

ALARACT 095/2007 ARMY REGULATION (AR) 600-63 ARMY HEALTH PROMOTION, DTG 091416Z MAY 07. This message announces publication of AR 600-63, Army Health Promotion. This revision, effective 4 Jun 07, includes the following major changes: incorporates revised strategies and objectives in the Army Suicide Prevention Program (chapter 4); 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); 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; and updates terminology.

Classification: **UNCLASSIFIED**

Caveats: NONE

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FM PTC WASHINGTON DC//ALARACT//
TO ALARACT
ZEN/ALARACT @ AL ALARACT(UC)
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SUBJECT: ALARACT 095/2007

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAPE-HRPD-IRPD//.

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.
6. EXPIRATION DATE CANNOT BE DETERMINED.

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Caveats: NONE