



NATIONAL GUARD BUREAU
111 SOUTH GEORGE MASON DRIVE
ARLINGTON VA 22204-1382

31 MAR 2010

NGB-ARS

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: 2010 Decade of Health Ready and Resilient II, "Strength from Within!" Campaign

1. Purpose: To announce the 2010 Decade of Health Program for the Army National Guard (ARNG).
2. Army National Guard Soldiers and their Families continue to serve the Nation proudly in two major operations while simultaneously taking the lead in Homeland Security and Support operations. The scope of these missions is unprecedented and places considerable stress on ARNG Soldiers and their Families.
3. In keeping with the Department of the Army's calendar year 2010 objectives, it is appropriate that the fifth year of the Decade of Health Program continue to address readiness and resilience by unveiling the Ready and Resilient II, "Strength from Within!" campaign. This campaign will focus on sustaining our ARNG Soldiers, civilians, and Families by offering high-quality, easily accessible health promotion information. With key links to Soldier and Family support issues, this campaign will also leverage the lessons learned and momentum gained from the four previous campaigns: dental readiness, heart attack and stroke prevention, weight management, and resilience.
4. The Ready and Resilient II campaign will provide new and varied education and training resources, including those offered through an alliance with the American Heart/American Stroke Association. Existing National Guard partnerships with the National Guard Family Program Office, the ARNG Soldier and Family Support Division, and the Defense Centre of Excellence for Psychological Health and Traumatic Brain Injury will help boost readiness and resilience. Emphasis will be placed on warrior care and behavioral health concerns, such as tobacco use cessation, alcohol and drug use, domestic violence and sexual abuse, weight management, and other stressful issues that affect our Soldiers and their Family units and communities.
5. Enhanced readiness will optimize each Soldier's ability to mitigate the stresses of military service, whether these stresses are created by military operations, by issues at home, or by events in the community.

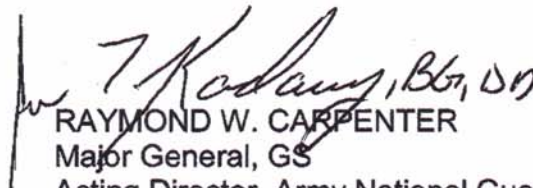
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6. I strongly support the Ready and Resilient II, "Strength from Within!" campaign and encourage all Army National Guard Soldiers and their Families to use the tools of the Decade of Health Program to foster their own personal readiness and resilience. Resources are available at www.decadeofhealth.com.

7. The point of contact is LTC David Romine, Chief, Office of the Chief Surgeon, at DSN 327-7140, 703-607-7140, or dave.romine@us.army.mil.

Encl
Decade of Health Information Paper


RAYMOND W. CARPENTER
Major General, GS
Acting Director, Army National Guard

CF: (w/ encl)
Each State Surgeon
Each Deputy State Surgeon
ARNG CofS
NGB-G1
NGB-G3
NGB-G4
NGB-G5
NGB-G6
NGB-G8