



DEPARTMENT OF THE AIR FORCE  
WASHINGTON DC

OFFICE OF THE ASSISTANT SECRETARY

MEMORANDUM FOR U.S. AIR FORCE SURVEY PARTICIPANTS

FROM: Principal Deputy Assistant Secretary (Manpower and Reserve Affairs)

SUBJECT: 2018 Department of Defense Survey of Health Related Behaviors among Active Duty Personnel

The Department of Defense has asked the RAND Corporation and Westat, independent research organizations, to conduct the **2018 DoD Health Related Behaviors Survey (HRBS)**. This survey is being conducted with randomly selected military members from all Service branches and all components.

The 2018 HRBS asks about health-related behaviors such as exercise, mental health, substance use and other health issues related to readiness. Some of the questions are personal. **To protect your privacy, the survey is confidential.** DoD, the Air Force, and your chain of command will not know whether you complete the survey or not. Only RAND and Westat will be able to identify who has completed a survey and they will not provide any data to DoD or the Air Force that is linked to your name, other personal identifiers, or your military records.

The RAND Corporation and Westat will send you instructions via mail and email for accessing and completing the 2018 HRBS if you are randomly selected to participate. The survey will take about 20-25 minutes to finish. It can be completed on the web using a government computer during duty hours or a home computer with Internet access. You may also complete the survey on a mobile device, such as smartphone or tablet.

**Your participation in the 2018 HRBS is critical to assessing health-related readiness and for making program and policy decisions that sustain a healthy and ready force.** Although your participation in the survey is entirely voluntary, I hope you will choose to support this vital effort by responding promptly if you are asked.

Thank you in advance for your time and assistance in this important effort.

A handwritten signature in black ink, appearing to read "D.R. Sitterly", is written over a horizontal line.

DANIEL R. SITTERLY, SES, DAF  
Principal Deputy Assistant Secretary  
(Manpower and Reserve Affairs)