



A Healthy You WIN Newsletter

How to Celebrate Alcohol Awareness Month

Special points of interest:

- April is Alcohol Awareness Month
- With April comes Sexual Assault Awareness and Prevention Month
- Tuesday, May 31, celebrate World No Tobacco Day
- June 2011 is Men's Health Month

Alcohol awareness month is a great opportunity to show support for recovering alcoholics and raise awareness for alcohol safety. There are many ways to celebrate alcohol awareness month, some of the most rewarding and fruitful ways are within a school system through education about alcohol and its possible dangers. Follow some steps to help you celebrate alcohol awareness month and keep the spirit of the month alive and vital.

1. Know that April is alcohol awareness month. Prepare for the month by looking online for some information about possible events happening in your city or a city near you.
2. Start doing some reading on new alcohol related information. Attend a seminar or class on awareness to stay current on information; visit an AA or ALANON meeting to connect with the population most affected by alcohol.
3. Check out events at local alcohol and drug rehabilitation centers. Call and ask about any special events, seminars or celebrations they might be having to celebrate alcohol awareness month.
4. Try and get local schools involved in alcohol awareness month if they aren't already. Attend red ribbon week celebrations and volunteer to help educate children and teens about the dangers of alcohol abuse.
5. Have a celebration of your own to celebrate alcohol awareness; don't have alcohol at your party, or if you do, encourage responsible drinking and take everyone's keys to prevent drunk driving. Encourage yourself or any other people in your life whose lives may have been affected by alcohol and celebrate life.

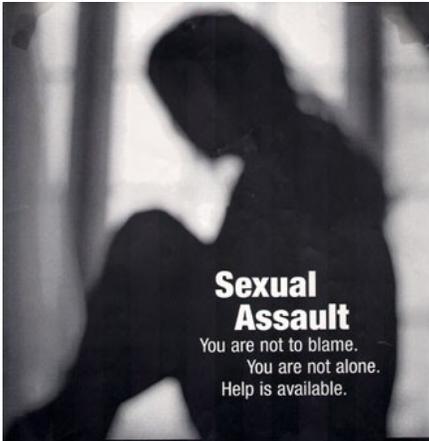


April 8 is National Alcohol Screening day where people can go to various centers around the country to assess a problem with alcohol or risky drinking behavior.

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Sexual Assault Awareness Month



The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence. Each day, people witness a continuum of behaviors that range from being respectful and safe, to sexually abusive and violent.

The 2011 national Sexual Assault Awareness Month (SAAM) campaign explores common, everyday behaviors and offers individuals viable, responsible ways to intervene. This primary prevention approach helps to create environments where people are safe in their relationships, families, neighborhoods, schools, work places and communities. This year's SAAM brings together resources and information, thus offering everyone the opportunity to address behaviors before sexual violence occurs.

Source: www.nsvrc.org/saam

QUESTIONS ON REPORTING SEXUAL ASSAULT? CONTACT THE NHC ANNAPOLIS SAPR PROGRAM.

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Common Myths Concerning Sexual Assault

Myth: Only women are sexually assaulted or raped, and only by men.

Reality: Both men and women can be sexually assaulted or raped, and assailants can be male or female with any sexual orientation.

Myth: Someone who was drinking or drunk when sexually assaulted is at least partially to blame.

Reality: Sexual assault survivors are never responsible for the attack, no matter what, no matter how much alcohol was consumed. Responsibility lies with the perpetrator; the survivor is never responsible for the assailant's behavior. Alcohol may increase the risk of sexual assault, and may make someone incapable of giving consent or protecting themselves, but it is not the cause of the assault.

Myth: It's not rape if the couple is dating or is married.

Reality: Unwanted sexual activity in any relationship qualifies as sexual assault.

Myth: Most victims are raped by strangers, in unfamiliar places or on dark nights.

Reality: It is estimated that 80-85% of rapists are known to the adult they attack. "Acquaintance rape" by a friend, new acquaintance, or coworker is frequent, particularly among young, single women. Statistics show that 50% of sexual assaults occur in or around a woman's home, 50% during the day.

Source: <http://www.stanford.edu/group/svab/myths.shtml>



SPREAD AWARENESS FOR HEART HEALTH

MAY IS HIGH BLOOD PRESSURE AWARENESS MONTH!!

