

# Health Promotion & Wellness

Summer 2018

**Do You Know Where The  
Closest Navy Walk-In  
Contraception Clinic Is?  
Find out on page 4**

**Check Out  
the 2017 HPW  
Annual Report  
on page 6**



U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel James Lanari



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



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# Health Promotion News and Resources

## 2015 Department of Defense Health Related Behaviors Survey (HRBS) The Final Report Is In

The Health Related Behaviors Survey (HRBS) is the U.S. Department of Defense's flagship survey for understanding the health, health-related behaviors, and well-being of service members.

The HRBS is intended to supplement administrative data already collected by the armed forces and to inform policy initiatives to help improve the readiness, health and well-being of the force.

Of the 201,990 service members in the Air Force, Army, Coast Guard, Marines, and Navy invited via letter to participate in the survey, a final sample of 16,699 met all criterion for a usable survey. The survey examined health-related behaviors in several areas, including:

- Health Promotion and Disease Prevention
- Alcohol, Tobacco, and Substance Use
- Mental and Emotional Health
- Physical Health and Functional Limitations
- Sexual Behavior and Health
- Sexual Orientation, Transgender Identity and Health
- Deployment Experiences and Health

Download and view the [2015 HRBS Final Report](#)

\*\*\*Cover Photo Credits: Cpl. Judith Harter, Sgt. Connie Jones, Airman 1st class Destinee Sweeney, Jacob Sippel, Petty Officer 1st Class Shawn Egger, and Eileen Delson La Russo\*\*\*

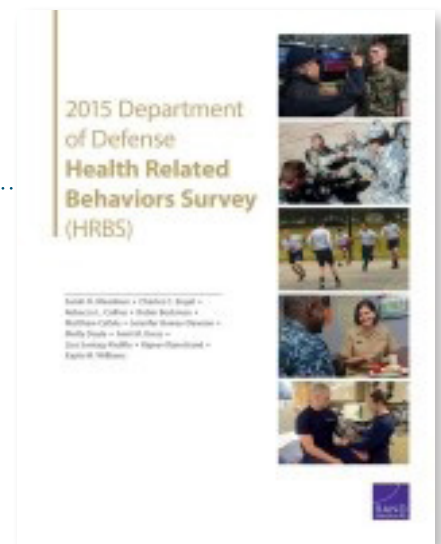
## Navy Walk-In Contraception Clinics

Walk-in contraception clinics, no appointment needed, has been launched at a growing number of Navy medical facilities. The walk-in clinics vastly improve accessibility to care for our members.

- Walk-In Contraceptive Clinics include:
- Naval Medical Center San Diego, CA
- Naval Branch Health Clinic Kearney Mesa, CA
- Naval Branch Health Clinic Sewell's Point, VA
- Naval Health Clinic Cherry Point, NC
- Naval Medical Center Camp Lejeune, NC
- Naval Hospital Jacksonville, FL
- Naval Branch Health Clinic Mayport, FL
- Naval Health Clinic Oak Harbor, WA
- Naval Hospital Sigonella, Sicily
- Naval Hospital Yokosuka, Japan
- Naval Hospital Okinawa, Japan

See a map of these clinics and hours of operation on MilSuite at: <https://www.milsuite.mil/book/groups/womens-health-family-planning-sub-community/overview>

Get contraception information: <https://www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/contraception.aspx>



# Improving Readiness through Strengthening Musculoskeletal Injury Prevention and Physical Performance Practices

What can we give to the Office of the Surgeon General to make the force more ready resilient and durable?

- Musculoskeletal Injury (MSKI) places a significant burden on the Military Healthcare system (26% of all care) resulting in over 10 million limited duty days per year – *Clin Sp Med, 2014 & Health of Force, 2015*.
- The Number 1 reason for lost work days in the US Navy and US Marine Corps is sprains and strains – *NMCPHC EDC*.
- Musculoskeletal injury (MSKI) is the number #1 threat to service member readiness and lethality (top reason for those on medical profile and on non-deployable status – *2016 Health of the Force*).

On June 6-7 at Ft. Detrick, MD, Navy and Marine Corps Public Health Center's Health and Wellness Program staff was selected to serve on a 15 member review panel initiated by the Department of Defense Military Operational Medicine Research Program (MOMRP). The MOMRP represents unique expertise in health and performance effects of multiple interacting operational hazards and stressors. The MOMRP closely coordinates with military service research programs to address Service- and platform-specific issues and prevent duplication of effort.

