

Implementing Health and Fitness Education Curriculum for National Guard Soldiers

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The National Guard is a military establishment made up of approximately 450,000 civilian Soldiers that respond to both state and federal emergencies, including natural disasters, pandemics, and anti-racism protests. Thus, being a Soldier of the National Guard requires meeting a variety of enrollment criteria, training, and being committed to holistic health practices that are administered through unique communication channels, including via the Field Manual (FM) 7-22 Holistic Health and Fitness. The five different domains of National Guard Soldier readiness, as listed in the FM 7-22 Holistic Health and Fitness, include physical, nutritional, mental, spiritual, and sleep. The purpose of this needs assessment was to evaluate Soldiers perceived health and wellness knowledge and uncover specific areas of readiness about which Soldiers need and/or desire further education. Needs were assessed through a survey distributed online via Facebook to current National Guard Soldiers aged 18 and older. Survey results are pending. Identified needs, and thus suggested areas for further education, are hypothesized to be within the nutritional, physical, and sleep readiness domains.