

Personnel - General
FORT HOOD HEALTH PROMOTION PROGRAM

HISTORY. This is the first printing of this regulation.

APPLICABILITY. This regulation is applicable to all units and tenant activities assigned to Headquarters, III Corps and Fort Hood.

INTERIM CHANGES. Interim changes to this regulation are not official unless they are authenticated by the Directorate of Information Management (DOIM). Users will destroy interim changes on their expiration dates unless sooner superseded or rescinded.

SUGGESTED IMPROVEMENTS. The proponent of this regulation is Corps Surgeon. Users are invited to send comments and suggested improvements to the Commander, III Corps and Fort Hood, ATTN: AFZF-MD, Fort Hood, Texas 76544-5056.

OVERVIEW

		<u>1</u>
Purpose	This regulation outlines policies, guidance, and procedures for implementation of the Fort Hood Health Promotion Program (HPP).	<u>1a</u>
References	References are listed in Appendix A.	<u>1b</u>
Abbreviations and Explanation Terms	Abbreviations and explanation of terms are listed in the glossary.	<u>1c</u>
General	<p>The HPP is both a Department of Defense (DOD) and Department of the Army (DA) program whose goal is to maximize readiness, and combat efficiency and work performance.</p> <ul style="list-style-type: none">• Objectives include enhanced quality of life for<ul style="list-style-type: none">• soldiers,• Department of the Army Civilians (DAC)• Appropriated Fund (AF), and• Nonappropriated Fund (NAF) employees.• Operationally, health promotion includes<ul style="list-style-type: none">• tobacco use prevention and cessation,• physical conditioning,• nutrition management,• alcohol and drug prevention, and• early identification of high blood pressure and elevated cholesterol levels. <p>Lifestyles and behaviors impact on readiness.</p>	

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General
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The target population of the HPP extends beyond the active duty soldier.

The status of wellness of DACs, Reserve Component soldiers, and family members all impact upon soldiers' abilities, and preparation for assumption of combat missions or Army missions in operations other than war (OOTW).

- Installation goals include
 - increased awareness concerning the benefits of healthy lifestyles by members of the Army community,
 - maximum participation by the Total Army Family, and
 - evaluation of the effectiveness of HPPs.

1d

RESPONSIBILITIES

2

Installation
Commander

The Installation Commander will:

- Ensure the development of an integrated, comprehensive HPP.
- Serve as Chairperson of the Installation Health Promotion Council (HPC), and appoint membership appropriate to advise and coordinate the activities of the council.
- Ensure that the HPC's purpose, goals, and objectives are well publicized throughout the command.
- Ensure that the program is evaluated for effectiveness and efficiency.

2a

Commander,
USA Medical
Activity
(MEDDAC)

The Commander, MEDDAC, Fort Hood, will:

- Serve as principal medical advisor to the Installation Commander regarding medical and psychiatric aspects of health promotion.
- Provide personnel and equipment to administer and interpret Health Risk Appraisal Assessment (HRAA).
- Establish a MEDDAC HPC to address issues specific to health promotion within Darnall Army Community Hospital (DACH).
- Ensure that HRAA is a habitual part of inprocessing of all personnel to the installation.

2b

Directorate of
Contracting
(DCA)

The DCA will:

- Serve with the MEDDAC Commander as principal advisor to the Installation Commander regarding the Army Health Promotion.
- Coordinate HPC meetings on a semiannual, or more frequent basis, as directed by the Installation Commander.
- Appoint a Fit-to-Win Coordinator.

2c

Commander,
USA Dental
Activity
(DENTAC)

The Commander, DENTAC, will:

- Serve as principal dental advisor to the Installation Commander, to include the conduct of annual evaluations and advise the commanders about the oral health status of their soldiers.
- Conduct initiatives to increase overall dental fitness and readiness of soldiers, reduce the incidence of dental disease within the community, identify community members in need of dental care, and direct them to sources of appropriate care.

2d

Public
Affairs Officer
(PAO)

The PAO will furnish health and fitness information in the Fort Hood Sentinel and other media on specific events identified by the HPC chairperson or subcommittee chairpersons.

- Information provided should be of interest to the widest number of persons and will relate to the areas of physical readiness, lifestyles, substance abuse, and oral health.

2e

All
Commanders

All commanders will:

- Encourage soldiers, DACs, and family members to practice lifestyles which promote healthful physical, emotional, and spiritual states of being.
- Enhance unit readiness and maximize resources by implementing the Fit-to-Win Program within units.
- Initiate measures within units to prevent suicide and to reduce the impact on survivors of successful suicides.
- Deglamorize the use of alcohol and all tobacco products.
- Fully support dental initiatives to ensure that all soldiers remain in state of dental readiness.
- Ensure that all soldiers and family members understand use of the Army's dental insurance plan for family members.
- Ensure that all soldiers receive a HRAA during inprocessing, or every three years, as appropriate.

