COMSC INSTRUCTION 6100.4

Subj: HEALTH PROMOTION PROGRAM

Ref: (a) DOD Directive 1010.10 of 11 Mar 86
(b) OPNAVINST 6100.2
(c) BUMEDINST 6110.13
(d) OCPMINST 12792.4

1. Purpose. To implement the Health Promotion Program of the Military Sealift Command (MSC).

2. Background. According to references (a) through (c), half of all deaths and illness in the United States relate directly to unhealthy lifestyle habits, primarily poor diet, lack of exercise, alcohol abuse, smoking and unmanaged stress. The goal of the Health Promotion Program is to improve and maintain the highest levels of unit readiness by identifying and minimizing health risks and disabilities. MSC will strive to achieve this goal through a comprehensive Health Promotion Program available to all personnel. The program is a multifaceted compilation of organizational, social, educational and health care interventions designed to improve or protect health.

3. Policy. It is MSC policy to maximize employee work performance by implementing a program to provide each staff member the opportunity to assess his or her own health status, become knowledgeable in healthy lifestyle habits and establish behaviors which improve or protect health. To effect this policy, MSC will:

a. Establish a multi-disciplinary Health Promotion Committee. The committee shall consist of the Health Promotion Director, Command Fitness Coordinator, Drug and Alcohol Program Advisor, Force Medical Officer, Command Training Coordinator, Safety Officer, Environmental Health Officer (Specialist) and any interested representative from each department.

b. Conduct a comprehensive Health Promotion Program to include, but not necessarily be limited to:

(2) Physical fitness and sports

(3) Nutritional education and weight/cholesterol control

(4) Stress management and suicide prevention

(5) Alcohol/drug abuse prevention and control

(6) Hypertension screening, education and control

(7) Back injury prevention

c. Encourage all MSC personnel to pursue a high level of personal fitness and well-being through command-sponsored health promotion initiatives including smoking cessation, weight control, blood pressure screenings and counseling referral. Physical fitness training during working hours shall be in accordance with the following:

(1) Military personnel are expected to meet established standards of physical fitness and body weight as delineated in reference (c). Military members assigned to this command are authorized 1 hour per workday, exclusive of meal periods, to pursue an optimal level of fitness through a personal exercise program involving aerobic, strength conditioning and flexibility exercises.

(2) MSC civilian personnel, including civilian mariners (CIVMARS) assigned to MSC, are encouraged to pursue an optimal level of physical fitness/general well-being, and are authorized 3 hours a week (non-cumulative) duty time, when requested by the employee and approved by the supervisor, for physical conditioning and participation in command health promotion initiatives. These hours are non-transferable from week to week and include all related activities including exercise equipment preparation, changing clothes, showering, etc. Per reference (d), duty time allotted for conditioning may be "matched" with additional non-duty exercise time as part of civilian employee's exercise programs.

d. "MSC civilian personnel" means all civilians employed by MSC that report either directly or indirectly to the Commander, Military Sealift Command.

4. Responsibilities

a. MSC Area Commanders, shall appoint a Health Promotion Director and Health Promotions Committee.

(1) Coordinate a comprehensive, systematic approach to health promotion through need-based health promotion initiatives developed through ongoing interactions with Health Promotion Committee members.

(2) Act as liaison and/or facilitator between MSC and community health resources or agencies for issues related to the health of MSC personnel.

(3) Assist with the activities of the Command Fitness Coordinator.

(4) Serve as the Chair of the MSC Health Promotion Committee.

(5) Assist Medical Service Officers (MSO) with implementation of shipboard health promotion activities and initiatives.

c. Health Promotion Committee members shall:

(1) Attend (or send an alternate to) the scheduled monthly Health Promotion Committee meetings and those called by the Chairman.

(2) Serve as liaisons between their department and the committee for ongoing, two-way communication concerning the health promotion activities conducted at MSC.

(3) Actively assist/participate in developing, executing, and assessing health promotion initiatives conducted at the command.

d. Supervisors shall:

(1) Ensure employees are allowed to participate in personal conditioning programs at a level commensurate with workload and staffing requirements.

(2) Administratively adjudicate Federal Employee's Compensation Act claims filed by civilian employees injured as a result of an approved physical conditioning program in accordance with reference (d) and other applicable directives.

e. Individuals shall submit their exercise plan, to include when they intend to utilize their allowable time, to their supervisor for approval prior to participating in an exercise program.

members in enjoying and maintaining a healthy lifestyle.

/S/
G. S. HOLDER

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