



# ***Holistic Health and Fitness: Army National Guard***

BG Robert Davis  
ARNG G 3/5/7  
703.346.7096  
[robert.b.davis7.mil@army.mil](mailto:robert.b.davis7.mil@army.mil)



# Agenda

- Critical Mission Variables
- Why the ARNG Needs to Implement H2F
- The Five Things We Need to Make it Work
- Risk



## **H2F ARNG**

### **Mission Variables**

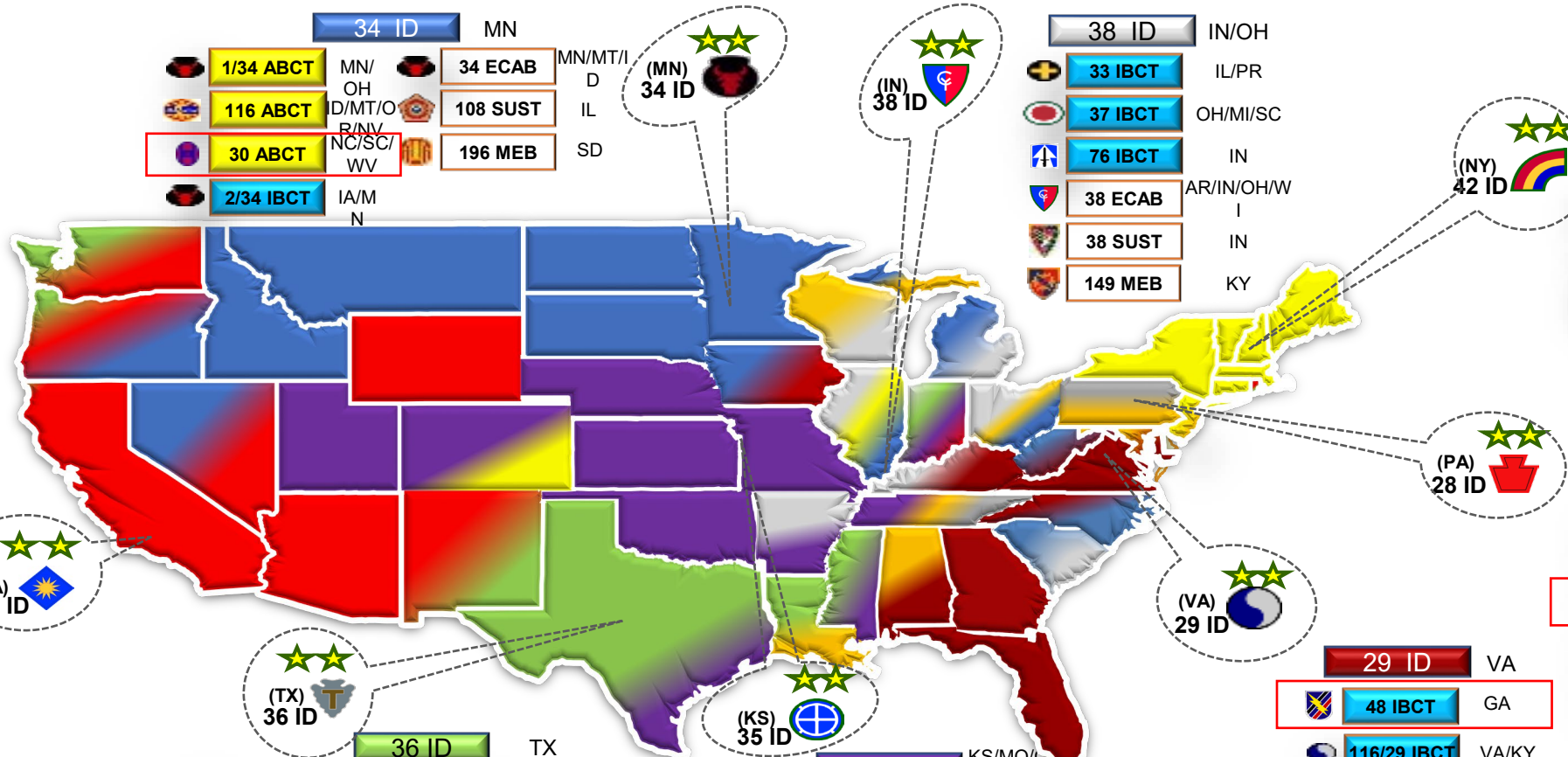
- 1) Time Available** – a 6-year term of service for a traditional ARNG Soldier provides 234 days in uniform (minus IET, PME, CTC, and/or mobilization).
- 2) Standards** – ARNG Soldiers are held to the same standards for physical fitness (ie: ACFT and ABCP) without ready access to expertise or equipment day-to-day.
- 3) Geographic Dispersion** – units are widely dispersed from the division down to company level; multi-state BCTs.

