

# 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.

## HEALTH PROMOTION RESOURCES

**CG SUPRT Health and Wellness Coaching:**  
1-855-247-8778 Partner with a free and confidential health coach to work towards your personal wellness goals.

**Human Performance Resource Center (HPRC):**  
<http://hprc-online.org/> Information is available on a variety of health subjects such as nutrition and exercise.

### Health Promotion Manual

◆ COMDTINST M6200.1

Weight and Body Fat Standards Program

◆ COMDTINST M1020.8G

# Headquarters and Regional Contacts

## HEADQUARTERS, CG-1111

*Behavioral Health Services Division*  
Chief CDR Elizabeth Fielder  
202-372-1599

*Health Promotion Program Manager*  
Mr. Tim Merrell 202-475-5146

# Coast Guard Health Promotion Program



Commandant (CG-1111)  
Health, Safety & Work-Life  
Office of Work-Life

[www.useg.mil/worklife](http://www.useg.mil/worklife)



Health, Safety & Work-Life

# 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 Weight and Physical Fitness for Military Personnel Policy (COMDTINST M1020.8) and seeks to help members achieve and maintain a healthy body weight for fitness and disease prevention. The program can assist active duty and civilian members by recommending effective weight management resources that can meet the demands of their busy schedules.

## 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. CG-111 resource page offers the following:

- ◆ 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 Commandant supports a tobacco-free environment through explicit policy guidelines. Members are encouraged to sign up for the UCANQUIT2.

## 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.

## Health Risk Assessments

Assessing your current health status is the first step in understanding health habits and potential risks. The Health Risk Assessment is required by all Active Duty Members. Contact your primary care provider on ways to improve your health.

# 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.

CG-111 suggests many web sites to help analysis your diet so you can make the best choice. Nutrition is an essential component of good health and can contribute to a decreased risk for many chronic diseases.

“Choosing Healthy Options Wisely” (CHOW) is an assessment tool that Unit Commands can use to evaluate galley, vending machine, Exchange, MWR-sponsored food services, and commercial food service offerings to evaluate healthy nutritional options. The CHOW Assessment can be found on the CG-111 website ([www.uscg.mil/worklife](http://www.uscg.mil/worklife)).

