



UNITED STATES MARINE CORPS

MARINE CORPS AIR STATION
AND
2d MARINE AIRCRAFT WING
U.S. MARINE CORPS FORCES, ATLANTIC
CHERRY POINT, NORTH CAROLINA 28533

ASO 6200.4
MCAS ADJ
2D MAW G-3
14 JUL 1998

AIR STATION ORDER 6200.4 w/Ch 1

From: Commanding General, MCAS, Cherry Point
Commanding General, 2d Marine Aircraft Wing

To: Distribution List

Subj: SEMPER FIT HEALTH PROMOTION PROGRAM

Ref: (a) MCO 6200.4A
(b) WHITE LETTER NO. 06-97

Encl: (1) Duties of the Semper Fit Officer
(2) Semper Fit Supporting Agencies
(3) Guide for Semper Fit Annual Training
(4) Semper Fit ^{Council} ~~Committee~~ Members
~~(5) MCAS Cherry Point Semper Fit Council~~

1. Purpose. To establish the Semper Fit Program for Marine Corps Air Station, Cherry Point (MCAS CHERPT) and 2d Marine Aircraft Wing (2D MAW) units and identify primary supporting agencies to support commanders in accomplishing the goals and objectives set forth in this Order and the references.

2. Background. Semper Fit was established by reference (a). A commander's responsibility to his/her personnel to provide education and a means to maintain a high state of health and military readiness is paramount for our future success. The Semper Fit Program provides our Marines, Sailors and civilians the tools to achieve and maintain positive lifestyle changes. These positive lifestyle and behavioral changes should result in optimal health, enhance the quality of life and improve the combat readiness state for each command.

3. Commandant's Intent. A change is sought in Marine Corps culture. Surveys show that tobacco use and excessive alcohol consumption are widespread in our Corps. These and other unhealthy lifestyle choices undermine and weaken the most precious asset we have, our Marines. We require a Marine Corps environment which will foster peak performance through maximum wellness; an "ultimate health and fitness club" which serves to maintain the "ultimate weapon," the U.S. Marine. Leaders at all levels are tasked to shape our Marine Corps culture through education and personal example and by implementing the letter and spirit of reference (a).

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4. Commander's Intent. It is the intent of both Commanding Generals of MCAS CHERPT and 2d MAW, to increase the mission readiness of our commands through health promotion, education and training. Agencies are designated in this Order to provide expertise, advice, equipment and trainers to support the efforts of the commanders in fostering peak performance through maximal wellness in the following nine elements:

- Tobacco use, prevention and cessation
- Physical fitness
- Injury prevention
- Nutrition education
- Stress management
- Suicide awareness
- Alcohol and substance abuse; prevention and control
- Hypertension education and control
- STD and HIV prevention

5. Applicability and Scope. This Order applies to all active duty, reserve, and retired Marines, Sailors, Armed Forces Service members and their families. Civilian employees are encouraged to participate on a voluntary basis.

6. Action. Both MCAS Cherry Point and 2d MAW will assign in writing, Semper Fit Coordinators as members of the Semper Fit Council.

a. MCAS AC/S G-1

(1) Assign in writing a Semper Fit Council Chairperson to oversee the program.

(2) Assign in writing a Semper Fit Coordinator in the rank of Captain or Major.

(3) Provide experts for training in the Semper Fit areas of stress management, alcohol substance abuse and/or addiction prevention.

(4) Ensure all military and civilian personnel (volunteers) receive applicable training as designated in reference (a).

(5) Develop a policy consistent with the existing labor relations agreements that allow civilian workers to participate in the Semper Fit Program and is consistent with the program goals and objectives.

b. 2d MAW

(1) Assign in writing a Semper Fit Coordinator for 2d MAW.

(2) Encourage family members' participation in all Semper Fit Services made available to them.

c. Commanding Officers/Directors/Officers in Charge

(1) Assign in writing, a Semper Fit officer to:

(a) Ensure compliance with program direction from your appropriate Semper Fit Coordinator.

(b) Promote healthy lifestyles through information dissemination, education, and "setting the example."

(c) Conduct or arrange training in the nine elements of Semper Fit provided in paragraph 4 above.

(d) Conduct liaison with specialty experts, such as unit medical personnel, Naval Hospital (Health Promotion and Health Education Life Style Management Services Department (HELMS)), Chaplains, SACC, ~~Family Service Center, MWR~~ ^{Personal Department Mccs} and Station Safety to assist with meeting your objectives.

(2) Ensure all military and civilian personnel receive applicable training as designated in reference (a).

d. Commanding Officer, U.S. Naval Hospital

(1) Assign a Liaison Officer to the Semper Fit Council.

(2) Provide experts for training in the Semper Fit health related areas: tobacco use prevention and cessation; injury prevention; nutrition education; Sexually Transmitted Diseases (STD's) and Human Immunodeficiency Virus (HIV) prevention; and hypertension education and control.

Assitant Chief of Staff, Marine Corps Community Services

e. ~~Director of Morale, Welfare and Recreation~~

(1) Provide expert advice and assistance to the Semper Fit Council in areas of marketing, sports, fitness, and youth activities that will support the Semper Fit Program, enclosure (2).

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(2) Provide non-appropriated funds, as required in support of the program.

(3) Ensure Semper Fit is integrated into ongoing fitness and sports programs.

(4) Support special events that contribute to Semper Fit objectives.

f. Director of Supply (Food Service Department)

(1) Provide expert advice and assistance to the Semper Fit Council in areas of Food Service Programs and Messhall functions.

(2) Plan Master Menus and available menu choices in accordance with patron desires and Semper Fit guidelines to the maximum extent possible.