*EFFECTIVE IMMEDIATELY, THE ARMY ESTABLISHES AN ENTERPRISE-WIDE HOLISTIC HEALTH AND FITNESS (H2F) SYSTEM FOR THE **TOTAL ARMY** IN ORDER TO IMPROVE SOLDIER AND UNIT LETHALITY, COMBAT EFFECTIVENESS, AND READINESS.*

**- HQDA EXORD 149-16 (MAY 2019)**



# H2F ARNG Geographic Dispersion



- 34 ID MN
- 1/34 ABCT MN/OH
- 116 ABCT D/MT/OR/NV
- 30 ABCT NC/SC/WV
- 2/34 IBCT IA/MN
- 34 ECAB MN/MT/IL
- 108 SUST IL
- 196 MEB SD

- 38 ID IN/OH
- 33 IBCT IL/PR
- 37 IBCT OH/MI/SC
- 76 IBCT IN
- 38 ECAB AR/IN/OH/WI
- 38 SUST IN
- 149 MEB KY

- 42 ID NY
- 44 IBCT NJ/MA
- 27 IBCT NY/MA/RI
- 86 IBCT VT/CT/CO/ME/NH/MA
- 42 ECAB MS/MA/NY/IL
- 369 SUST NY
- 26 MEB MA

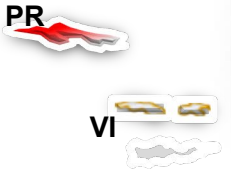
- 28 ID PA
- 56/28 SBCT PA
- 2/28 IBCT PA/MD
- 32 IBCT WI/MI
- 256 IBCT LA/AL
- 28 ECAB PA/NJ/TN
- 371 SUST OH
- 55 MEB PA

- 40 ID CA
- 79 IBCT CA/PR
- 41 IBCT OR/NM/WA
- 29 IBCT HI/AK/AZ/WY/GU
- 40 ECAB CA/WA/AZ
- 224 SUST CA
- 17 SUST NV/IN
- 141 MEB ND

- 36 ID TX
- 278 ABCT TN/PA
- 155 ABCT MS/KS
- 56/36 IBCT TX/RI
- 81 SBCT WA/CA/OR
- 36 ECAB TX/MS/LA
- 36 SUST TX
- 111 SUST NM
- 136 MEB TX

- 35 ID KS/MO/IL/O
- 72/36 IBCT TX/IN
- 45 IBCT OK/NE/IN
- 39 IBCT AR/MO/NE
- 35 ECAB MO/UT/KS
- 230 SUST TN
- 110 MEB MO

