



UNITED STATES MARINE CORPS

3D MARINE DIVISION (-) (REIN)

UNIT 35801

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3D MARINE DIVISION
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DivO 6200.1

SFC/G4

21 JAN 1998

DIVISION ORDER 6200.1

From: Commanding General
To: Distribution List

Subj: HEALTH PROMOTION PROGRAM: SEMPER FIT

Ref: (a) SECNAVINST 6100.5
(b) MCO 6200.4

Encl: (1) Semper Fit Goals and Objectives
(2) Duties of Semper Fit Coordinator
(3) Resources Available to Assist Semper Fit Coordinators/
Officers

1. Purpose. To establish a Semper Fit program within the 3d Marine Division in order to promote improved health, encourage healthy lifestyles, increase productivity, reduce medical requirements, and achieve greater combat readiness. The objectives of this program are specifically identified in enclosure (1).

2. Background. The Marine Corps, in general, and the Division, in particular, have a responsibility to Marines, Sailors, and civilians to establish, encourage, and maintain a high state of health and combat readiness. References (a) and (b) provide broad guidelines and an institutional framework for the initiation of this program. Semper Fit is a program that combines both education and training with organizational involvement to improve and protect health.

3. Intent. To provide Marines and Sailors with information and training which will help them make mature, responsible lifestyle improvements.

4. Division Objectives. The following are the Division's Semper Fit objectives. These are organizational goals in addition to the program objectives listed in enclosure (1):

a. Reduce the use of tobacco products.

b. Minimize the incidence of injuries in the workspace due to unsafe environments and/or poor body mechanics.

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- c. Provide ready access for all Marines and Sailors to comprehensive nutrition information and tobacco cessation training.
- d. Provide alternative methods and opportunities for all Marines and Sailors to deal with stress in their lives.
- e. Provide annual training for all Marines and Sailors on suicide awareness.
- f. Eliminate all alcohol and substance abuse.
- g. Raise awareness levels of the injurious effects of hypertension.
- h. Prevent Sexually Transmitted Diseases (STDs) and Human Immune Deficiency Virus (HIV) infections.

5. Program Requirements. Through extensive and thorough training and education, a more healthy environment can be realistically achieved. However, individual, as well as organizational, motivation and commitment are essential to insure significant advances are made in the overall level of fitness of all our Marines and Sailors. This is primarily accomplished through leaders at all levels setting the example for their charges and ensuring proper vigor is applied to the scheduling and presentation of the program instruction. The following additional guidelines are provided.

a. All Division units must provide at least one hour of instruction annually for all Marines and Sailors on suicide awareness, STD/HIV prevention, and alcohol/substance abuse prevention and control. This is a three hour total requirement.

b. An additional three hours of training drawn from the following suggested topics will be determined by the commander based on unit needs and schedule during the calendar year. This three hours will include one hour each on any three of the following topics:

- (1) Tobacco Use Cessation
- (2) Physical Fitness
- (3) Injury Prevention
- (4) Stress Management
- (5) Nutrition Management
- (6) Hypertension Control

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6. Reports. There are no formal reports required for this program. However, all training conducted will be recorded properly in Individual Training Records (ITRs). Lesson plans, class rosters, and ITRs will be inspected annually during the Commanding General's Functional Area Inspection (FAI) for training. This is an area that will also be evaluated during Headquarters Marine Corps Inspector General (IGMC) visits.

7. Action

a. Assistant Chief of Staff, G-3. Ensure training is being conducted in accordance with this Order and reference (b).

b. Assistant Chief of Staff, G-4. The AC/S, G-4 is designated as the Semper Fit Coordinator (SFC) for this Division. Responsibilities include:

(1) Coordinate the activities of the Division Surgeon/Medical Section, the AC/S, G-3, the Division Chaplain, and Morale, Welfare, and Recreation as necessary to support this program.

(2) Provide lesson plans for each organization within the Division.

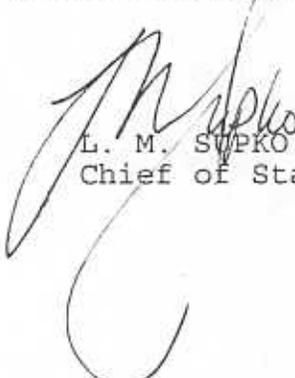
(3) Ensure information concerning nutrition and nutrition management is provided to all Marines and Sailors in the mess halls.

(4) Create increased awareness throughout the command by working through the public affairs office and unit S-4s to aggressively publicize the benefits of the Semper Fit Program.

c. Commanding Officers:

(1) Assign in writing a Semper Fit Organizer. This individual must be either an officer or staff noncommissioned officer.

(2) Conduct an aggressive unit program that accomplishes the annual training requirements, promotes a healthy work and living environment for all, and incorporates innovative ideas and initiatives that focus on improving the overall fitness of Marines and Sailors.