2f

Fort Hood
Health
Promotion
Council
(HPC)

The HPC is established to advise the Installation Commander and will:

- promote information about health and fitness issues affecting the installation, and
- make recommendations for resolution of the problems.
- The principal tasks of the HPC will include
 - Develop a plan for a HPP based on the needs of the Fort Hood community.
 - Identify existing health promotion programs available on the installation.
 - Integrate MEDDAC programs with other health promotion activities.
 - Utilize Health Risk Assessment Program (HRAP) results to assess effectiveness of available programs and determine health and wellness needs of the community.
 - Identify resources and recommend allocation of resources toward program needs.
 - Provide guidance and support for steering committees.
 - Develop a comprehensive marketing plan based on identified community needs.

2g

HPC
Membership

Membership will include, but is not limited to,

- Commander, MEDDAC
- Commander, DENTAC
- III Corps Surgeon
- Command Sergeant Major (CSM), III Corps
- Representatives of Major Subordinate Commanders (MSC)
- Representatives of Tenant Organizations
- Installation Chaplain
- PAO
- Civilian Personnel Director
- Chief, Community Mental Health Services
- Community Health Nurse, MEDDAC
- Preventive Medicine Officer, MEDDAC
- DCA
- Safety Officer
- Chief, Community Recreation Division
- Alcohol and Drug Control Officer
- III Corps GI NCOIC of Master Fitness Trainers
- Fit-to-Win Coordinator
- Chief, Nutrition Care Division, MEDDAC
- Installation Retirement Services Officer

2h

Steering
Committees

Steering committees shall be established to perform the work of, and carry out directives of, the HPC, and consist of

- Physical Readiness
- Lifestyle, and
- Substance Abuse.

Committee members shall be appointed by the III Corps Chief of Staff.

Committees will be responsible to the HPC to address issues, problems, and initiatives within respective areas of responsibility, as defined

- Physical Readiness Steering Committee is
 - chaired by the III Corps Surgeon or designated representative,
 - responsible for physical fitness, weight control, dental, and nutritional components.
- Substance Abuse Steering Committee is
 - chaired by the Alcohol and Drug Control Program Officer or a designated representative
 - responsible for anti-tobacco programs, alcohol, drug, and other substance abuse components.

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Steering
Committees
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- Lifestyle Steering Committee is
 - chaired by the MEDDAC Commander, or a designated representative,
 - responsible for stress management programs, hypertension detection and treatment, suicide prevention, and spiritual fitness components, and
 - considers the safety issues that bear heavily on off-duty community lifestyle.

Each steering committee will:

- Develop program strategies specific to the areas of responsibility based upon community needs identified by the HPC.
- Coordinate and provide programs designed to meet specific identified needs.
- Provide written and oral progress and status reports to the HPC at each meeting.

2i

Procedures

The health promotion process begins with the screening and assessment of individuals, primarily by means of the Health Risk Appraisal (HRA).

- At Fort Hood, HRAs are done during inprocessing to the installation, and at three-year intervals thereafter.
- Self-referral is the primary means of access for family members, civilian employees, and retirees.
- HRAs should be made generally available during special events such as Health Fairs and Retiree Days.
- Installation HRA results shall be compared periodically with DA compiled results to assess progress toward established goals.

2k

APPENDIX A
REFERENCES

DOD

DOD Directive 1010.10 Health Promotion

Army Regulations

AR 40-66 Medical Record and Quality Assurance Administration
AR 40-501 Standards of Medical Fitness
AR 600-63 Army Health Promotion

DA Pamphlets

DA Pam 600-63-1 DA Promotional Brochure for Fit to Win Program
DA Pam 600-63-2 Commander's Guide for Fit to Win Program
DA Pam 600-63-3 Marketing Module for Fit to Win Program
DA Pam 600-63-4 Individual Assessment for Fit to Win Program
DA Pam 600-63-5 Physician Conditioning for Fit to Win Program
DA Pam 600-63-6 Nutrition/Weight Control for Fit to Win Program
DA Pam 600-63-7 Anti-tobacco Module for Fit to Win Program
DA Pam 600-63-8 Substance Abuse Prevention for Fit to Win Program
DA Pam 600-63-9 Hypertension Module for Fit to Win Program
DA Pam 600-63-10 Stress Management Module for Fit to Win Program
DA Pam 600-63-11 Dental Health Module for Fit to Win Program
DA Pam 600-63-12 Spiritual Fitness Module for Fit to Win Program
DA Pam 600-63-13 Procedures Guide for Fit to Win Program

MEDCOM Reg

US MEDCOM MEDCOM Support of the Army Health Promotion Program
Reg 40-27

GLOSSARY

AF	appropriated funds
CSM	Command Sergeant Major
DA	Department of the Army
DAC	Department of the Army Civilian
DCA	Directorate of Community Activities
DENTAC	Dental Activity
DOD	Department of Defense
DOIM	Directorate of Information Management
HRA	Health Risk Appraisal
HPC	Health Promotion Council
HPP	Health Promotion Program
HRAA	Health Risk Appraisal Assessment
HRAP	Health Risk Assessment Program
MEDDAC	Medical Department Activity
NAF	nonappropriated funds
NCOIC	Noncommissioned Officer in Charge
OOTW	operations other than war
PAO	Public Affairs Officer

The proponent for this regulation is the Corps Surgeon.

FOR THE COMMANDER:



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