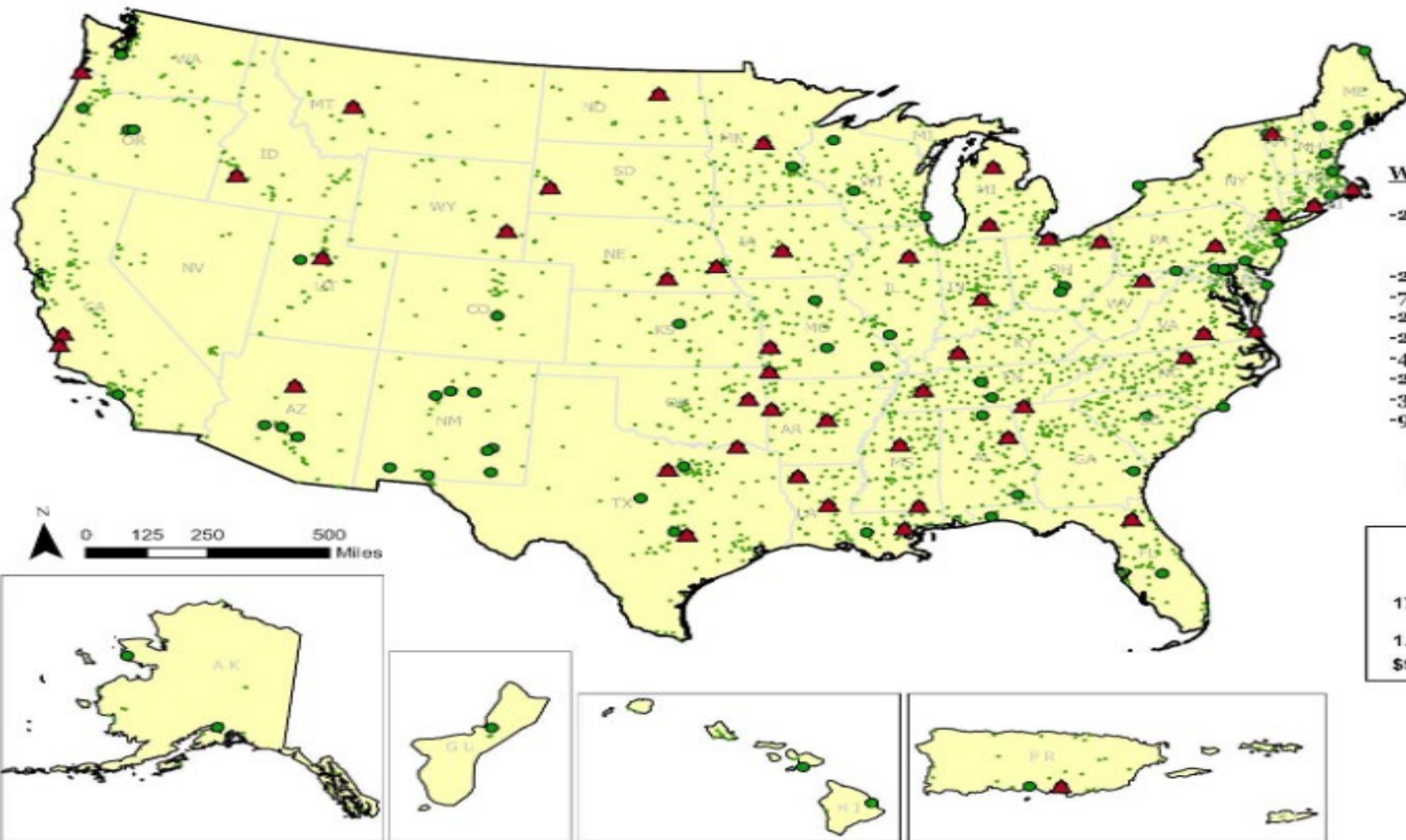
- 29 ID VA
- 48 IBCT GA
- 116/29 IBCT VA/KY
- 53 IBCT FL/AL
- 29 ECAB MD/FL/VA/A/L/IA
- 113 SUST NC
- 226 MEB AL





