DEPARTMENT OF THE NAVY
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IN REPLY REFER TO:

JAG/CNLSCINST 6100
Code 60
NOV 17 2011

JAG/COMNAVLEGSVCCOM INSTRUCTION 6100

From: Judge Advocate General
Commander, Naval Legal Service Command

Subj: HEALTH AND WELLNESS PROMOTION PROGRAM

Ref: (a) OPNAVINST 6110.1J
(b) OPNAVINST 6100.2A
(c) SECNAVINST 5100.13E
(d) DoD Directive 1010.10
(e) DON Civilian Human Resources Manual, Subchapter 792.4
(f) SECNAVINST 5300.28D

1. Purpose. To establish a comprehensive Health Promotion Program that encourages healthy lifestyles and increases organization and individual readiness as required by references (a) through (f).

2. This is a new instruction and should be read in its entirety.

3. Scope. The Health Promotion Program serves to enhance mission readiness, unit performance and the health and fitness of all personnel within the Office of the Judge Advocate General (OJAG) and Naval Legal Service Command (NLSC), to include active and reserve personnel, family members and federal civilian employees. Access to certain health and wellness promotion programs by reserve Navy personnel, family members and federal civilian employees may be limited by statute, Department of Defense (DoD) or Department of the Navy (DON) regulations.

4. Background. An optimum level of health and wellness among JAG Corps personnel and their families supports fleet and mission readiness. Individuals who make unhealthy lifestyle choices reduce overall medical and dental readiness, thus hindering mission accomplishment. When properly applied, health promotion principles foster operational readiness, physical wellness and emotional well being.

5. Policy. OJAG and NLSC support a holistic approach to overall wellness via exercise, nutrition, weight control, tobacco cessation, prevention of alcohol abuse, and health and wellness education. The JAG Corps is committed to aggressively supporting the achievement of the Navy's Health and Wellness Promotion Program by advancing a culture within OJAG and NLSC that values health and fitness and empowers individuals and commands to actualize those values and achieve optimal health.

6. Objectives

a. Place emphasis on awareness, education, motivation, and intervention activities and training for each of the required health and wellness elements included in the Navy's Health and Wellness Promotion Program:

(1) Drug Abuse and Prevention and Control

(2) Alcohol Abuse Prevention and Control

(3) Tobacco Use Prevention and Control

(4) Overweight and Obesity Elimination and Nutrition Education

(5) Sedentary Lifestyle Elimination and Physical Fitness Promotion

(6) Injury and Illness Prevention

(7) Sexual Health and Sexual Responsibility

(8) Suicide Prevention and Stress/Anger Management

(9) Interpersonal Violence Reduction

(10) Physical Readiness Program

b. All military personnel shall meet minimum physical fitness standards for continued Naval service, as outlined in reference (a).

c. Seek opportunities to coordinate with other military organizations and commands to eliminate duplication of effort in the achievement of the Navy's Health and Wellness Promotion Program objectives and goals.

7. Responsibilities

a. OJAG Division Directors and NLSC Commanding Officers are responsible and accountable for the physical readiness of their personnel and shall establish and maintain an effective year-round physical readiness program. Division Directors and Commanding Officers shall ensure physical training (PT) is a part of a regular routine for all members unless medically restricted. Physical fitness shall be integrated into the workweek, consistent with mission and operational requirements. Participation in at least three moderately intense PT sessions per week, either as part of a command group PT session or individual workout, for a minimum of 50 minutes each session, shall be maintained.

b. Consistent with reference (b), OJAG Division Directors and NLSC Commanding Officers shall have an integrated approach to health and wellness that offers promotion and risk reduction intervention best suited to the needs of their respective organization. This program may include, but is not limited, to the following:

(1) Physical Fitness and Sports. The Command Fitness Leader (CFL) will coordinate athletic activities among the command's staff based on identified needs and resources. This may include organized lunchtime and after work activities.

(2) Tobacco Cessation Program. Military Treatment Facilities (MTFs) and Fleet and Family Service Centers (FFSCs) provide current tobacco use information, cessation encouragement and professional assistance to those wishing to stop using tobacco. Where professional assistance is not immediately available, or when such assistance is beyond the capability of the facility, the Health Promotion Program Officer will work with the MTF and FSSC to obtain a referral for the member for further assistance as outlined in reference (d).

(3) Substance Abuse Prevention. The Health Promotion Program Officer shall work closely with the Substance Abuse and Rehabilitation Program (SARP) office to ensure integration of the total substance abuse prevention and control program, per reference (c).

(4) Injury Prevention. The Navy and Marine Corps Public Health Center (NMCPHC) serves as a primary injury prevention resource for the DON. Its mission is to reduce the incidence and severity of injuries.

(5) Stress Management. Stress Management programs are offered through FFSCs and self-help programs are available online at the NMCPHC website.

(6) Hypertension Screening. Hypertension Screening is conducted yearly with the Navy Periodic Health Assessment (PHA) and through Dental Screening.

(7) Nutrition Counseling. ShipShape is an evidence based, behavioral health program specifically designed for members who exceed Body Composition Assessment standards. This program meets weekly for approximately one-hour in a group setting. Topics include basic nutrition, stress management, physical activity, and behavior modification to promote lifestyle changes that support healthy eating and activity. The CFL liaises with the MTF Health Promotion Director and refers members to ShipShape as needed. After successful program completion, CFLs must record completion in the Physical Readiness Management System.

(8) Sexual Health and Responsibility Program. The DON's Sexual Health and Responsibility Program (SHARP) promotes and protects sexual health of the 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. The Health Promotion Program Officer will work with the SHARP program to provide important information to command members.

(9) Health Screening. The Fleet and Marine Corps Health Risk Assessment assess the lifestyle risk behaviors of individuals as part of the annual physical health assessment, worksite wellness program and other community health activities.

c. More information on the aforementioned programs can be found at the NMCPHC website, http://www.nmcphc.med.navy.mil/healthy_living.

8. Action

a. OJAG Division Directors and NLSC Commanding Officers shall implement and adhere to all administrative requirements contained in references (a) through (f), to include but not limited to establishing physical fitness remediation and enhancement programs, appropriately reflecting physical readiness status in fitness reports and evaluations, and

initiation of administrative and medical processing of all personnel who are unable to meet and maintain standards.

b. OJAG Division Directors and NLSC Commanding Officers will monitor the physical readiness of military personnel in their division or command on a semi-annual basis.

c. All senior leaders, including senior enlisted leaders, will ensure that all members fully support the policy and programs of this instruction.

9. All OJAG and NLSC personnel are ultimately responsible for their own lifestyle choices and physical readiness and shall become familiar with the Health and Wellness Promotion Program policies, objectives and assistance resources.

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