

Always Ready, Always There... Always Healthy!

The Decade of Health campaign will include partnerships with Federal, State and local government organizations as well as national and state health and wellness programs.



National Guard Bureau Partner, ARNG Well-Being www.arng.army.mil/soldier_resources/wellbeing/

Army National Guard readiness is inextricably linked to the well-being of all its members. The goals are to provide a competitive standard of living; foster a culture, sense of community and record of accomplishment that creates pride and loyalty; recruit and retain quality Soldiers, civilians, and families; and provide an environment that allows personal enrichment -- thus giving our leadership a strong organization primed for mission success.



National Guard Bureau Partner, NGB Family Program www.guardfamily.org

The National Guard Family Program is a Joint Force initiative that serves as the foundation for support to families of Army and Air National Guard members. As the Guard faces unprecedented increase in military activity and extended deployments, it is more vital than ever to ensure that families are prepared for the stresses of deployment and supported throughout the entire deployment cycle. The Family Program acts as a network that allows families to mutually support one another. By providing families with information, resources, and support, the program strengthens both the unit and service member.



National Guard Bureau Partner, ARNG Strength Maintenance www.1-800-GO-GUARD.com

The Army National Guard is an elite group of Soldiers who dedicate a portion of their time to serving their nation, state and local community. Army National Guard Soldiers in every State and Territory fall under the authority of the Governor unless the Soldiers are activated under Presidential authority.



National Guard Bureau Partner, Public Affairs www.ngb.army.mil

The National Guard, the oldest component of the Armed Forces of the United States and one of the nation's longest-enduring institutions, celebrated its 370th birthday on December 13, 2006. The National Guard traces its history back to the earliest English colonies in North America.



Health Information Technology System (HITS) www.healthits.us

The primary mission of the HITS web portal is to disseminate up-to-the-minute, validated health promotion, deployment health, prevention and wellness information by:

- Providing comprehensive personal readiness information and resources critical to mission success for Soldiers and their families.
- Enhancing force health protection, well-being and overall quality of life.
- Promoting partnerships with other health promotion and readiness initiatives to reinforce the importance of self-responsibility for health and fitness.



HOOAH 4 Health www.hooah4health.com

In 1998 the U.S. Army Center for Health Promotion and Preventive Medicine was tasked by the U.S. Army Office of the Surgeon General to devise a health promotion partnership that allows individuals to assume the responsibility to explore options and take charge of their health and well-being. Unlike other health-related web sites, HOOAH 4 Health is specifically designed to address the force health protection and readiness requirements of the ARMY, particularly its Reserve Components. Citizen soldiers juggle many different balls every day...but they cannot afford to drop the one ball that allows them to live a healthier, less stressful life.