DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

16 JUL 2010

Dear Member of the Air Force Reserve

I would like to encourage you to join with other Reservists and National Guard Members to participate in the Department of Defense's (DoD's) ongoing Lifestyle Assessment Program (DLAP). As part of this program, DoD is distributing the 2010 Survey of Health Related Behaviors among Reserve Component Personnel. The survey asks you about health related behaviors such as diet, exercise, stress, and drug, alcohol and tobacco use. These behaviors affect short- and long-term well-being and greatly influence personnel readiness. The results of this survey will assist Air Force Reserve Command and DoD in developing and enhancing programs that help our Reservist improve their health through adopting healthy habits.

I am asking you to participate in the 2010 Survey of Health Related Behaviors among Reserve Component Personnel that is being sent to approximately 20,000 selected Reservists and National Guard Members. The survey is especially important because it represents a test of a new method for assessing healthy lifestyle choices among the Reserve Components.

In a survey such as this, each person who participates represents thousands of other service personnel. For us to have useful results, it is very important that you provide complete and accurate responses to the questions asked. I want to thank you for your participation in this important study.

Sincerely

CHARLES E. STENNER, JR., Lt Gen, USAF
Commander