L. M. SUPKO
Chief of Staff

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SEMPER FIT GOALS AND OBJECTIVES

1. The Marine Corps Semper Fit Program objectives are based on health objectives adopted from the Department of Health and Human Services Healthy People 2000 Program. The areas addressed are: tobacco use prevention and cessation, physical fitness and sports, injury prevention, nutrition education, stress management, suicide awareness, alcohol and substance abuse prevention, hypertension screening/education and control, and STD/HIV prevention.
2. The main source of information to determine progress toward goals and objectives will be the Department of Defense (DoD) Survey of Health Related Behaviors Among Military Personnel. This survey is conducted approximately every three years and is designed to establish baseline data to assess progress toward selected Healthy People 2000 objectives for active duty military personnel. Any reference to the survey in this enclosure will refer to the DoD Survey of Health Related Behaviors Among Military Personnel only. Participation in this survey is completely voluntary and the names of participants are kept confidential.
3. The focus of health promotion in the Marine Corps will be on continuous improvement above and beyond those goals set in the healthy People 2000 Program. However, the objectives listed below are those determined for the Marine Corps to achieve by the year 2000. Updated and improved goals and objectives will be promulgated as future DoD surveys determine progress.
4. Goals and Objectives
 - a. Tobacco Use Prevention and Cessation
 - (1) Goal. Reduce tobacco use.
 - (2) Objectives:
 - (a) Increase to 80 percent the number of Marines who report on the survey that they are non-smokers.
 - (b) Increase to 90 percent the number of Marines who report on the survey than they do not use smokeless tobacco.
 - b. Physical Fitness
 - (1) Goal. Increase physical fitness.
 - (2) Objective. Implement a Physical Conditioning Program (PCP) that requires a minimum of three hours of physical activities

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per week that promotes the development and maintenance of cardiorespiratory/muscular fitness.

c. Injury Prevention

(1) Goal. Reduce injuries.

(2) Objective. Reduce work related injuries resulting in hospitalization to less than three cases per 100 personnel.

d. Nutrition Education

(1) Goal. Reduce cholesterol levels.

(2) Objective. Reduce, by six percent, the number of Marines who report on the survey that they have been told by a health professional that they had high cholesterol.

e. Stress Management

(1) Goal. Reduce productivity loss due to stress.

(2) Objective. Increase, to more than 75 percent, the number of Marines who report on the survey that they experienced no decrease in job performance due to stress at work or in the family.

f. Suicide Awareness

(1) Goal. Decrease suicides.

(2) Objective. Reduce the average Marine Corps suicide rate to less than 15 per 100,000 personnel.

g. Alcohol and Substance Abuse Awareness

(1) Goal. Reduce alcohol abuse.

(2) Objectives:

(a) Reduce to 15 percent the number of Marines who report on the survey that they are heavy drinkers (defined as consuming five or more drinks per occasion each week).

(b) Decrease to 12 percent the number of Marines who report on the survey that their job performance was affected due to alcohol consumption (i.e. leaving work or late for work due to a hangover, lack of concentration due to intoxication, etc.).

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h. Hypertension

(1) Goal. Decrease hypertension.

(2) Objectives:

(a) Increase to 100 percent the number of Marines who report on the survey the results of their blood pressure checks within the past two years.

(b) Reduce to eight percent the number of Marines who report that they have been told by a health professional that their blood pressure was high.

i. STD and HIV Prevention

(1) Goal. Reduce the occurrence of STDs and HIV.

(2) Objectives:

(a) Increase to 75 percent the number of sexually active unmarried Marines who report on the survey the use of condoms.

(b) Reduce the average incidence of new Marine HIV cases to less than 31 cases annually.

(c) Decrease to 18 percent the number of Marines who report on the survey that they have had a sexually transmitted disease in their lifetime.

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DUTIES OF THE SEMPER FIT COORDINATOR

1. The command Semper Fit Coordinator shall be assigned in writing. In addition, the billet does not require an officer to fill the duties. Duties can be determined by each command, however, a basic guideline of coordinator duties are as follows:
 - a. Advise the commander on all matters pertaining to health promotion and wellness.
 - b. Prepare and provide standardized educational material for unit level training in each of the areas specified in the Order.
 - c. Form a command committee of key personnel whose agencies/areas are a part of Semper Fit responsibility, (i.e., Substance Abuse Counseling Center, Morale, Welfare, and Recreation, Family Service Centers, Medical Treatment Facilities, etc.)
 - d. Assist in providing administration and logistics support for Semper Fit training/events.
 - e. Educate personnel on the elements of Semper Fit.
 - f. Maintain contact with members of the local Semper Fit network to include: MTF, SACC, FSC, Chaplains, safety managers, lower echelon coordinators, and MWR offices.
 - g. Ensure compliance and assistance from all members of the Semper Fit network.
 - h. Keep the commander abreast of all training requirements and completions.
 - i. Oversee the development of command programs for involvement of Marines, family members, and civilian personnel.
 - j. Provide training to those coordinators assigned at lower echelons on the aspects and functioning of the Semper Fit Program.
 - k. Identify immediate, intermediate, and long-range needs of the command in order to reach goals set by this order in enclosure (1).

ENCLOSURE (2)

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RESOURCES AVAILABLE TO ASSIST
SEMPER FIT COORDINATORS/OFFICERS

AGENCY	CONTRIBUTION TO SEMPER FIT
Medical Treatment Facilities	blood pressure checks/training; nutrition information; smoking cessation programs; stress management; suicide awareness information; suicide evaluations
Family Service Centers	stress management classes; suicide awareness information; family counseling information; post suicide assistance information
Red Cross	HIV/STD awareness and prevention information & training; smoking cessation information
Morale Welfare & Recreation	coordination of local sports and recreation; funding and marketing of command sponsored events and promotions; assistance in providing availability of installation equipment/facilities for events, promotions, and training
Public Affairs Office	promotion and publicity of Semper Fit
Chaplain	suicide awareness assistance, training, and education; stress management education
Substance Abuse Counseling Center	alcohol and substance abuse prevention, training, assistance, and treatment
Safety Office/Semper Care	injury prevention; mishap prevention

ENCLOSURE (3)