

**UNCLASSIFIED//
ROUTINE**

DTG 0705091336Z

DA WASHINGTON DC//DAPE-HRPD-IRPD//

PTC WASHINGTON DC//ALARACT//

**DA WASHINGTON DC//DACH//
DA WASHINGTON DC//XO SAMR//
DA WASHINGTON DC//DAPE-HR//
DA WASHINGTON DC//DAPE-HRPD-IRPD//
DA WASHINGTON DC//DAPE-ZX//
DA WASHINGTON DC//SAIG-ZX//
DA WASHINGTON DC//DASG//
USARC-CMD GRP FT MCPHERSON GA RDNS DIV(UC)
DA WASHINGTON DC//IMOP//**

SUBJECT: ARMY REGULATION (AR) 600-63. ARMY HEALTH PROMOTION

**1. THE PURPOSE OF THIS MESSAGE IS TO ANNOUNCE PUBLICATION OF
AR 600-63 ARMY HEALTH PROMOTION.**

**2. THIS REVISION, EFFECTIVE 04 JUNE 2007, INCLUDES THE FOLLOWING
MAJOR CHANGES:**

**A. INCORPORATES REVISED STRATEGIES AND OBJECTIVES IN THE
ARMY SUICIDE PREVENTION PROGRAM (CHAPTER 4).**

**B. INCORPORATES ALARACT MESSAGE 154/2003, CIVILIAN HEALTH
PROMOTION PROGRAMS ENCOURAGING CIVILIANS TO ENGAGE IN A
REGULAR PROGRAM OF EXERCISE BY ALLOWING COMMANDERS TO
APPROVE UP TO 3 HOURS EXCUSED ABSENCE PER WEEK FOR A ONE
TIME PERIOD OF 6 MONTHS IN DURATION
(CHAPTER 5).**

**C. INCORPORATES HEALTH PROMOTION CONCEPTS FROM DA PAM 600-
63-1 THROUGH DA PAM 600-63-14 AND DELETES ALL REFERENCES TO
FIT TO WIN THROUGHOUT.**

**D. UPDATES TERMINOLOGY: CHANGES HEALTH PROMOTION PROGRAM
TO COMMUNITY HEALTH PROGRAM; HEALTH RISK APPRAISAL TO SELF-
REPORTED HEALTH INFORMATION TOOL; TOTAL ARMY FAMILY TO THE
ARMY; AND AD-HOC COMMITTEES TO PROCESS ACTION TEAMS
THROUGHOUT.**

3. A COPY OF AR 600-63 MAY BE OBTAINED THROUGH THE ARMY PUBLISHING DIRECTORATE WEBSITE: [HTTP://WWW.APD.ARMY.MIL](http://www.apd.army.mil)

4. THIS MESSAGE HAS BEEN AUTHORIZED BY THE DIRECTOR OF HUMAN RESOURCES POLICY DIRECTORATE, ARMY G-1.

5. HQDA, ARMY G-1 POC FOR ARMY HEALTH PROMOTION POLICY IS LTC KATHLEEN WILTSIE, KATHLEEN.WILTSIE@HQDA.ARMY.MIL, DSN 223-1854, COMMERCIAL (703) 693-1854.