

Health Needs Assessment (example 1)

Health needs are specific to your command population. "Health Risk Appraisal" information in this example is based on a survey which is no longer used, called the "HRA" survey. You can create a screening tool or select a standardized tool (as the HEAR Survey) from SURFPAC Medical or other authoritative source. Tools can be simple and brief or comprehensive.

1. USS GATOR conducted a command needs assessment during the months of October and November 1997 utilizing the Health Risk Assessment (HRA) questionnaire. Nine hundred twenty two crew members completed the questionnaire which comprised 88% of the command personnel. A summary report for the command was generated and reported to the command Health Promotion Program Coordinator. Based on the information provided by the command PRT Coordinator and Safety Officer as well as the summary report, the following Health Promotion needs were identified:

- (a) Hypertension awareness and intervention courses will be offered for the 6% of personnel noted to have a diastolic blood pressure of 90 mmHg or greater and for the 13% noted to have a systolic blood pressure above 140 mmHg.
- (b) Cholesterol education classes will be offered for the 7% noted to have levels greater than 240 mg/dl as well as for the 23% with levels between 200 and 239 mg/dl.
- (c) Nutrition awareness classes will be offered for the 91% who reported a diet lacking in fiber and high in fat.
- (d) Weight management intervention will be scheduled for the 19% who currently exceed the Navy standards for body fat.
- (e) Alcohol awareness classes will be offered for the 21% who reported drinking more than 14 drinks a week. This class is also intended for the 17% who reported driving after drinking or riding with someone who had been drinking.
- (f) Tobacco awareness and tobacco cessation classes will be offered for the 33% who smoke cigars and cigarettes as well as for the 4% who use smokeless tobacco.
- (g) Suicide awareness and education classes will be offered for the 4% who reported considering suicide in the last two years.
- (h) Stress management education will be conducted to aid the 29% who reported difficulty coping with stress in the work place and at home.
- (i) Fitness education classes will be offered, in conjunction with the remedial PRT program, for the 66% who reported little or no participation in aerobic and strength training exercises at least three times per week as mandated by the CNO. This class will also target the personnel who failed the November 1997 PRT.
- (j) Women's Health education will be offered for 5% who reported they fail to do monthly self breast exams or have failed to have annual gynecological exams.
- (k) Men's Health education will be offered for the 1% of males over 40 years of age who have failed to have an annual prostate exam. This course will also provide education to the males aged 18 to 35 years on the importance of monthly testicular exams.
- (l) Injury prevention classes will be offered to target the 8% who reported failure to use seat belts while driving or as a passenger in a motor vehicle. This class is also needed to heighten awareness among the crew about he

many hazards of ship board duty as evidenced by the numerous accident and injury reports filed with the ship's Safety Office.

2. The above named classes do not comprise an all-inclusive list of courses to be offered within the upcoming year. Many other awareness and education classes will be offered which cover topics such as anger management, building a healthy heart and STD prevention. Information pamphlets addressing a myriad of health topics will be placed in the Health Promotion pamphlet rack located in the medical department and made readily available to all crew members.

3. A schedule of all education and intervention classes will be advertised weekly in the POD and posted in the Main Medical passageway. Sign-up sheets for all classes will also be posted in the Main Medical passageway.

Health Needs Assessment (example 2)

Described here are health needs based on data from the "HEAR" survey. Contact SURFPAC Medical Department for information on using the "HEAR" or other surveys (619-437-2326).

1. USS GATOR distributed the Health Enrollment Assessment Review (HEAR) survey to all crew members to determine health needs and concerns within the command. Nine hundred ninety seven completed surveys were submitted to HEAR Survey Foundation Health for analysis. A command summary report was not generated by the company. Seven hundred seventy two individual reports were sent to the command for distribution. Upon analysis of the individual reports, the following command summary report was generated by the command Health Promotion Coordinator.

Health risk %	#	
Reports h/o high blood pressure	131	17
Reports h/o high blood cholesterol	217	28
Over Ideal Body Weight	57	8
Smoke 1-10 cigarettes a day	201	26
Smoke 11-20 cigarettes a day	58	8
Smoke 21-40 cigarettes a day	6	0.8
Smoke more than 41 cigarettes a day	3	0.3
Excess Alcohol Consumption	294	38
Angina or Heart Attack in Family Member	165	21
Stress	261	34
Depression	302	39
Anxiety	179	23
Family Problems/Marital Problems	634	82

The above data will be utilized to generate a Command Needs Assessment report and to update the current USS GATOR Health Promotion Project.