COMMANDER NAVAL SURFACE FORCE
UNITED STATES ATLANTIC FLEET
1430 MITSCHER AVENUE
NORFOLK, VIRGINIA 23551-2494
AND
COMMANDER NAVAL SURFACE FORCE
UNITED STATES PACIFIC FLEET
2841 RENDOVA ROAD
SAN DIEGO, CALIFORNIA 92155-5490

COMNAVSURFLANTINST 6100.2B/
COMNAVSURFPACINST 6100.1B
CNSL Code N02M/CNSP Code N01M
WPC 059-96
25 JUL 00

COMNAVSURFLANT INSTRUCTION 6100.2B/COMNAVSURFPAC INSTRUCTION 6100.1B

Subj: FORCE COMMANDER ANNUAL HEALTH PROMOTION UNIT AWARD ("GREEN H")

Encl: (1) COMNAVSURFLANT/COMNAVSURFPAC Green "H" Nomination Form

1. **Purpose**. To enhance battle readiness by promoting the health, fitness, and mental well being of the active duty Sailors of the Naval Surface Force, U.S. Atlantic Fleet (SURFLANT) and Naval Surface Force, U.S. Pacific Fleet (SURFPAC); to encourage participation in health promotion initiatives and to provide formal recognition to SURFLANT/SURFPAC units that have excelled in establishing and promoting a command conducive to health promotion.

2. **Cancellation**. COMNAVSURFLANTINST 6100.2A/COMNAVSURFPACINST 6100.1A

3. **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 military readiness.

4. **Eligibility**. All SURFLANT/SURFPAC units are eligible for award of the Force Commander Annual Health Promotion Unit Award ("Green H").

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

6. **Action**. The following procedures outline the nominating process:

a. **Commanding Officer**

(1) Submit a Force Commander Annual Health Promotion Unit Award nomination application, enclosure (1), by 31 January of each year to COMNAVSURFLANT or COMNAVSURFPAC via their respective immediate superior in command (ISIC). 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.

(2) Submit health risk appraisal data to their respective TYCOM Medical Office by 31 January. Units are encouraged to review their HRA data on a quarterly basis in order to facilitate trend analysis and target health promotion efforts. The Health Enrollment Assessment Review (HEAR) is an acceptable substitute.

b. **ISICs**. Nominations will be reviewed and endorsed by the ISIC and forwarded to the respective TYCOM to arrive NLT 31 January. Ensure appropriate ceremony and delivery of Force Commander Annual Health Promotion Unit Awards to units within their respective areas of responsibility.

c. **Commander Naval Surface Force U.S. Atlantic Fleet/U.S. Pacific Fleet**

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

(2) Publish message by 1 March annually announcing winners of the "Green H" for the previous year.

(3) Publish message by 1 April annually containing the board's precepts for that year's award.

7. Units receiving the Force Commander Annual Health Promotion Unit Award are authorized upon receipt of the award to paint a green "H" on their bridge wing in accordance with COMNAVSURFLANT/ COMNAVSURFPACINST 3502.2C Chapter 5, Fig. 5-2

S. S. BUSCH
Deputy and
Chief of Staff
COMNAVSURFPAC

R. P. PERRY
Deputy and
Chief of Staff
COMNAVSURFLANT

Distribution: (COMNAVSURFLANTNOTE 5216)
25A, 26A1a, 28B1, 28D1, 28J1, 29, 30, 31, 32

Copy to:
21A1, 28A1

Distribution: (COMNAVSURFPAC) (SNDL Parts 1 and 2)

