

## Helpful Websites:

- [www.Hooah4Health.com](http://www.Hooah4Health.com)
- [www.carlisle.army.mil/apfri](http://www.carlisle.army.mil/apfri)
- [chppm-www.apgea.army.mil](http://chppm-www.apgea.army.mil)
- [www.tricare.osd.mil](http://www.tricare.osd.mil)

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## California Army National Guard Medical Detachment

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## Health Intervention & Promotion Program



California Army National Guard  
Medical Detachment



We Don't Make the Soldier...  
We Make the Soldier Better.

Tel: 562-795-1010

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## Program Overview

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### **Mission:**

To improve the overall health and wellness of Army National Guard Soldiers

### **Goal:**

Implement a health promotion program at the unit level that will provide interventions in areas that are defined as present or potential problems of soldier wellness utilizing the tenets of Hooah4Health of Body, Mind, Spirit, and Environment.

### **Objectives:**

- Obtain baseline health-related data of individual soldiers
- Identify specific health-related areas of improvement for individual soldiers
- Develop a prescriptive health program for each participating soldier
- Identify health resources for each participating soldier
- Provide regular assessments and feedback of soldier's progress

### **Who Can Participate:**

Any soldier within the California Army National Guard

### **Assessment:**

Soldier completes health needs assessment tool that is utilized to identify areas for improvement

### **Problem Identification:**

Areas identified and agreed upon for improvement will become the focus of individualized goals

### **Interventions:**

Enhanced education and changes in behavior and actions taken that focus upon improving health

### **Evaluation:**

Periodic review of soldier progress, at 6 month intervals, that determines attainment of goals or need for modification of interventions that is performed at the unit level

# Your Personal Profile

Date: \_\_\_\_\_ Age \_\_\_\_\_

Current Medications: \_\_\_\_\_

Total Cholesterol \_\_\_\_\_

(normal is less than 200 mg/dL)

LDL \_\_\_\_\_ HDL \_\_\_\_\_

Triglycerides \_\_\_\_\_

Blood Sugar \_\_\_\_\_ fasting

(normal is between 70 mg/dL and 110 mg/dL)

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

BMI \_\_\_\_\_

Dental Class \_\_\_\_\_

PT Score \_\_\_\_\_

Raw Scores

Push Ups \_\_\_\_\_ Sit Ups \_\_\_\_\_

Run \_\_\_\_\_

## Lifestyle & Health Behaviors

Circle **1** or **2** areas in your daily life that you would like to improve

- Health & Hygiene
- Tobacco Use
- Alcohol Intake
- Exercise & Recreation
- Stress & Relaxation
- Nutrition
- Safety

## Personal Goals

List **2** achievable goals that you would like to attain within the next 12 months:

- 1) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Interventions

With the assistance of your HIPP Leader, identify 4 actions (2 for each goal) that you will take to accomplish your personal goals.

- 1) \_\_\_\_\_  
\_\_\_\_\_
- 2) \_\_\_\_\_  
\_\_\_\_\_
- 3) \_\_\_\_\_  
\_\_\_\_\_
- 4) \_\_\_\_\_  
\_\_\_\_\_

## Evaluations

6 months: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12 months: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18 months: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Tips for a Healthier Life

- Avoid tobacco
- Avoid excessive use of alcohol
- Find effective ways to relieve stress
- Wear sunscreen of at least 15 SPF when outdoors
- Drink at least 8 glasses of water a day
- Avoid fast food and foods high in fat
- Eat 5 servings of fruits and vegetables a day
- Exercise regularly
- Always wear a seatbelt when in a moving vehicle
- Brush and floss your teeth
- Perform monthly self-examinations
- Schedule regular dental and medical check-ups
- Practice safe sexual habits

## Age & Gender Specific Recommendations

### 18-39 years

Men

- Monthly testicular self-examinations

Women

- Monthly breast self-examinations
- Pap smears as indicated by your provider

### 40-55 years and older

Men & Women

- Screening for colon cancer
- Cardiac Screening

Men

- Monthly testicular self-examinations
- Prostate examination

Women

- Monthly breast self-examinations
- Pap smears and mammograms