

COMMANDER NAVAL SURFACE FORCE
UNITED STATES ATLANTIC FLEET
1430 MITSCHER AVENUE
NORFOLK, VIRGINIA 23551-2494
AND
COMMANDER NAVAL SURFACE FORCE
UNITED STATES PACIFIC FLEET
2841 RENDOVA ROAD
SAN DIEGO, CALIFORNIA 92155-5490

COMNAVSURFLANTINST 6100.2B/
COMNAVSURFPACINST 6100.1B
CNSL Code N02M/CNSP Code N01M
WPC 059-96

COMNAVSURFLANT INSTRUCTION 6100.2B/COMNAVSURFPAC INSTRUCTION 6100.1B

Subj: FORCE COMMANDER ANNUAL HEALTH PROMOTION UNIT AWARD (“GREEN H”)

Encl: (1) COMNAVSURFLANT/COMNAVSURFPAC Green “H” Nomination Form

1. **Purpose.** To enhance battle readiness by promoting the health, fitness, and mental well being of the active duty Sailors of the Naval Surface Force, U.S. Atlantic Fleet (SURFLANT) and Naval Surface Force, U.S. Pacific Fleet (SURFPAC); to encourage participation in health promotion initiatives and to provide formal recognition to SURFLANT/SURFPAC units that have excelled in establishing and promoting a command conducive to health promotion.
2. **Cancellation.** COMNAVSURFLANTINST 6100.2A/COMNAVSURFPACINST 6100.1A
3. **Background.** Fifty to eighty percent of all premature deaths and illnesses in the United States are the result of unhealthy lifestyle habits, including poor diet, lack of exercise, tobacco abuse, alcohol use, and unmanaged stress. Avoidable injuries, especially to the lower back, and uncontrolled hypertension (high blood pressure) also adversely affect health. Positive changes in lifestyle and behavior can result in better health, enhanced quality of life, and improved military readiness.
4. **Eligibility.** All SURFLANT/SURFPAC units are eligible for award of the Force Commander Annual Health Promotion Unit Award (“Green H”).
5. **Awarding Period.** The qualifying period for this award will be from 1 January to 31 December of each year.
6. **Action.** The following procedures outline the nominating process:
 - a. **Commanding Officer**
 - 1) Submit a Force Commander Annual Health Promotion Unit Award nomination application, enclosure (1), by 31 January of each year to COMNAVSURFLANT or COMNAVSURFPAC via their respective immediate superior in command (ISIC). Although units need not have all of the surveyed programs in place to qualify for the subject award, all questions in Enclosure (1) need to be addressed.
 - 2) Submit health risk appraisal data to their respective TYCOM Medical Office by 31 January. Units are encouraged to review their HRA data on a quarterly basis in order to facilitate trend analysis and target health promotion efforts. The Health Enrollment Assessment Review (HEAR) is an acceptable substitute.

b. **ISICs.** Nominations will be reviewed and endorsed by the ISIC and forwarded to the respective TYCOM to arrive NLT 31 January. Ensure appropriate ceremony and delivery of Force Commander Annual Health Promotion Unit Awards to units within their respective areas of responsibility.

c. **Commander Naval Surface Force U.S. Atlantic Fleet/U.S. Pacific Fleet**

1) Appoint a board chaired by the Force Medical Officer and including appropriate wellness and health promotion subject matter experts to evaluate all nomination applications received and recommend to the Force Commander qualifying candidates for the Force Commander Annual Health Promotion Unit Award.

2) Publish message by 1 March annually announcing winners of the “Green H” for the previous year.

3) Publish message by 1 April annually containing the board’s precepts for that year’s award.

7. Units receiving the Force Commander Annual Health Promotion Unit Award are authorized upon receipt of the award to paint a green “H” on their bridge wing in accordance with COMNAVSURFLANT/COMNAVSURFPACINST 3502.2C Chapter 5, Fig. 5-2

R. P. Perry
Deputy and
Chief of Staff
COMNAVSURFLANT

S. J. Busch
Deputy and
Chief of Staff
COMNAVSURFPAC

Distribution: (COMNAVSURFLANTNOTE 5216)
25A, 26A1a, 28B1, 28D1, 28J1, 29, 30, 31, 32

Copy to:
21A1, 28A1

Distribution: (COMNAVSURFPAC) (SNDL Parts 1 and 2)
26A2 Amphibious Group PAC
26C2 Beach Group PAC
26D2 Seal team and Seal Delivery Vehicle Team and Detachment
26E2 Amphibious Unit PAC
26J2 Afloat Training Group and Detachment PAC
26S2 Mobile Technical Unit PAC
26U2 Surface Force Pacific Readiness Support Group
26V2 Expeditionary Warfare Training Group PAC
26Z2 Shore Intermediate Maintenance Activity PAC
26DD2 Mobile Diving and Salvage and Consolidated Diver Unit PAC
26FF Mine Warfare Inspection Group and Unit PAC
26GG2 Explosive Ordinance Disposal Group and Unit PAC
26QQ2 Special Warfare Group and Unit PAC
26HHH2 Fleet Command and Control Warfare Group Detachment PAC
26OOO2 NAVSURFPAC Mobile Training and Evaluation Team
28B2 Cruiser-Destroyer Group PAC
28C2 Surface Group and Force Representative PAC
28D2 Destroyer Squadron PAC
28J2 Combat Logistics Group, Squadron and Support PAC
28L2 Amphibious Squadron PAC
29A2 Guided Missile Cruiser PAC (CG) (CGN)
29C2 Coastal Patrol PAC (PC)
29E2 Destroyer PAC (DD) 963 Class
COMNAVSURFLANTINST 6100.2A
COMNAVSURFPACINST 6100.1A

29F2 Guided Missile Frigate PAC (FFG) 7 Class and Fleet Introduction Team
31A2 Amphibious Command Ship PAC (LCC)
31G2 Amphibious Transport Dock PAC (LPD)
31H2 Amphibious Assault Ship PAC (LHA) (LPH)
31I2 Dock Landing Ship PAC (LSD)
31M2 Tank Landing Ship PAC (LST)
31N2 Multi-Purpose Amphibious Assault Ship PAC (LHD)
32C2 Ammunition Ship PAC (AE)
32H2 Fast Combat Support Ship PAC (AOE)
32N2 Oiler PAC (AO)
32Q2 Replenishment Oiler PAC (AOR)
32X2 Salvage Ship (ARS)
32KK Miscellaneous Command Ship PAC (AGF)
32QQ2 Salvage and Rescue Ship PAC (ATS)
36A2 Auxiliary Repair Dry Dock PAC (AFDM) (USS STEADFAST only)
39E2 Amphibious Construction Battalion PAC
FB10 Station PAC
FB21 Amphibious Base PAC
FB34 Fleet Activities
FT43 Surface Warfare Officer School Command

Copy to:

21A2 Commander in Chief, U.S. Pacific Fleet
22A2 Fleet Commander PAC
24H2 Fleet Training Command PAC
26J2 Afloat Training Group PAC
FT24 Fleet Training Center