The mission of the panel is to review MOMRP managed injury research, provide guidance for strengthening scientific excellence, provide guidance for applicability, discuss challenges, successes, and future directions, and foster collaboration, synergies, and integration.

The purpose of this injury prevention research is to develop strategies to optimize performance and reduce the risk of musculoskeletal injury in the training and operational environment; develop military relevant fitness for duty and return to duty criteria; and develop and provide the biomedical basis for DoD standards that prevent and mitigate Warrior injury.



Photo by Cpl. Caitlin Brink

A few of the current initiatives currently being researched include the following:

- Human Performance, Training and Education
- Risk Stratification of Stress Fracture and Prediction of Return to Duty
- Effects of Functional Bridge Program on Physical Performance and Injury Prevention
- Development of Predictive Models of Injury for the Lower Extremity, Lumbar, and Thoracic Spine after Discharge from Physical Rehabilitation
- Mitigation of Acute and Chronic Neck Pain in Military Aircrew
- Defining Normal Cervical-Spine Range of Motion in Rotary Wing Pilots
- Calcium Kinetic Responses in Females Initiating Exercise Training

A primary goal for research is to initiate applicable outcomes into prevention practices for the purpose of improving resiliency and durability of the US Military Force.



# HPW 2017 Annual Report

The Navy and Marine Corps Public Health Center (NMCPHC) developed the [Health Promotion and Wellness \(HPW\) 2017 Annual Report](#) to detail how certain health factors and lifestyle behaviors can impact readiness. The report also provides insight into current trends in the Navy and Marine Corps and highlights some HPW products and services that support readiness.

In 2017, the HPW department continued implementing evidence-based health promotion strategies to improve existing services and create new resources. Some of the most notable successes this year include:

- Created and distributed the Health Promotion Annual Plan and Budget Tool to all HPW stakeholders for standardized metrics collection and reporting.
- Implemented revised questions for the Workplace Health Risk Assessment (HRA) to improve trend assessments for health behaviors, i.e., dual tobacco product use.
- Developed the HPW Interactive Map that helps locate nearby health and wellness resources.
- Rebuilt the Tobacco Metrics Collection Tool to improve data collection from tobacco cessation facilitators and provide more real-time information.
- Selected a public health educator to develop the new Chronic Disease Prevention Program.

Check out the NMCPHC [HPW 2017 Annual Report](#) to learn more!

For more information on the health promotion and wellness initiatives, visit: [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx).

## Training and Events

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education and programmatic materials required to deliver best-practice programs and interventions at the local command level. A complete list of all [HPW Training](#) for FY18 can be viewed at [HPW Training schedule](#).

For further information and/or to request a Quota Request Form to attend any of this training, send an E-mail to: [usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil).

### Upcoming Training FY18



#### Walter Reed, Bethesda, Md.

- Navy Tobacco Cessation Facilitator Training  
3 August, 2018: 7:30 AM - 4:30 PM
- Navy Tobacco Cessation Facilitator Training  
1 November, 2018: 7:30 AM - 4:30 PM

#### Norfolk, Va. NEPMU-2

- Health Promotion Advanced Training  
14-15 August, 2018: 8:00 AM - 4:30 PM
- ShipShape Program Facilitator Training  
16 August, 2018: 7:30 AM - 4:30 PM
- Tobacco Cessation Facilitator Training  
17 August, 2018: 7:30 AM - 4:30 PM

#### Norfolk Dental Center

- Navy Tobacco Cessation Facilitator Training  
6 November, 2018: 7:30 AM - 4:30 PM



# Health Promotion News Around The Globe

## Oak Harbor Raising the Bar

### Offering Child Passenger Safety Fittings for Parents

Naval Hospital Oak Harbor has started offering car seat fittings to their patients. When they first started looking into it, they were questioned on the validity of the program because “people can go to the fire station out in town and get the same information.” This is a common myth as not all fire stations have certified passenger safety technicians (CPST's). Mercedes Tedder is not only a CPST, but also an instructor that volunteers with her local fitting stations. She loves providing this service to make it easier for Navy Families to come in and ensure a proper fit for their child.

The fitting appointment includes seeing how the seat came in installed by the parent, reviewing both the car seat and vehicle manuals to make sure all safety recommendations are followed, and ensuring the parent can install the seat on their own. “Car seats have become so confusing” said Tedder, “I enjoy teaching parents how to keep their child as safe as possible.”



U.S. Navy photo by Patricia Rose

