

What is Health Promotion?

A healthy, fit and injury free Coast Guard workforce is critical to support optimal operational readiness. The purpose of the CG Health Promotion Program is to strengthen and enhance mission performance by providing policies, programs, education, direct services and other resources to Coast Guard members and their families. By educating and promoting positive health habits, the Health Promotion Program will help to ensure that Coast Guard men and women are well trained and have a variety of tools necessary to be a versatile and fit workforce.

It is the Commandant's policy that the Coast Guard encourages an environment that supports the health of its people. Command leadership is expected to support the health of its unit members by creating a work environment that allows members to routinely engage in healthy lifestyle practices. The following resources are available for guidance.

Health Promotion Resources

- *Headquarters Program Managers*
Develop policy guidelines for the program from the Headquarters level.
- *Regional Health Promotion Managers (HPMs)*
Subject matter experts stationed throughout the Integrated and Headquarters Support Commands responsible for implementing the program in the field.
- *Unit Health Promotion Coordinator (UHPC)*
A command designated active duty member who is trained by the HP program to act as a liaison between the Regional HPM and the unit.
- *Health Promotion Manual*
(COMDTINST M6200.1A)
- *Weight Management Self-Help Guide*
(COMDTINST P6200.3)
- *Weight and Physical Fitness Standards for Military Personnel* (COMDTINST M1020.8G)

Headquarters and Regional Contacts

HEADQUARTERS, CG-1111

Health Promotion Division Chief
Ms. Stephanie Zidek-Chandler (202-475-5145)

Health Promotion Program Manager
Ms. Aimee Labrecque (202-475-5153)

Health Promotion Program Manager
LT Tim Merrell (202-475-5146)

HEALTH PROMOTION MANAGERS

ISC ALAMEDA
Dan Blaettler
(510-437-2736)

ISC CLEVELAND
Rhea Daniels
(216-902-6354)

ISC HONOLULU
Jessica Dung
(808-842-2088)

ISC ST. LOUIS
Dean Gingerich
(314-269-2347)

ISC NEW ORLEANS
Brad Welch
(504-253-6370)
Michelle Murray
(504-253-6371)

ISC MIAMI
Melissa Ross
(305-278-6664)
Vacant
(305-278-6672)

ISC SAN PEDRO
Cynthia Castlellon
(310-732-7581)

ISC KETCHIKAN
Nancy Henry
(907-463-2126)

ISC KODIAK
Jody Carman
(907-487-5525)

ISC BOSTON
Yvette Lillge
(617-223-3244)

ISC PORTSMOUTH
Jeanett Torrens
(757-686-4031)
Sarah Froberg
(757-686-4093)

ISC SEATTLE
Barbara Herry
(206-217-6614)

HEADQUARTERS SUPPORT COMMAND
Stephen Timbal
(202-374-4085)

TRAINING CENTER CAPE MAY
Steven Harrell
(609-898-6886)

Coast Guard Health Promotion Program



Health Promotion Programs

Weight Management

Maintaining a healthy body weight requires a lifelong commitment to regular exercise, a healthy diet and effective stress management. As a military service, compliance with weight standards is also a critical element of optimal mission performance. The Health Promotion Program supports the Coast Guard Weight and Body Fat Standards Program Manual (COMDTINST M1020.8G) and seeks to help members achieve and maintain a healthy body weight for fitness and disease prevention. Regional HPMs can assist active duty and civilian members by designing an effective weight management plan that can meet the demands of their busy schedules. Members are also encouraged to seek out their Unit Health Promotion Coordinators for additional guidance and support.



Physical Fitness

Physical fitness and activity is an essential component of good health and each Coast Guard member should be engaged in a regular exercise program that is supported by their senior leadership. Health Promotion Managers can assist members in becoming more active by:

- Creating customized individual exercise plans
- Developing unit physical fitness programs
- Administering fitness assessments
- Maintaining a library of exercise resources

Each active duty member is entitled to a minimum of three hours per week for exercise during the work day. Civilians are encouraged to discuss their personal exercise programs with their supervisor.

Tobacco Cessation

Tobacco use is the leading cause of preventable death in the United States today. Addiction to tobacco substances remains a primary health concern for the Coast Guard, raising health care costs, reducing productivity and mission readiness. The Coast Guard now offers a free, service-wide tobacco cessation program with free Nicotine Replacement Therapy. **The Mayo Clinic Tobacco Quitline for the Coast Guard** is a telephonic counseling program which allows Coast Guard active duty, family members, reservists and civilians a convenient and private way to access the critical care and assistance needed to successfully quit using tobacco products. Accessing this service is easy. Simply call the number below and begin your journey to a tobacco free life.

MAYO CLINIC TOBACCO QUITLINE NUMBER
1-888-642-5566

Stress Management

While stress is a normal factor in everyday living, excessive amounts of it can have a very negative impact on your health. Specifically, unmanaged stress can sidetrack your other healthy behaviors including exercise and a healthy diet and contribute to a decrease in your productivity. The health promotion program can assist members with identifying and managing the stress in their lives. Regional HPMs maintain a variety of stress management resources and can provide unit training to enhance stress coping skills.

Don't forget to check out the Health Promotion program's online newsletter, "The Healthy Scoop"

www.personalbest.com/onlineedition

Login: uscghealth



Nutrition

The Health Promotion Program, with the support of the Food Service Program, can provide important nutrition and dietary guidance for maintaining optimal health and weight. Through dietary analysis, galley visits and All Hands training, Regional Health Promotion Managers can assist Coast Guard members with making improvements in their diets and nutritional choices. Nutrition is an essential component of good health and can contribute to a decreased risk for many chronic diseases.



Health Risk Assessments

Assessing current health status is the first step in understanding health habits and potential risks. The Coast Guard's health risk assessment tool, The Personal Wellness Profile (PWP), is designed to help members identify their current health risks and offer suggestions for ways to improve their lifestyle. The PWP combines a comprehensive health history, clinical screenings and physical fitness assessments to determine a member's overall health. The PWP can be administered on an individual level or to an entire unit and the results are always confidential. Ask your UHPC or Regional HPM to schedule you for an assessment today!

...and more...

In addition to these services, the Health Promotion program also offers cholesterol screening, body fat testing, injury and disease prevention training. Refer to the back of this brochure for a complete contact list and contact your Health Promotion Manager today.