



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

Surgeon General's Blue H Award Tips

Simple and Efficient
As of 10/4/2021

The Surgeon General's Health Promotion and Wellness Blue H Award is for commands who endeavor to promote health. This guide does not replace the criteria worksheets, instructions, or review sheet, but gives tips and pointers on how to promotion health and easily meet the requirements.

Overall Notes:

- Your command DOES NOT have to be a Medical Command or have a Medical Department to apply.
- All branches of the service are welcome.
- Reserve Officer Training Commands (ROTC) and Junior Reserve Officer Training Commands (JROTC) are also welcome to apply.
- It is most important commands start addressing the Blue H criteria very early in the calendar year and consistently continue to address them throughout the year. Annual plans are not required for most commands, but doing so engages the chain of command early and helps gain support. Waiting to do so until later in the calendar year can be overwhelming.

Please email [Blue H Program Manager](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-Blue-H-Manager@mail.mil) email group with questions NOT an individual. Link is:

<mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-Blue-H-Manager@mail.mil>

Criteria Notes:

Review criteria the first chance you get:

There are updates every year that reflect changes in priorities and regulations. Do not use a prior year's version.

Navy Medicine and Readiness Training Centers and Units (NMRTC/U):

NMRTU's have the option of doing their own award or joining with NMRTC. If you join with NMRTC, separate ribbons are not sent.

NMRTU's far away from parent command: If your patients cannot go to your parent command to take advantage of the resources there, plus your staff does not have the capability to supply all health promotion and wellness resources, you are allowed to use the FLEET criteria vice the MEDICAL criteria.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

Navy Reserve Units:

- Please use the FLEET criteria only, even if you are part of an NMRTC/U.
- Active Duty AND Reservists are required to be part of your total population.

Marine Corps Reserve Units:

- Use the MARINE CORPS criteria
- Active Duty AND Reservists need to be part of your total population.

Reserve Officer Training Corps: Please use the full FLEET criteria if you are Navy and the full MARINE CORPS criteria if you are Marines.

Junior Reserve Officer Training Corps: You are not required to conduct the HRA or the sexual health part of the correct criteria worksheet (see ROTC above). Changes to these criteria to meet your needs are currently in process, but may not be available until 2023.

Sign up for the Blue H Distribution List:

- Email usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-Blue-H-Manager@mail.mil
- Updates are typically sent the last week of the month. More if updates are critical. We try not to spam.
- READ THE UPDATES! Most of the questions the Blue H Team is asked were just answered in a recent update email. Check your Junk Mail to be sure you did not miss something.

Health Risk Assessment (HRA) 2.0:

Getting your command to complete the survey: This is one of the most common questions we get asked. Getting over 50% of your military and 25% of civilians to complete this can be challenging.

- Anonymity: This truly is anonymous. There are only three people at NMCPHC who have access to the full raw data. This data is purged of unnecessary personal info to create the CO report, so even if someone tried to figure out who someone was inside the reporting program, they can't. The full raw data helps us look at trends within populations and help provide products and resources to support healthy behaviors.
- CO support: This is by far one of the most precious commodities! It is important to discuss with your Commands leading officer your plans to promote health and request his/her support toward meeting the commands objectives.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

- Incentives: These are not supported by the military supply system, but studies show incentives do work. Below are ideas from many commands:
 - Time off potential. 59 minutes for civilians or 72 hours for active duty if meet criteria for gold.
 - Individually wrapped small chocolate treat when complete HRA.
 - Command pot luck if meet criteria for gold.
 - Some websites can provide some incentives, i.e. You Can Quit 2 or Own Your Limits (links under Monthly Topics below).
- Place it on the Annual Training Roster to be completed like other trainings (i.e. Active Shooter, Records Management, HRA 2.0)
- The new option to use a cell phone allows commands to do a muster before securing, have the crew grab the QR code, pull up the survey, and let the supervisor see the final “thank you” screen before they leave.

Commanding Officer Report: Review the most current HRA 2.0 CO Reporting Guide as it shows how to gain access and how to pull the report. This is updated monthly the first half of the year, every two weeks Jul-Oct and weekly Nov-Dec. We recommend starting early to get your command to complete the survey, and then check back often to see how your command is progressing.

