



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND



MEMORANDUM FOR ALL AFRC PERSONNEL

FROM: HQ AFRC/CD
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SUBJECT: 2018 Health Related Behaviors Survey (HRBS)

1. The Department of Defense has asked the RAND Corporation and Westat, independent research organizations, to conduct the 2018 DoD Health Related Behaviors Survey (HRBS). This survey is being conducted with randomly selected military members from all Service branches and all components.
2. The 2018 HRBS asks about health-related behaviors such as exercise, mental health, substance use and other health issues related to readiness. Some of the questions are personal. To protect your privacy, the survey is confidential. DoD, the Air Force, and your chain of command will not know whether you complete the survey or not. Only RAND and Westat will be able to identify who has completed a survey and they will not provide any data to DoD or the Air force that is linked to your name, other personal identifiers, or your military records.
3. The RAND Corporation and Westat will send you instructions via mail and email for accessing and completing the 2018 HRBS if you are randomly selected to participate. The survey will take about 20-25 minutes to finish. It can be completed on the web using a government computer during duty hours or a home computer with Internet access. You may also complete the survey on a mobile device, such as smartphone or tablet.
4. Your participation in the 2018 HRBS is critical to assessing health-related readiness and for making program and policy decisions that sustain a healthy and ready force. Although your participation in the survey is entirely voluntary, I hope you will choose to support this vital effort by responding promptly if you are asked.
5. Thank you in advance for your time and assistance in this important effort.

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RICHARD W. SCOBEE
Major General, USAF
Deputy Commander