# FOOTPRINT OF THE ARMY NATIONAL GUARD

FY 2023 - Summary



• **2, 777 Sites**

● Larger dot indicates NGR 5-3 Training Center

▲ Indicates NGR 5-3 48 Major Training Installations

## With 24,316 buildings:

- 2,223 Readiness Centers/ Armed Forces Reserve Centers
- 2,259 Training Buildings
- 774 Ground Maintenance
- 294 Aviation Support
- 2,773 Barracks
- 433 Dining
- 2,071 Administrative
- 3,856 Warehouses
- 9,633 Other

Located within 2,311 communities

## **TOTAL FACILITY FOOTPRINT**

177M Square Feet of Buildings  
1.9M Acres  
\$90.1B Plant Replacement

10/12/2022 DCS G-9



*\*Note: Inset maps not to scale*



# H2F ARNG

## Why We Need It

- **70%** of 17-24 year-olds are **unqualified** for military service
- **48%** of ARNG male Soldiers are **overweight** / **25% obese**
- **39%** of ARNG female Soldiers are **overweight** / **25% obese**
- **53%** AGR/MIL Tech are **overweight** / **12%** are **obese**
- **83%** ready for deployment within 72 hours (MRC 1 or 2)
- **49%** of Soldiers report 7+ hours of sleep per weekday night
- **25%** of male / **32%** of female Soldiers report **NOT meeting** recommended resistance training standards
- **< 50%** of ARNG Soldiers meet nutrition targets
- **61%** of traditional Soldiers < 29 years old; majority fall into high-risk behavior age group
- **62.9% DECREASE** in MSKIs and non-deployable rate over 3 months; -45% last 6 months  
(108 ADA BDE H2F Site Visit, JAN 23)