It is helpful to review UIC's to see if someone typed in the incorrect UIC, i.e. used punctuation, an “M” or “N” at the front of the UIC, used acronym vice UIC, or other typo. These will be seen as a separate UIC and will not be included in your commands final tally. If it is obvious the UIC should be from your command, email the Blue H team and let us know. Our team does not proactively change all suspicious UIC's as we want to be sure we engage you in the process.

Monthly Topics: You will recognize the levels of health promotion from the triangle slide in the HP Basics Course online. Please know most many resources may be used at all levels, but are only listed once.

- Awareness level: This is the bottom of the pyramid and least expensive of the health promotion and wellness efforts. This is the simplest to accomplish and there are many resources on our website.
 - If you use non-government resources, please know that the Navy Judge Advocate General's office does NOT allow using any non-government source that requests donations/fees or advertises other products or services.
 - The NMCPHC toolbox website has many products available and includes links to the main pages of reputable and legal websites to use. Link is:



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

- <https://med.navy.afpims.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/Health-Promotion-Toolbox/>
- Most recommended websites:
 - Centers for Disease Control and Prevention: <https://www.cdc.gov/>
 - National Institutes of Health: <https://www.nih.gov/>
 - Human Performance Resources by CHAMP: <https://www.hprc-online.org/>
 - You Can Quit 2: <https://www.ycq2.org/>
 - Own Your Limits: <https://www.ownyourlimits.org/>
- Education level: This is the second step and can be a little more expensive than awareness level. This typically includes any class whether in-person, online, or virtual.

Resources include:

- Navy Environmental Preventive Medicine Units are available to help with regional training.
- NMCPHC has several webinars already available, has links to others, and will be creating more in the future. If your command has a specific need, let us know.
- Local NMRTC/U's get points toward Blue H to help other commands with training.

Ideas:

- Show a video during Safety Stand down or over Ships TV.
- Send link to video or class via email or Plan of the Day/Week.
- Invite guest speaker to your command.
- Intervention level: This is becoming even more available with telehealth and video conferencing. These are more focused and time intensive courses such as Tobacco Cessation, Diabetes Self-Management Training (DSMT), and Mental Health Group Therapy.

Resources:

- Mental or Behavioral Health at local NMRTC
- Tobacco cessation counseling and support at local NMRTC
- Veteran's Assistant Virtual Medical Center – online information and Avatar-to-Avatar classes (DSMT for now, more to come)



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

Correct Courses: There are only two current HP trainings you can take that will cover the requirements. These trainings are good for 10 years.

- HP Basics:
https://jkodirect.jten.mil/html/COI.xhtml?course_prefix=DHA&course_number=-US699
- HP Advanced: This course is held in person or virtually and dates can be found on the NMCPHC Training Website at <https://med.navy.afpims.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/Training/>
- Note: Course ID number NMHCI0507V2.1 is not an approved course.

Health Fairs: These are a good way to get many people or groups together to discuss program availability or topic awareness to a large group. These are best done along with another event or program going on. I.e. Safety Stand Down, challenge event, etc. Ideas for local organizations to contact that will likely have information to share or can support your efforts are:

- NMRTC/U
- Regional NEPMU
- Command or local Safety Department
- Morale Welfare and Recreation: Gyms, Events, Equipment rental, etc
- Fleet and Family Services
- Chaplain
- Mental or Behavioral Health
- Exchange/Commissary: Be sure they know this is a health focused event.
- More – this is a good list to get you started. Others may be appropriate as well.

Note: It is NOT recommended/prohibited to have organizations that sell items off base (Costco, pampered chef, etc) provide a table as this is a direct conflict of interest.

Challenges: Crews into Shape has been the classic challenge that has been used for the Blue H. However, we know that there are many challenges available that your command can use to change things up and get your command involved. If you know of a challenge, please send the information to us, so we can review, approve, and add here so others can know about it as well. Examples are 30 Day Fitness Challenges and National Walk (10,000 Step) Challenge.

This is YOUR Tips Guide

If you have a great idea, see new resources, find a new challenge, or create a new endeavor – please let us know! We will gladly update this and upload to the website for others to enjoy.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER **IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION**

The SG Blue H may be command specific, but the more we work together to promote health, the better chance our healthy behavior messages may be understood and spread.

Thank you for all you do to support our active duty and beneficiaries!