



DEPARTMENT OF THE NAVY
COMMANDER MILITARY SEALIFT COMMAND
914 CHARLES MORRIS CT SE
WASHINGTON NAVY YARD DC 20398-5540

REFER TO:

COMSCINST 6100.3
N14
18 September 2000

COMSC INSTRUCTION 6100.3

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

Encl: (1) COMSC Green “H” Nomination Form (MSC 6100/1)

1. Purpose. To enhance readiness by promoting the health, fitness and mental well-being of the active duty sailors and civilian mariners of the Military Sealift Command (MSC). To encourage participation in health promotion initiatives and to provide formal recognition to MSC units that have excelled in establishing and promoting a command conducive to health promotion.

2. 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 readiness.

3. Eligibility. All MSC units are eligible for award of the Commanders Annual Health Promotion Unit Award (“Green H”).

4. Awarding Period. The qualifying period for this award will be from 1 January to 31 December of each year.

5. Action. The following procedures outline the nominating process:

a. Commanding Officer

(1) Submit a Commanders Annual Health Promotion Unit Award nomination application, enclosure (1), by 31 December of each year to COMSC (N14) via their Area Commanders. 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.

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(2) Submit Health Risk Appraisal (HRA) summary report to their respective Medical Office East/West by 31 December. Units are encouraged to review their HRA data on a quarterly basis in order to facilitate trend analysis and target health promotion efforts.

b. Area Commanders. Nominations will be reviewed and endorsed by the Area Commander and forwarded to COMSC (N14) to arrive not later than 15 January. Area Commanders will also ensure that appropriate ceremony and delivery of Commanders Annual Health Promotion Unit Awards to units within their respective areas of responsibility take place.

c. Commander, Military Sealift Command

(1) Appoint a board chaired by the Force Medical Officer. The board shall include wellness and health promotion subject matter experts to evaluate all nomination packages received and recommend to the Commander qualifying candidates for the Commanders Annual Health Promotion Unit Award.

(2) Annually publish message by mid-February, announcing winners of the "Green H" for the previous year.

(3) Annually publish message by 1 April, containing the precepts of the board for that year's award.

d. Winning Units. Units receiving the Commanders Annual Health Promotion Unit Award are authorized, upon receipt of the award, to paint a green "H" on their bridge wing.

6. Forms. An electronic version of MSC 6100/1 is available by forwarding a request to cheryl.miller@msc.navy.mil or nancy.barr@msc.navy.mil.

"Signed"
G. S. HOLDER

Distribution:
(See page 3)

Distribution:

COMSCINST 5215.5

List I (Case A, B, C)

SNDL 41B (MSC Area Commanders)
41C (NFAF East/West)
41D (MSC Offices)
41E (APMC)
41J (OICMILDEPTs)
41K (COMAPSRON FOUR)
41L (COMPSRONs)
41M (TAGOS Project Office & Det)
T-100 (Masters, civil service manned ships)

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SNDL T-102 (Masters & Operators, FSS)
T-103 (Masters & Operators, TAGOS)
T-104 (Masters & Operators, MPS)
T-105 (Masters & Operators, LMSRs)
T-106 (Masters & Operators, Prepo)

MILITARY SEALIFT COMMAND GREEN "H" NOMINATION FORM FOR CALENDAR YEAR _____

DEMOGRAPHICS/POC		
COMMAND	HULL NO./SHORE	TOTAL CREW
HEALTH PROMOTION COORDINATOR (HPC)		HPC RANK
HPC PHONE	HPC FAX	HPC E-MAIL
COMMAND SUPPORT		
	YES	NO
Does your Command have a Health Promotion Instruction/SOP?	<input type="checkbox"/>	<input type="checkbox"/>
Has your Command HPC had formal training?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, formal training attended:		
Does your Command have a Health Promotion Committee?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, list members' primary job.		
COMMAND GOALS		
What were your health promotion goals for the past year?		
What activities did you undertake to accomplish these goals?		
How did you measure the effectiveness of these goals?		
PHYSICAL READINESS <i>(If applicable)</i>		
	Spring PRT Cycle	Fall PRT Cycle
# of PRT Failures		
# Out of Standards		
# Placed on Remedial PRT		

HEALTH RISK APPRAISAL					
Assessment method/tool:					
Number of assessments completed:					
Does your command have a formal means of crew education/counseling and monitoring the following health promotion areas?					
	YES	NO		YES	NO
Hypertension	<input type="checkbox"/>	<input type="checkbox"/>	Anger/Stress Management	<input type="checkbox"/>	<input type="checkbox"/>
Substance Abuse	<input type="checkbox"/>	<input type="checkbox"/>	Suicide Awareness/Prevention	<input type="checkbox"/>	<input type="checkbox"/>
Sexually Transmitted Diseases	<input type="checkbox"/>	<input type="checkbox"/>	Pastoral Care Services	<input type="checkbox"/>	<input type="checkbox"/>
Injury Prevention	<input type="checkbox"/>	<input type="checkbox"/>	Nutrition (See Note 1)	<input type="checkbox"/>	<input type="checkbox"/>
Tobacco Cessation	<input type="checkbox"/>	<input type="checkbox"/>	(Note 1: Scores from nutrition related elements of unit's last LMA will be consulted (if applicable).)		
If yes for Tobacco Cessation:					
• What type of program:					
• # of participants?					
• # of successful quitters:					
BEST PRACTICE					
Describe a specific program your command has in place that could be instituted MSC-wide to better the health of our civilian employees and sailors.					