.g., work situation, social activity, relationships, accomplishing what you set out to do*)?

- a. Very satisfied You are very satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships, and social activities can all contribute to life satisfaction.
- b. Mostly satisfied Same as above
- c. Somewhat satisfied You are only somewhat satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships and social activities can all contribute to life satisfaction. Look to these sources for improving your level of satisfaction.
- d. Not satisfied You are not satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships and social activities can all contribute to life satisfaction. Look to these sources for improving your level of satisfaction.

Educational link: <http://www.nlm.nih.gov/medlineplus/stress.html>

Q 11: [STRESS MANAGEMENT]

How often do you feel that your work or personal situation is putting you under too much stress?

- a. Always Chronic stress in your work or at home may increase your risk of cardiovascular disease and impact on your personal and professional relationships. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress.
- b. Most of the time Same as above
- c. Sometimes Occasional stress in your work or at home is common. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress.
- d. Rarely When stress in your work or at home occurs, problem-solving or discussing possible solutions with someone else may help during those times.
- e. Never You may encounter stressful situations in the future, which occurs for most people. Problem-solving or discussing possible solutions with someone else may help during those times.

Educational link: <http://www.nlm.nih.gov/medlineplus/stress.html>

Q 12: [STRESS MANAGEMENT]

How often do you have someone to talk to when you're feeling lonely, depressed, angry, stressed, or in need of help?

- a. Always Expressing your feelings can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns.
- b. Most of the time Same as above
- c. Sometimes Same as above
- d. Rarely Finding someone with whom you can talk can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns. Counselors and chaplains are available to assist you.
- e. Never Same as above

Educational link: <http://www.nlm.nih.gov/medlineplus/stress.html>

Q13: [SEXUAL HEALTH]

In the past 12 months, how often did you or your partner(s) use a condom when you had sex (***Read all choices below carefully before responding***)?

- a. Not applicable. I am in a long-term relationship where we only have sex with each other / I am not sexually active People who are mutually monogamous or are not sexually active are at lowest risk for any sexually transmitted disease.
- b. Always Choosing to use a latex condom consistently and correctly each time you have sex will significantly reduce your risk of acquiring a sexually transmitted disease.
- c. **Most of the time** same as above
- d. **Sometimes** Not using a latex condom consistently and correctly each time you have sex places you at risk of acquiring a sexually transmitted disease.
- e. Rarely Same as above
- f. Never Same as above

Educational link:

[http://www.nmcphc.med.navy.mil/Healthy Living/Sexual Health/condom.as](http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/condom.aspx)

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Q14: [PHYSICAL ACTIVITY]

On average, how many weeks per month do you engage in a total of at least 150 minutes of **moderate-intensity** aerobic activity (moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. *i.e., brisk walking, swimming leisurely, or leisurely biking*) **OR** at least 75 minutes of **vigorous-intensity** aerobic activity (vigorous-intensity means you will not be able to say more than a few words without pausing for a breath, *i.e., jogging/running, swimming laps, or jumping rope*)?

- a. 4 weeks per month Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. Continue to include this type of exercise into your lifestyle.
- b. 3 weeks per month Same as above
- c. 2 weeks per month Cardiovascular (aerobic) exercise has many benefits, including giving you more energy and higher endurance; preventing many chronic diseases, like diabetes, high blood pressure, and high cholesterol; and maintaining a healthy body weight. To receive these benefits, you should strive to increase the frequency of your physical activity.
- d. 1 week per month Same as above
- e. I do not participate in aerobic training Same as above

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Q 15: [PHYSICAL ACTIVITY]

On average, how many days per week do you engage in muscle-strengthening activities that work all muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)?

- a. 4 or more days a week You routinely engage in strength training, which improves your strength, maintains lean body mass, builds strong bones, and decreases many of the risk factors associated with coronary heart disease.
- b. 3 days a week Same as above
- c. 2 days a week Same as above
- d. 1 day a week You engage in the minimal frequency for effective strength training, which can increase your strength, maintain lean body mass, and decrease many of the risk factors associated with coronary heart disease.
- e. I do not participate in strength training Routine strength training at least twice a week could help you increase your strength, maintain lean body mass, and decrease many of the risk factors associated with coronary heart disease. Appearance and ability to perform daily tasks can also be improved by strength training.

Educational link:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Q16: [NUTRITION]

How often do you usually eat high-fat foods (*e.g., fried foods; high-fat dairy products such as butter, cheese, or whole milk; regular salad dressing or mayonnaise; or packaged foods high in fats*)?

- a. At most or every meal Some dietary fat is needed for good health, but high levels of saturated fat and cholesterol in your diet may lead to excessive weight gain and cause increased blood cholesterol levels and a greater risk for heart disease and certain cancers. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats.
- b. At least once a day Same as above
- c. 3-5 times per week You may or may not be eating a large amount of high-fat foods. Some fats are essential for healthy cells and nerves, providing an energy supply, and promoting absorption of the fat-soluble vitamins A, D, E, and K. In general, select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats.
- d. 1-2 times per week You do not eat a large amount of high-fat foods. Some fats are essential for healthy cells and nerves, providing an energy supply, and promoting absorption of the fat-soluble vitamins A, D, E, and K. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats.
- e. Rarely or never Same as above

Educational link:

<http://www.cdc.gov/nutrition/everyone/basics/fat/index.html>

Q17: [NUTRITION]

About how many cups of fruit do you eat each day? (*One cup of fruit = one small piece of fruit, one cup of cut-up fruit, one cup of 100% fruit juice, or 1/2 cup of dried fruit*)

- a. Four or more The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity.
- b. Three Same as above
- c. Two Same as above
- d. One Same as above
- e. Less than one Same as above

Educational link:

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

Q18: [SUPPLEMENTS]

How often do you use over the counter (OTC) drugs, dietary supplements, or herbal products to help you manage your weight, enhance athletic performance, or treat depression?

- a. **Daily** Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk." Weekly Same as above
- b. **Weekly** Same as above
- c. **Monthly** Same as above
- d. **Seldom** Same as above
- e. **Never** Same as above

Educational link:

<http://humanperformanceresourcecenter.org/dietary-supplements>

Q19: [DENTAL]

How frequently do you floss your teeth?

- a. **Daily** You are to be commended for flossing your teeth daily. Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath.
- b. **Most days** You are to be commended for flossing your teeth on most days. Daily flossing is recommended to remove plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath.
- c. **Sometimes** Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. Try to make this activity a part of your daily personal care.
- d. **Rarely** same as above
- e. **Never** same as above

Educational link: **<http://www.ada.org/5625.aspx?currentTab=1>**

Q20: [NUTRITION]

About how many cups of vegetables do you eat each day? (*One cup of vegetables = one cup of raw or cooked vegetables, 1 cup of 100% vegetable juice, or 2 cups of raw leafy greens*)

- a. Four or more The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity.
- b. Three Same as above
- c. Two Same as above
- d. One Same as above
- e. Less than one Same as above

Educational link:

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

Q21: [SLEEP]

How often do you get enough restful sleep to function well in your job and personal life?

- a. Always People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better.
- b. Most of the time Same as above
- c. Sometimes People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better. For many people with busy schedules, it is important to set aside enough time for sleep and to avoid issues at bedtime that can interfere with sleep. Talk with your physician if you are frequently unable to achieve restful sleep.
- d. Rarely Same as above
- e. Never Same as above

<http://www.nhlbi.nih.gov/health/public/sleep/>