(3) Be cognizant of industry and government food services programs/trends and variety of available subsistence items which foster Semper Fit initiatives.

g. Command Chaplains. Provide expert advice/training on suicide awareness/prevention.

h. Joint Public Affairs Officer


(1) Support the promotion of the Semper Fit Program to the fullest extent possible.

(2) Provide an officer to the Semper Fit Council.

(3) Be cognizant of industry and government food services programs/trends and variety of available subsistence items which foster Semper Fit initiatives.

7. Concurrence. This Order has been coordinated with and concurred in by the Commanding General, 2d Marine Aircraft Wing, the Commanding Officer, Naval Hospital, the Commanding Officer, CSSD-21, and the Commanding Officer, NADEP.


M. J. CROSS
Chief of Staff


M. W. FORBUSH
Chief of Staff

DISTRIBUTION: MCAS A and B Less 2d MAW



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MARINE CORPS AIR STATION
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2d MARINE AIRCRAFT WING
U.S. MARINE CORPS FORCES, ATLANTIC
CHERRY POINT, NORTH CAROLINA 28533

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MCAS/MCCS
2d MAW (G-3)
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AIR STATION ORDER 6200.4 Ch 1

From: Commanding General, MCAS
Commanding General, 2d MAW
To: Distribution List

Subj: SEMPER FIT HEALTH PROMOTION PROGRAM.

Encl: (1) New page inserts to ASO 6200.4

1. Purpose. To transmit new enclosures and direct pen changes to the basic Order.

2. Action

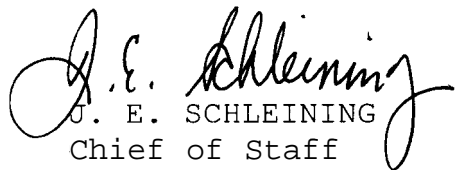
a. Remove enclosure (2) through (5) and replace with enclosure (2) through (4) contained in the enclosure.

b. In the "Encl:" section change enclosure (4) to read "Semper Fit Council Members" and delete enclosure (5).

c. Paragraph 6c(1) (d), fourth line, change "Family Service Center" to "Personal Services Department" and "MWR" to "MCCS".

d. Paragraph 6e, change "Director of Morale, Welfare and Recreation" to "Assistant Chief of Staff, Marine Corps Community Services".

3. Filing Instructions. File this Change transmittal immediately behind the signature page of the basic Order.


J. E. SCHLEINING
Chief of Staff


W. C. DARNER
Chief of Staff

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2d MAW A less MCAS

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DUTIES OF THE SEMPER FIT OFFICER

1. This billet can be filled by an officer or staff noncommissioned officer. A basic listing of duties is provided and can be expanded upon by each command:
 - a. Advise the Commanding Officer on matters pertaining to health promotion and wellness.
 - b. Prepare, maintain and provide the standardized training material for unit level training in each of the areas specified in this Order.
 - c. Educate personnel on the nine elements of Semper Fit.
 - d. Maintain appropriate records for annual Semper Fit training.
 - e. Maintain contact with the Semper Fit Coordinator.
 - f. Ensure Semper Fit information is disseminated.
 - g. Develop command programs for involvement of active duty military, family members and civilian personnel.
 - h. Set goals and objectives for the command as set forth in enclosure (2), reference (a).

ENCLOSURE (1)

SEMPER FIT SUPPORTING AGENCIES

<u>Agency</u>	<u>Semper Fit Area</u>
U.S. Naval Hospital	Tobacco Cessation Blood Pressure Checks and Treatment Injury Prevention HIV/AIDS Awareness and Prevention Nutrition Education Suicide Evaluations
Personal Service Department	Stress Management Anger Management
SACC	Alcohol and Substance Abuse/Addiction Prevention Alcohol and Drug Evaluation and Treatment
Chaplains	Suicide Awareness and Prevention
MCCS	Fitness Education and Services Local Sports and Recreational Activities

GUIDE FOR SEMPER FIT ANNUAL TRAINING

<u>Month</u>	<u>Semper Fit Subject Taught</u>	<u>National Event</u>
Jan	Stress Management	None Related
Feb	Hypertension Education and Control	Heart Month
Mar	Nutrition Education	National Nutrition Month
Apr	Alcohol and Substance Abuse	Alcohol Awareness Month
May	Physical Fitness	National Running and Fitness Week
Jun	Safety Awareness	None Related
Jul	Park and Recreation	None Related
Aug	Smokeless Tobacco Awareness	None Related
Sept	Injury Prevention	None Related
Oct	STD/HIV Prevention	National STD Awareness Month
Nov	Tobacco Use, Prevention and Cessation	Great American Smoke out
Dec	Suicide Prevention	Holiday Season

1. All units are encouraged to conduct Semper Fit training in conjunction with related National events as depicted above.

2. Relating training to nationally and locally publicized events can obtain better results.

ENCLOSURE (3)
Ch 1 (10 SEP 1999)

SEMPER FIT COUNCIL MEMBERS

1. The Semper Fit Council will consist of the following personnel:

MCAS Cherry Point Semper Fit Council Chairperson
(MCAS CHERPT, Semper Fit Director)

MCAS Cherry Point Semper Fit Coordinator

2d MAW Semper Fit Coordinator

U.S. Naval Hospital Representative (HELMS)

MCCS Fitness Director

Station Chaplain

Joint Public Affairs

Food Service Department Representative

Health Promotion Representative

Personal Service Department Representative

Semper Fit Center Representative

2. All members can augment the committee with additional duty experts to advise the committee concerning specialized actions or projects.