According to recent estimates, nearly one in three American adults has high blood pressure. However, only about one-third of those who have hypertension are aware they have it until the often-severe symptoms are evident. Ignorance of high blood pressure can put you at great risk for hardening of the arteries, heart attack, congestive heart failure, stroke, kidney disease, and blindness.

Blood pressure is measured by systolic (the top number) and diastolic (the lower number) measurements. Systolic blood pressure is the force of blood as the heart is beating, while diastolic blood pressure is a measure of the blood's force when the heart is relaxing between beats.

Blood pressure of about "120 over 80" (120 systolic /80 diastolic) is considered normal. Being below that is usually not a problem. But if your blood pressure is high consistently (two or three occasions over a few weeks), you may have hypertension.

To keep high blood pressure in check, first and foremost adopt a healthy, balanced diet with plenty of fiber and potassium and a limited amount of salty foods; exercise regularly (which helps to reduce stress); limit alcohol consumption, and quit smoking.

Source: <http://www.apwu.org/dept/res-ed/magart05march-hypertension.htm>



World No Tobacco Day



On the 31st of May each year WHO celebrates World No Tobacco Day, highlighting the health risks associated with tobacco use and advocating for effective policies to reduce consumption. Tobacco use is the second cause of death globally (after hypertension) and is currently responsible for killing one in 10 adults worldwide.

The World Health Assembly (WHO) created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and its lethal effects. It provides an opportunity to highlight specific tobacco control messages and to promote adherence to the WHO Framework Convention on Tobacco Control. Tobacco use is the number one preventable epidemic that the health community faces.

Source: <http://www.who.int/mediacentre/events/annual/wntd/en/index.html>

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JUNE IS MEN'S HEALTH MONTH!

Stay Healthy, Stay Strong

To be a good warrior, husband or father, one needs to stay strong, which means staying healthy. To help with that, the MHS is observing Men's Health Month in June. The purpose of Men's Health Month is to highlight men's health issues, raise awareness of preventable health problems and encourage early detection and treatment of diseases.

There are a few healthy living tips that young men everywhere should consider following in order to be healthy not only while they're still young, but as they get older as well. Read on for a few of these basic guidelines.

1. Exercise Regularly

While many young men already participate in sports or other activities, it's essential that you continue to practice these things. It can be much easier to participate in exercise activities while you're in school than it is after you've graduated and have begun to take on a job and other responsibilities. It's crucial that you continue to make regular exercise a part of your life. Plan to get a good workout of some kind on four to six days per week.

2. Don't Push Yourself too Hard

Because many young men are in excellent shape, it can be difficult for those who are not quite as fit to engage in exercise programs. The temptation is often there to push oneself further and harder than is safe or healthy. Always keep in mind your own fitness level and do not push yourself beyond your capacity. This will only lead to discouragement and, even worse, to potential injury.

3. Eat Right

Eating healthily is an important way of maintaining your overall health, regardless of your age. Because many young men have strong metabolisms and seem to be able to eat a lot of food without gaining weight, it's easy to take this as an excuse to eat whatever you want. Keep in mind, however, that the food that you eat may have a bearing on a lot more than just your weight. Your exercise levels, fitness, stamina and long term health are all affected by what you eat.

4. Avoid Drinking and Tobacco

Many young men use tobacco or drink alcohol. While engaging in either of these practices in moderation has become common throughout the United States and the world, they are still not considered to be healthy living practices. Abstain from drinking and tobacco use if at all possible. At the very least, you'll be healthier if you do not smoke/dip or drink to excess at any time. Because these habits are also quite expensive to maintain, you'll find that you'll be much better able to save money by limiting the amount that you drink and smoke.

5. Visit the Doctor

It's important to get a regular physical exam and to have any medical issues checked out by a doctor. The fact that you're a young man doesn't mean that you aren't subject to important medical concerns.

Sources: http://www.health.mil/Themes/Mens_Health.aspx
<http://www.fitday.com/fitness-articles/nutrition/for-men/5-healthy-living-tips-for-young-men.html>



Living a healthy and active lifestyle is important no matter what your age may be.



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