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Health Promotion and Wellness

Health Promotion and Wellness (HPW) Frequently Asked Questions (FAQs)

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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

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This document contains the answers to frequently asked questions for some of the products and services managed by the Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness (HPW) program. This document is not inclusive of all HPW products and services, rather the initial purpose is to address the programs that receive many inquiries from the public. Additional programs will be included in the future. The HPW FAQs were compiled with assistance from the Program Leads of the products and services included in the first iteration of this document.

Blue-H Award

Q. What is the Blue-H Award?

A. The Blue H Award is the Navy Surgeon General's Health Promotion and Wellness Award that encourages and rewards the promotion of health in Navy and Marine Corps organizations. The award is given for three varying levels of achievement: Bronze Anchor, Silver Eagle, and Gold Star.

Q. How often is the award given out?

A. The Blue-H Award is given out annually in March.

Q. Who manages the Blue-H Award?

A. The Blue-H Award is managed by the Navy and Marine Corps Public Health Center (NMCPHC) on behalf of the Navy Surgeon General (IAW BUMEDINST 6110.13A, Naval Medical Department Health Promotion Program).

Q. Who is eligible for the Blue-H Award?

A. All Navy commands and United States Marine Corps (USMC) Semper Fit Centers are eligible. There are three versions of the award: Fleet, Medical, and Semper Fit Center.

Q. What topics are assessed during the award decision process?

A. Some of the health topics assessed include alcohol and drug abuse prevention, injury prevention, nutrition, physical fitness, sexual health, psychological health like stress management and suicide prevention, tobacco cessation, and weight management.

Q. How are the winners announced?

A. Winning commands, each of which receive a pennant and annual streamer, are announced via GENADMIN message from the Navy Surgeon General and are recognized at the NMCPHC Public Health Conference held in March of each year.

Q. What is the submission deadline?

A. Submissions for the current calendar year are due to NMCPHC no later than 1 February of the following year.

Q. I would like to submit an application package, what information is required?

A. All applications must have the following three items: (1) a signed and scanned approval letter from the Commanding Officer (CO), Officer in Charge (OIC), or Semper Fit Director; (2) a completed Criteria Sheet/Application; and, (3) a completed Adobe Score sheet. All application package components can be found at the Blue-H Award website:

http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx.

Q. Where do I submit my application?

A. Applications should be emailed to the Blue-H Award project manager, Bob MacDonald, michael.r.macdonald@med.navy.mil.

Q. Where should I go for more information?

A. For more information visit the Blue-H Award website:

http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx

[lness_award.aspx](#) or contact the Blue-H Award project manager, Bob MacDonald, at michael.r.macdonald@med.navy.mil or 757-953-0974 (DSN 377).

Crews Into Shape

Q. What is the Crews Into Shape Challenge?

A. The Crews Into Shape Challenge is a four week challenge that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and other activities.

Q. What is the purpose of the Crews Into Shape Challenge?

A. The goals of the challenge are to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DOD family.

Q. What are the objectives of the Crews Into Shape Challenge?

A. The objectives of the challenge are to: eat two cups of fruit and three cups of veggies daily, conduct 30 minutes of aerobic exercise daily (or 20 minutes vigorous; or muscle-strengthening exercise), and to achieve or maintain a weight loss goal.

Q. When does the Crews Into Shape Challenge take place?

A. The four week challenge is held annually in March in conjunction with National Nutrition Month.

Q. How many members should a crew have?

A. A crew should consist of 2-10 Sailors or Marines.

Q. Who can participate in the challenge?

A. Anyone within DOD is invited to participate. This includes active duty, reservists, retirees, family members, plus civilian and contract employees.

Q. Is a weigh-in required in order to join the challenge?

A. No, a weigh-in is not required.

Q. How can I register my crew?

A. Crew Worksheet registration form can be found at the challenge website http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx. Completed forms should be emailed to michael.r.macdonald@med.navy.mil.

Q. Where should I go for more information?

A. For more information on rules and scoring, visit the Crews Into Shape Challenge website: http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx or contact the Crews Director, Bob MacDonald, at michael.r.macdonald@med.navy.mil or 757-953-0974 (DSN 377).

Sexual Health and Responsibility Program (SHARP)

Q. What is the purpose of SHARP?

A. SHARP promotes and protects the sexual health of the Department of the Navy (DoN) population to support mission readiness and accomplishment, minimize avoidable health care costs and personnel losses, prevent morbidity and mortality, and support quality of life.

Q. Where can I find DOD sexual health policies?

A. Policies dealing with sexual health can be found at http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/military_std_policy.aspx.

Q. Is SHARP training available?

A. SHARP training can be found at http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/instruct_req.aspx. SHARP

training is designed to increase the competence and confidence of people who will speak with Sailors, Marines, and family members about sexual health and responsibility. The goal is to provide no-cost training that includes distance learning for educators, instructors and speakers and also specialized training for healthcare providers and counselors.

Q. Where can I find more information on SHARP?

A. For more information visit the SHARP website at http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/sharp_main.aspx.

ShipShape Weight Management Program

Q. What is ShipShape?

A. ShipShape is an eight week program that reflects the current state of knowledge on weight loss. The program presents a healthy and permanent approach to weight loss and is designed for all adults who are overweight. It is specifically designed to assist active duty members in meeting DoN body composition standards. However, it is also an appropriate intervention for family members and retirees who exceed healthy body weight or have weight-related health problems. The program provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight.

Q. How can I participate in the program?

A. Active Duty Personnel interested in participating in the ShipShape program during duty hours or those who are enrolled in the Fitness Enhancement Program must obtain a recommendation and referral from their CO or OIC through their Command Fitness Leader (CFL). The CFL is responsible for tracking attendance of command-referred personnel through The Physical Readiness Information Management System PRIMS).

Q. Where can I find more information on ShipShape?

A. For further information regarding the ShipShape program, contact the Health Promotion Department at your local military treatment facility (MTF). General questions can be emailed to the ShipShape Program Coordinator at shipshape@nehc.mar.med.navy.mil or call (757) 953-0962 (DSN 377). You can also visit the ShipShape website at

[http://www.nmcphc.med.navy.mil/Healthy Living/Weight Management/shipshape overview.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Weight_Management/shipshape_overview.aspx).