



Naval Hospital Bremerton

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Code 16U1
Bremerton, WA 98312

Phone: 360 475-4541
NHB Appts: 1-800-404-4506

Naval Hospital Bremerton

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Health Promotion Resource Guide



▶ Health Promotion Department

Phone: 360-475-4541

E-mail: nhb.healthpromotion.med.navy.mil

Website: www.med.navy.mil/sites/nhbrem find the link to Health Promotion under Patient Services.

TRICARE 1-800-404-4506

Navy Marine Corps Public Health Center:
www-nehc.med.navy.mil/Healthy_Living/



Favorite Websites:

Websites we recommend for up to date, unbiased health information:

MedlinePlus: medlineplus.gov

FamilyDoctor: familydoctor.org

Women's Health: womenshealth.gov (for girls also!)

Parenting Resources

Prenatal classes: OB-GYN Clinic (360) 475-4209

Baby Basics classes: Great information for when you bring the baby home. Naval Hospital Health Promotion

Parenting Classes: Fleet and Family Program
www.navylifepnw.com

Car Seat Fittings: Events and appointments through Naval Hospital Health Promotion

New Parent Support Team: includes home visitation, parent education and prenatal and postnatal care. Phone 360-475-7483 www.navylifepnw.com
www.militaryhomefront.dod.mil

Community Resources:

- **Lactation Coalition:** (206) 780-9488
- **MOPS:** Mothers of Preschoolers

On-line resources:

- **Navy Moms Online:** www.navymomsonline.net

Nutrition and Weight Management

SHIPSHAPE: 8-week program specifically designed to assist active duty members in meeting DON body composition standards. Spouses are encouraged to attend. Course dates for 2010 are 14 January through 04 March, and July – August. (dates to be announced) Contact Health Promotion for more information and registration.

TLC Classes: 8 interactive classes which include cooking demonstrations, fitness at home and in the gym, and a commissary shopping tour. (See Health Promotion calendar) These are held at the Naval Hospital Wellness Center.

Bariatric Screening: includes TLC Class participation, appointments with a registered dietitian at the Naval Hospital, and mental health provider. The process begins with a referral to Case Management from your Primary Care Provider.

Command level training: Available on request to Health Promotion. Topics include "Sports Nutrition", "Eating for Energy and Health" and "Weight Management".

Community classes: Available for Family Readiness Groups (FRG), schools, community organizations (scouts) on request from Health Promotion.

Military One Source: www.militaryonesource.com provides online and telephone support

Additional Support:

- **Food and Activity logs:** www.MyPyramid.gov
- **Bariatric Support Group:** Held at the Wellness Center on the 1st and 3rd Tuesday of each month. (See Health Promotion calendar)

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#1 Helpful Website for Navy Health Prevention:

Naval and Marine Corps Public Health Center:

Education and program planning material is available for all health promotion and prevention topics at

www-nehc.med.navy.mil

Tobacco

Tobacco Cessation Program: Individual and group support is available at Branch Health Clinics and on the 7th floor at the Naval Hospital. Appointments 315-3902/03 For more information call 360-475-4818 or stop by the 7th floor at Naval Hospital

Command level training: Available on request. Topics can include tobacco awareness for all hands, or tobacco cessation for users.

Community Outreach: Motivational presentations and planned activities are available on request for schools, FRG's and other community groups (scouts)

Phone and On-line support: DOD website www.ucanquit2.org

Washington State quit line: www.quitline.com



Physical Fitness

MWR Fitness Centers: www.navylinepnw.com for operating hours, class schedules. Family friendly workout areas are available.

Therapeutic Lifestyle Choices (TLC) classes: These are held at the Naval Hospital Wellness Center. This series of 8 interactive classes include information on good nutrition, healthy choices and introductions to TAI CHI, yoga, core strengthening exercises and safe aerobic activities.

Training: Available on request to Health Promotion. Topics include back injury prevention, Stretch and Flex, and overcoming obstacles.

Movement Training: Yoga and TAI CHI is available at the Naval Hospital Wellness Center. See calendar for schedule of classes. These activities are appropriate for all fitness levels.

Community resources:

- **City of Bremerton Website:** www.ci.bremerton.wa.us phone 360-473-5305
- **Kitsap Parks:** www.kitsap.gov.com/parks or phone 360-337-5350

Sexual Health

Preventive Medicine Department: Provides public health education on request. Topics include sexual health, environmental health and safety, communicable disease and food safety. (360) 315-4463

Training: Available on request to Health Promotion. Topics include "Birth Control Update", and "STD Prevention and Awareness"

Sexual Health and Reliability Program (SHARP): Education and program planning material www-nehc.med.navy.mil

Kitsap County Health Department:
www.kitsapcountyhealth.com



Alcohol Awareness, Prevention, and Abuse

Substance Abuse Rehabilitation Program (SARP): Drug and alcohol counseling for active duty personnel and military beneficiaries www.med.navy.mil/sites/nhbrem

Alcoholics Anonymous: <http://www.theagapecenter.com/AAinUSA/Washington.htm>
Phone: 360-5358386

Don't be "That Guy": Website designed for young adults/teens by the Chris Farley Foundation and DOD that encourages smart choices concerning alcohol.
www.thatguy.com



Safety

Safe Kids USA: Information to help prevent accidental childhood injury. Includes child passenger safety, pedestrian safety, helmets, poison prevention, toy safety, water safety, and much more. www.usa.safekids.org

National Highway Traffic Safety Administration: Up to date information on highway safety programs, recalls, reports, etc. www.nhtsa.dot.gov



Stress Management

Outpatient Crisis Intervention Program (OCIP): 5 day outpatient crisis intervention program held at the Naval Hospital. This is available with your primary health care provider's referral.

Wellness Center: Wellness Wednesday programs include "Meditation and Relaxation", "TAI CHI", and massage therapy (by appointment)

Fleet and Family Program: www.navylifeepnw.com
Chaplain: CREDO www.cnic.navy.mil phone 476-3793
Marriage enrichment and personal growth retreats

Military One Source: www.militaryonesource.com provides online and telephone support

NBK Employee Assistance Program (EAP): Civilian personnel counseling and assistance Phone 360-476-4455

Kitsap Mental Health: 360-373-5031