

Health Promotion Program Topic	Policy Guidance	Quick Links
Preventive Health Assessment	<a href="#">OPNAVINST 6120.3</a>	<a href="http://www.med.navy.mil/sites/pcola/nbhc/NasPensacola/Pages/pha.aspx">http://www.med.navy.mil/sites/pcola/nbhc/NasPensacola/Pages/pha.aspx</a> <a href="http://doni.daps.dla.mil/Directives/06000%20Medical%20and%20Dental%20">http://doni.daps.dla.mil/Directives/06000%20Medical%20and%20Dental%</a>
Physical Readiness	<a href="#">OPNAVINST 6110.1G</a> <a href="#">OPNAVINST 6100.2</a>	<a href="http://www.jag.navy.mil/documents/careers/bca.pdf">http://www.jag.navy.mil/documents/careers/bca.pdf</a> <a href="http://www.med.navy.mil/sites/nmcphc/Documents/policy-and-instruction/Governance">http://www.med.navy.mil/sites/nmcphc/Documents/policy-and-instruction/Governance</a>
Navy Nutrition and Weight Control	<a href="#">OPNAVINST 6110.1G</a> <a href="#">OPNAVINST 6100.2</a>	<a href="http://www.jag.navy.mil/documents/careers/bca.pdf">http://www.jag.navy.mil/documents/careers/bca.pdf</a> <a href="http://www.med.navy.mil/sites/nmcphc/Documents/policy">http://www.med.navy.mil/sites/nmcphc/Documents/policy</a> <a href="http://www.nutrition.gov/">http://www.nutrition.gov/</a> <a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm">http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm</a>
Tobacco Use and Policy	<a href="#">SECNAVINST 5100.13C</a>	<a href="http://www.ndri.org/ctrs/ibhr/docs/SECNAVINST%205100.13C%20Navy">http://www.ndri.org/ctrs/ibhr/docs/SECNAVINST%205100.13C%20Navy</a>
Suicide Prevention & Web-based Training	<a href="#">MILPERSMAN 4210100</a> <a href="#">OPNAVINST 6100.2</a>	<a href="http://www.public.navy.mil/bupers-npc/reference/milpersman/Pages">http://www.public.navy.mil/bupers-npc/reference/milpersman/Pages</a> <a href="http://www.med.navy.mil/sites/nmcphc/Documents/policy-and-instruct">http://www.med.navy.mil/sites/nmcphc/Documents/policy-and-instruct</a>
Navy Alcohol & Drug Abuse Prevention	<a href="#">OPNAVINST 5350.4C</a>	<a href="http://navdweb.spawar.navy.mil/">http://navdweb.spawar.navy.mil/</a> <a href="http://neds.nebt.daps.mil/5350.htm">http://neds.nebt.daps.mil/5350.htm</a>
Management of HIV	<a href="#">SECNAVINST 5300.30C</a>	<a href="http://www.bamc.amedd.army.mil/staff/research/hiv/docs/HIV%20">http://www.bamc.amedd.army.mil/staff/research/hiv/docs/HIV%20</a> <a href="http://www.cdc.gov/hiv/pubs/facts.htm">http://www.cdc.gov/hiv/pubs/facts.htm</a>
STD Prevention and Control	<a href="#">BUMED 6222.10A</a> <a href="#">SECNAVINST 5300.30C</a>	<a href="http://www.bamc.amedd.army.mil/staff/research/hiv/docs/HIV%20">http://www.bamc.amedd.army.mil/staff/research/hiv/docs/HIV%20</a> <a href="http://www.cdc.gov/std/treatment/Citation.htm">http://www.cdc.gov/std/treatment/Citation.htm</a>
Men's Health	<a href="#">OPNAVINST 6120.3</a>	<a href="http://www.menshealth.com/nmhw2/">http://www.menshealth.com/nmhw2/</a>
Women's Health	<a href="#">OPNAVINST 6120.3</a>	<a href="http://www.med.navy.mil/bumed">http://www.med.navy.mil/bumed</a>
Cholesterol Education	<a href="#">OPNAVINST 6100.2</a> <a href="#">OPNAVINST 6120.2</a>	<a href="http://www.ncbi.nlm.nih.gov/pubmed/1902309">http://www.ncbi.nlm.nih.gov/pubmed/1902309</a>
Folic Acid Promotion	<a href="#">HA Policy 98-012</a>	<a href="http://www.cdc.gov/ncbddd/folicacid/aboutus.html">http://www.cdc.gov/ncbddd/folicacid/aboutus.html</a>
Injury Prevention	<a href="#">OPNAVINST 6100.2</a>	<a href="http://www.safetycenter.navy.mil">www.safetycenter.navy.mil</a>
Cardiovascular Risk Reduction "Heart Health" and Blood Pressure Control	<a href="#">OPNAVINST 6100.2</a> <a href="#">OPNAVINST 6120.2</a>	<a href="http://www.nhlbi.nih.gov/guidelines/index.htm">http://www.nhlbi.nih.gov/guidelines/index.htm</a> <a href="http://www.nhlbi.nih.gov/health/public/heart/cho">http://www.nhlbi.nih.gov/health/public/heart/cho</a> <a href="http://www.nhlbi.nih.gov/health/pubs/index.htm">http://www.nhlbi.nih.gov/health/pubs/index.htm</a> <a href="http://cvdrisk.nhlbi.nih.gov/calculator.asp">http://cvdrisk.nhlbi.nih.gov/calculator.asp</a> <a href="http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm">http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm</a>