



LOUISIANA NATIONAL GUARD

PROTECT WHAT MATTERSSM

HOLISTIC HEALTH AND FITNESS PROGRAM
(H2F)



Holistic Health and Fitness

Why the Army is making the switch to H2F:

- Improve Deployable Numbers
 - Investment with the desired end state of more deployable/usable personnel
 - Address issues preventing deployments, from MSKIs to chronic sleep issues leading to mental health deterioration
- Save on healthcare costs due to preventable injuries/ailments
 - LOD claims from weaker muscles/incorrect form
 - Work/training hours lost
 - Future capabilities deteriorated
- Training Standardization
 - Readily available forces = readiness improvements across the board
 - Improve readiness, morale, physical abilities
 - Fully invests in the “warrior athlete”
 - Replaces PRT/one size fits all approach
 - Shift from expecting remote individual to independently develop performance training
 - Use unit-level experts, facilities, and equipment



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FY21 Physical Training Metrics – 1st QTR

DRU	# Required (DTMS)	# Admin.	% Admin	Total Pass	Total Fail	Total % Pass	Ht/Wt Pass	Ht/Wt Reportable	%Pass
225 EN BDE	1986	1983	99.8%	1241	742	62.58%	1140	2034	56%
225 EN HHC	111	150	135.1%	90	60	60%	65	125	52%
205 EN BN	613	648	105.7%	399	249	61.57%	414	647	64%
527 EN BN	705	737	104.5%	494	243	67.03%	443	702	63.1%
528 EN BN	557	448	80.4%	258	190	57.59%	218	560	38.9%
256 IN BDE	3352	2281	68%	1299	982	56.95%	1697	3306	51.3%
256 IN HHC	178	33	18.5%	19	14	57.58%	42	152	27.6%
2-156 IN BN	727	507	69.7%	350	157	69.03%	279	711	39.2%
3-156 IN BN	559	325	58.1%	226	99	69.54%	239	567	42.2%
1-141 FA BN	538	351	65.2%	191	160	54.42%	323	557	58%
2-108 CAV SQDN	498	396	79.5%	203	193	51.26%	256	492	52%
769 BEB	507	427	84.2%	209	218	48.95%	338	496	68.1%
199 BSB	345	242	70.1%	101	141	41.74%	220	331	66.5%
139 RSG	1845	1271	68.9%	660	611	51.93%	1287	1915	67.2%
139 RSG BN	120	123	102.5%	83	40	67.48%	59	126	46.8%
415 MI BN	480	175	36.5%	92	83	52.57%	223	506	46%
773 MP BN	577	570	98.8%	299	271	52.46%	401	588	68.2%
165 CSSB	668	403	60.3%	186	217	46.15%	523	695	75.3%
204 TAOG	644	331	51.4%	217	114	65.56%	532	697	76.3%
204 TAOG BN	298	150	50.3%	84	66	56%	229	336	68.2%
1-244 AVN REG	346	181	52.3%	133	48	73.48%	303	361	83.9%
61 TRP CMD	282	143	50.7%	87	56	60.84%	216	297	72.7%
RRC	282	143	50.7%	87	56	60.84%	132	1060	12.5%
199 REG (RTI)	129	41	31.8%	26	15	63.41%	32	136	23.5%
JFHQ	400	157	39.3%	76	81	48.41%	231	412	56.1%
Total	9874	6320	64%	3307	2613	58.66%	5267	9857	53.4%



Holistic Health and Fitness

► Louisiana Army National Guard



Profile (2019)*

End-Strength: 11,000 (23% Female) AGR/MII Tech: 14%
 State Population: 4,700,000 (2.4 ARNG Soldiers per 1,000 population)
 ARNG Health Index Ranking: 54 / 54
 Change In Ranking from FY18: **DOWN 1** ↓

Domains

Physical

Nutritional

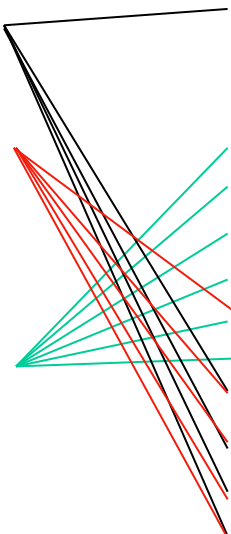
Sleep

Behavioral

Spiritual

ARNG HEALTH INDEX MEASURES**

MEASURE	VALUE	AVERAGE ARNG VALUE	ARNG VALUE RANGE
Medical readiness classification (% ready)	82	86	67-91
Dental readiness classification (% ready)	91	93	80-97
Hearing (% with significant threshold shift)	8.2	5.9	1.4-11
PTSD (% with self-reported symptoms)	8.3	5.4	2.9-8.3
Depression (% with self-reported symptoms)	7.0	4.1	1.7-7.0
Tested positive for illegal drug use (%)	3.9	1.6	0.49-4.3
Hazardous alcohol use (%)	9.0	5.5	2.4-9.5
Smoking tobacco use (%)	20	15	3.0-21
Smokeless tobacco use (%)	19	18	1.0-27
Obesity (%)	25	21	11-28
Flagged for weight (%)	4.9	4.6	1.2-7.5
APFT failure (%)	20	13	4.7-20
Hypertension (%)	5.8	6.2	2.4-15



Initiatives

MFT Program

Nutrition Program

MRT/CR2C Program

Wellness Events



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CONTACT INFORMATION

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QUESTIONS?