26A2	Amphibious Group PAC
26C2	Beach Group PAC
26D2	Seal team and Seal Delivery Vehicle Team and Detachment
26E2	Amphibious Unit PAC
26J2	Afloat Training Group and Detachment PAC
26S2	Mobile Technical Unit PAC
26U2	Surface Force Pacific Readiness Support Group
26V2	Expeditionary Warfare Training Group PAC
26Z2	Shore Intermediate Maintenance Activity PAC
26DD2	Mobile Diving and Salvage and Consolidated Diver Unit PAC
26FF	Mine Warfare Inspection Group and Unit PAC
26GG2	Explosive Ordinance Disposal Group and Unit PAC
26QQ2	Special Warfare Group and Unit PAC
26HHH2	Fleet Command and Control Warfare Group Detachment PAC
26OOO2	NAVSURFPAC Mobile Training and Evaluation Team
28B2	Cruiser-Destroyer Group PAC
28C2	Surface Group and Force Representative PAC
28D2	Destroyer Squadron PAC
28J2	Combat Logistics Group, Squadron and Support PAC
28L2	Amphibious Squadron PAC
29A2	Guided Missile Cruiser PAC (CG) (CGN)
29C2	Coastal Patrol PAC (PC)
29E2	Destroyer PAC (DD) 963 Class

COMNAVSURFLANTINST 6100.2A
COMNAVSURFPACINST 6100.1A

29F2	Guided Missile Frigate PAC (FFG) 7 Class and Fleet Introduction Team
31A2	Amphibious Command Ship PAC (LCC)
31G2	Amphibious Transport Dock PAC (LPD)
31H2	Amphibious Assault Ship PAC (LHA) (LPH)
31I2	Dock Landing Ship PAC (LSD)
31M2	Tank Landing Ship PAC (LST)
31N2	Multi-Purpose Amphibious Assault Ship PAC (LHD)
32C2	Ammunition Ship PAC (AE)
32H2	Fast Combat Support Ship PAC (AOE)
32N2	Oiler PAC (AO)
32Q2	Replenishment Oiler PAC (AOR)
32X2	Salvage Ship (ARS)
32KK	Miscellaneous Command Ship PAC (AGF)
32QQ2	Salvage and Rescue Ship PAC (ATS)
36A2	Auxiliary Repair Dry Dock PAC (AFDM) (USS STEADFAST only)
39E2	Amphibious Construction Battalion PAC
FB10	Station PAC
FB21	Amphibious Base PAC
FB34	Fleet Activities
FT43	Surface Warfare Officer School Command

Copy to:

21A2	Commander in Chief, U.S. Pacific Fleet
22A2	Fleet Commander PAC
24H2	Fleet Training Command PAC
26J2	Afloat Training Group PAC
FT24	Fleet Training Center

COMNAVSURFLANT/COMNAVSURFPAC
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 Email

Command Support

	Yes/No
Does your Command have a Health Promotion Instruction/SOP?	
Has your Command HPC had formal training?	
If yes, formal training attended:	
Does your Command have a Health Promotion Committee?	
If yes, list member's 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

	Spring PFA Cycle	Fall PFA Cycle
# of PFA Failures:		
# out of Standards:		

Health Risk Appraisal

Assessment method/tool:	
Number of crew with assessments completed:	

Wellness Program

Does your command have a formal means of crew education/counseling and monitoring the following wellness programs?

Program	Yes/No
Hypertension	
Anger/Stress Management	
Substance Abuse	
Suicide Awareness/Prevention	
Sexually Transmitted Diseases	
Pastoral Care Services	
Injury Prevention	
Men's/Women's Health	
Nutrition (Note 1)	
Tobacco Cessation	

If Yes for Tobacco Cessation:	What type of program:	
	# of participants:	
	# successful quitters:	

Note 1: NAVSUP cycle menu review scores based on the standards published in the P-486 will be consulted.

Dental Readiness

Dental readiness will be determined from quarterly readiness data received by Fleet/Force Dental as reported to local Dental Clinics (IDC ships) and Force Dental (ships with Dental Departments). Per SECNAVINST 6600.5, minimum standard for dental readiness is 85 percent.

Best Practice

Describe a specific program your command has in place that could be instituted fleet wide to better the health of our sailors and marines.