



**NATIONAL GUARD BUREAU**  
1636 DEFENSE PENTAGON  
WASHINGTON DC 20301-1636

NGB-ZA

JUL 27 2010

**MEMORANDUM FOR** The Adjutants General of all States, Puerto Rico, the US Virgin Islands, Guam, and the Commanding General of the District of Columbia

**SUBJECT:** Encouraging Participation in the Survey of Health Related Behaviors among Reserve Component (RC) Personnel

1. I strongly support and encourage participation in the Department of Defense (DoD) ongoing Lifestyle Assessment Program. As part of this program, DoD will conduct the Survey of Health Related Behaviors (HRB) among RC Personnel. The HRB survey is a critical tool used to identify and track health-related trends and high-risk groups, to target groups and lifestyle factors for intervention, and to evaluate and recommend DoD health-related programs and policies.
2. DoD has administered this survey to Active Duty personnel since 1980. Due to the increased role of the RC in recent years, they realized the need to provide us with similar information to drive and support the health-related needs of our personnel. DoD completed the first Guard and Reserve HRB in 2006.
3. Contractors from DoD will administer the HRB survey from August through December 2010. Planning for this survey has already begun. If one of your units was selected for participation in this survey, I ask that you support it and ensure participation to the greatest extent possible. This survey is critical in helping us understand the health-related readiness of our force and in helping DoD shape programs and policies for the benefit of the National Guard.
4. The Air National Guard point of contact is Col Gretchen Dunkelberger, ANG Assistant to the 59th MDW/CC at (207) 337-1055 or via email, [gretchen.dunkelberger@lackland.af.mil](mailto:gretchen.dunkelberger@lackland.af.mil). The Army National Guard point of contact for this survey is LTC Ashleah Bechtel at (703) 601-7600 (DSN 327) or via email, [ashleah.becht@us.army.mil](mailto:ashleah.becht@us.army.mil).



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