



## BLUE H:

### NAVY SURGEON GENERAL'S HEALTH PROMOTION AND WELLNESS AWARD

The Blue H - Navy Surgeon General's Health Promotion and Wellness Award, guides, encourages and rewards the promotion of health in Navy and Marine Corps organizations. This annual award is available at three levels – Bronze Anchor, Silver Eagle and Gold Star.

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

Quantifiable and specific, the award criteria provide clear direction for building and strengthening a well-rounded Health Promotion Program. Blue H data may be sorted by TYCOM, analyzed to determine health trends, measure return on investment and focus future health promotion efforts.

All Navy and Marine Corps commands and USMC Semper Fit Centers are eligible. There are four versions of the award criteria - Fleet, Marine Corps Command, Medical and Semper Fit Center.

- The **Fleet** version is used by all non-medical Navy commands, ship, shore, active duty and reserve. This version recognizes excellence in workplace primary prevention policies, activities and outcomes.
- The **Marine Corps Command** version is used by all non-medical USMC commands, active duty and reserve. This version recognizes excellence in workplace primary prevention policies, activities and outcomes.
- The **Medical** version is used by active duty medical treatment facilities and recognizes excellence in clinical primary prevention, community health promotion and medical staff health in Navy medical organizations.
- The **Semper Fit** Center version recognizes excellence in community-level primary prevention conducted for USMC populations.

The health topics assessed include **responsible drinking; injury and violence-free living; healthy eating; active living; reproductive and sexual health; psychological health; tobacco free living; and weight management.**

The Blue H incorporates workplace-level information about the state of staff/crew health from the **NMCPHC Workplace Health Risk Assessment**, available in web-based and stand-alone versions.

Winning commands receive a pennant and annual streamer and are announced via GENADMIN message from the Navy Surgeon General. Submissions are due to NMCPHC not later than 1 February for the previous calendar year.

See the Blue H website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>  
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