# H2F ARNG

## *Critical Mission Requirements*

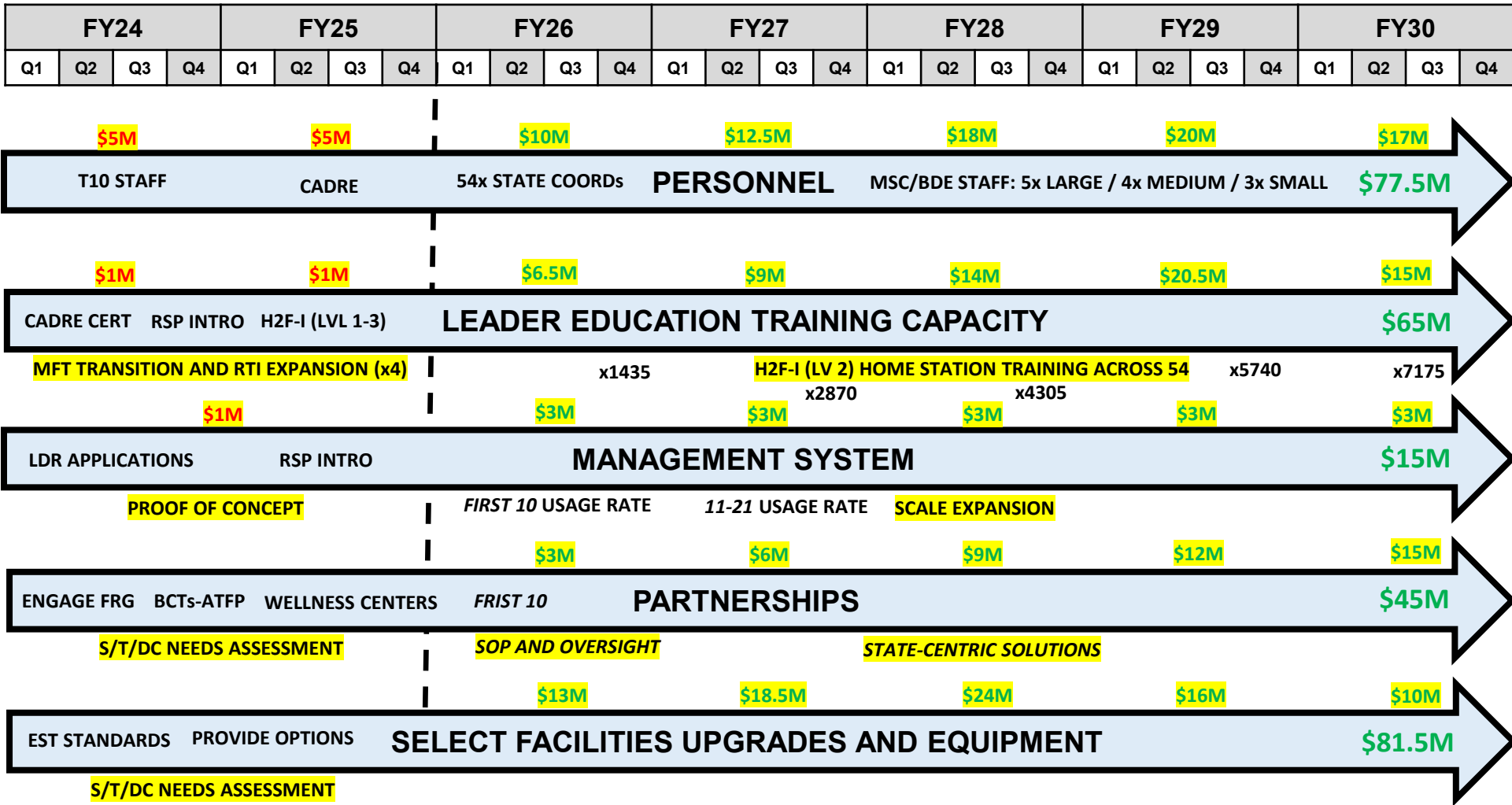
### **❑ POM 26-30 – PROGRAMMED RESOURCES (ARMY SENIOR LEADER ATTENTION)**

- ❑ Resourcing **personnel** that can provide governance, certify key leaders, advise commanders, deliver program training, and coach Soldiers.
- ❑ Leader certification **training capacity** through PEC, RTIs, and home station training is the priority.
- ❑ Procurement and deployment of a **management system** used to engage, monitor, measure, and intervene as necessary between statutory training periods. This management system concept must be tested across a variety of formations, populations, environments, and studied to determine best practices for reporting.
- ❑ **Partnerships** that provide Soldier and family access to expertise, facilities, and equipment to increase readiness behaviors across the five domains within the community.
- ❑ The last priority is **select facility upgrades and equipment** to support organizational change at critical nodes and stimulate intrinsic motivation through enhanced training.



# ARNG H2F

## An Operational Approach



RESOURCE GAP (FY24-25): ~\$13M

TOTAL: \$284M (POM FY26-30)





# H2F ARNG

## Failure to Implement

Failure to implement H2F across the 54 leaves the ARNG at a **disadvantage**.

- ❑ END STRENGTH!!! Supply – demand tension on a *shrinking* recruiting pool.
- ❑ FIRST TERM RETENTION. H2F is being taught at IET and throughout PME. *Failure to meet expectations* at the Soldier's first unit of assignment sends the wrong message.
- ❑ PERFORMANCE DISPARITY, A WIDER GAP. If we do nothing, how do we expect our ARNG Soldiers to *perform in comparison to COMPO 1* when called – especially *LSOC and contested mobilization* (the family and community network are critical now)?
- ❑ STATUS QUO IN COMPARISON TO ARMY REBRANDING. Failure to modernize Soldier readiness philosophy, training, and the delivery of prevention-centric programming is *inconsistent with PEOPLE FIRST* messaging, and **our Soldiers know it**.

THE HOLISTIC HEALTH AND FITNESS (H2F) SYSTEM IS THE ARMY'S **PRIMARY INVESTMENT** IN SOLDIER READINESS AND LETHALITY....

- 2023-2025 ARMY PEOPLE STRATEGY MILITARY IMPLEMENTATION PLAN (OCT 2022)