

## Health Promotion Resources

Each Integrated Support Command (ISC) and the Headquarters Support Command (HSC) have a Health Promotion Manager (HPM) available to assist you with your local Health Promotion (HP) Program. At the unit level a designated Health Promotion Coordinator (HPC) is responsible for coordinating the unit HP Program and can assist members in adopting healthier behaviors.

You can contact your local Health Promotion Manager at your Regional Work-Life Staff Office. To contact the Work-Life Staff closest to you, call **1-800-872-4957**, followed by the extension listed next to the following **ISC locations**:

<i>Alameda</i>	(252) Mr. Dan Blaettler
<i>Boston *</i>	(301) Ms. Yvette Lillge
<i>Cleveland</i>	(309) Ms. Elizabeth Harton
<i>Honolulu</i>	(314) Ms. Jessica Dung
<i>Ketchikan</i>	(317) Ms. Stephanie Zidek-Chandler
<i>Kodiak</i>	(563) Mr. Steve O'Brien
<i>Miami</i>	(307) Ms. Melissa Ross, Ms. Angela Wagner
<i>Mid-Atlantic</i>	(932) Vacant
<i>New Orleans</i>	(308) Mr. Brad Welch, Ms. Michelle Murray
<i>Portsmouth</i>	(305) Ms. Sarah Mowchan, Ms. Jeanett Skinner-Williams
<i>San Pedro</i>	(311) Dr. John "Bud" Clay
<i>Seattle</i>	(313) Ms. Barbara Herry
<i>St. Louis</i>	(302) Mr. Dean Gingerich

\* *Boston HPM located in Health & Safety Division/Clinic*



12/18/2001

## Coast Guard Policy on Time Off for Physical Fitness and Wellness Enhancing Activities

### Active Duty Members

All commands, except afloat and administratively limited units, **shall** provide all members time during normal working hours to participate in scheduled wellness activities on a voluntary basis; provide all members a **minimum** of three hours per week during working hours, operations permitting, (excluding units operating on tropical hours) for voluntary participation in physical fitness enhancing activities; afloat and administratively limited units are highly encouraged to implement the above items. For administratively limited units the requirements will be met by the next larger unit in their chain of command.

### Civilian Employees

For civilian employees, it is Coast Guard policy to accommodate prescheduled adjustments to the start and end times of the work day to allow non-duty participation time for recurring physical fitness activities. For employees not working on a compressed work schedule, changes to the lunch hour may also be made. These adjustments should be made in accordance with local policies taking into consideration core hours designations, union obligations, and any premium pay considerations.

Civilian employees taking part in a one-time or occasional programs which are of short duration may be granted excused absences. Examples of an occasional program are: an officially sponsored federal fitness day event, an agency sponsored health screening, a fitness center orientation, or a tobacco cessation program consisting of several brief classes.

Source: COMDTINST M6200.1 (series)

## U. S. Coast Guard Health Promotion Program



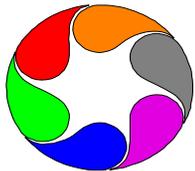
COMDT (G-WKW-1)  
USCG Headquarters  
Room 6320  
2100 Second Street, S.W.  
Washington, D.C. 20593  
Phone (202) 267-6263  
Fax (202) 267-4798

[Http://cgweb.comdt.uscg.mil/hq/g-w/g-wk/g-wkw/worklife/health\\_division.htm](http://cgweb.comdt.uscg.mil/hq/g-w/g-wk/g-wkw/worklife/health_division.htm)

# Health Promotion in the Coast Guard

## Is Your Life Anchored in Health?

The USCG Health Promotion Program, formerly the Wellness Program, contributes to optimal mission performance by supporting the health of all its members through education, training, and services. These health promotion services are offered *free of charge* to uniformed members, their families, and CG civilian employees. Established in 1991, the Health Promotion Program encourages the *voluntary* adoption of lifestyle changes which improve overall health and well-being.



Wellness is a state of optimal health and vitality, encompassing physical, emotional, intellectual, spiritual, interpersonal/social & environmental well-being.

Health Promotion is the process of helping people achieve optimal wellness through adoption of healthier lifestyle behaviors.

## Program Elements



Nutrition

Weight Management

Physical Fitness

Tobacco Cessation

Stress Management

Personal Wellness Profiles

Prevention of Diseases and Injuries

Alcohol and Drug Abuse Prevention

Health Education Resources



## Services

Personal Wellness Profile

Fitness Assessment

Cholesterol Screening

Blood Pressure Screening

Body Composition Analysis

Nutritional Analysis

Stress Map Stress Management



Weight Management Guidance

Tobacco Cessation Classes

Healthy Menu Planning

Alcohol & Drug Prevention Training

Health Promotion Seminars

Command/Individual Health Promotion Consultations

Healthy Lifestyle Motivational Lectures