DEPARTMENT OF THE ARMY
OFFICE OF THE CHIEF, ARMY RESERVE
2400 ARMY PENTAGON
WASHINGTON DC 20310-2400

REPLY TO ATTENTION OF

DAAR-MD

0 4 SEP 2010

MEMORANDUM FOR: Army Reserve - Selected Reserve Soldiers

SUBJECT: 2009-2010 Survey of Health Related Behaviors among the Reserve Component Personnel

Dear Army Reserve Soldier:

The purpose of this letter is to strongly encourage you to participate in the 2009-2010 Department of Defense (DoD) ongoing Lifestyle Assessment Program (DLAP). As part of this program, DoD is distributing the 2009-2010 Survey of Health Related Behaviors among Reserve component Service members from all services. The survey will ask you about health related behaviors such as diet, exercise, stress, alcohol and tobacco use. These behaviors affect short- and long-term well being and greatly influence personnel readiness. The results of this survey are completely anonymous and will assist DoD to develop health promotion programs that will help Soldiers improve their health in the future.

I am asking you to participate in the 2009-2010 Survey of Health Related Behaviors among Reserve component personnel that is being given to approximately 20,000 Selected Reserve and National Guard Soldiers using an online or on site method. The online survey is especially important because it is a pilot of a new method for delivering the survey to our troops.

In a survey such as this, your responses are very important because you will be representing thousands of other service personnel, and can favorably affect programs that are available for Soldiers in the future.

I want to thank you for your participation in this very important study.

Sincerely,

Jack C. Stultz
Lieutenant General, US Army
Chief, Army Reserve