DEPARTMENT OF THE NAVY
COMMANDER NAVY RESERVE FORCES COMMAND
1915 FORRESTAL DRIVE
NORFOLK, VIRGINIA 23551-4615

IN REPLY REFER TO:
21 September 2010

COMMANDER
NAVY RESERVE FORCE
1915 FORRESTAL DRIVE
NORFOLK VA 23551-4615

Dear Member of the Navy Reserve Force,

I would like to encourage you to join with other Reservists to participate in the Department of Defense (DoD) ongoing Lifestyle Assessment Program (DLAP). As part of this program, DoD is distributing the 2009 Survey of Health Related Behaviors among Reserve component personnel. The survey asks 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 will assist DoD in developing and enhancing health promotion programs that help personnel improve their health through adopting healthy habits.

You were chosen to participate in an online administration of the 2009 Survey of Health Related Behaviors among Reserve component personnel that is being sent to approximately 20,000 Selected Reservists. The online survey is especially important because it represents a test of a new method for conducting the survey 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. Please access the survey link and follow the instructions to complete and submit your survey as soon as possible.

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

L. S. LITTLE
Deputy