
HEALTH PROMOTIONS RESOURCE MANUAL

NAVAL HEALTH CLINIC NEW ENGLAND, NEWPORT

43 Smith Road
Newport, RI 02841-1002
<http://nhcne.med.navy.mil/>



Mission

Deliver quality healthcare and support operational forces

Vision

Creating trusted partnerships to achieve lifelong health and wellness

Guiding Principles

- We are a patient-centered organization.
- We are responsive to our patients' needs.
- We promote a sense of connectedness with our patients and staff.
- We foster a climate of trust and expect trustworthiness of all staff.
- We endeavor to create and maintain lasting relationships with our patients.
- We care for our patients and staff with the utmost dignity, respect, and compassion.
- We partner with our patients to optimize health and well-being.

Your health is important to us! That is why the Health Promotion Department at the Naval Health Clinic New England, Newport is pleased to provide you with the 2011 version of the Health Promotion Resource Manual. Our goal is to connect you with resources that help you and your family stay healthy.

The services and programs listed in this manual are referenced by the following eligibility codes (if applicable):

- AD** - Active Duty
- BEN** - Family members of military eligible's
- RET** - Retirees
- RES** - Reservists
- DOD-CIV** Department of Defense Civilians
- DOD-CTR** Department of Defense Contractor

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HEALTH PROMOTIONS/WELLNESS DEPARTMENT PROGRAMS



The Health Promotion/Wellness Department is located in Building 23 (Dewert Clinic) on the 2nd deck. We offer a wide range of classes, presentations, seminars, one-on-one counseling, and health fairs to personnel of NAVSTA Newport, including all tenant commands, NHCNE Newport beneficiaries and NHCNE DoD and military staff.

The Health Promotion/Wellness Department offers the following programs to **help keep you and your family healthy:**

- Ship-shape Program
- Healthy Weigh Program
- Healthy Heart Program
- Tobacco Cessation
- Breast Feeding
- Health Education classes
- Diabetes Support Group
- Diabetes Education
- Nutritional counseling

There you will find a wellness resource library that holds a selection of books, videos, pamphlets and manuals. For more information or to obtain a current calendar of monthly programs, please call (401) 841-6777 or visit our website at <http://nhcne.med.navy.mil/>.

SHIPSHAPE WEIGHT MANAGEMENT PROGRAM

This is an evidence-based behavioral health program, specifically designed for Active Duty individuals who exceed or are in danger of exceeding Navy Body Composition Assessment (BCA) standards. This program is also available to all other interested Active Duty members. Participants will learn strategies to eat healthier, overcome emotional barriers & increase their physical fitness levels. This 8 week class is offered bi-annually and meets weekly. Call (401)841-6777 to register.

Active duty and Reserve.

HEALTHY WEIGHS PROGRAM

A four week long course that meets for one hour each week that offers a variety of techniques and tools to assist you in making gradual lifestyle changes that lead to long-term healthy weight maintenance and overall good health. Whether you want to lose a few pounds or looking to maintain your weight, Healthy Weighs can help. This self-paced, flexible, 4 week program is ideal for today's busy lifestyles. Call (401) 841-6777 to register.

Active duty- Reserve-Retired-Beneficiaries-DOD-Civilian DOD-Contractor

HEALTHY HEART CLASS

This is a one hour class that explores what it means to have a healthy heart. Cardiac risk factors are identified and methods of lifestyle modification are discussed. Participants review their own cholesterol panels and actively participate in establishing ways to reduce their risk of heart disease. This class is designed to provide current nutrition education for patients who have a history of high cholesterol,

hypertension, and/or cardiovascular surgery. Please see the Health Promotion schedule for classes offered. Call (401)841-6777 to register.

Active duty-Reserve-Retired-Beneficiaries-DOD-Civilian DOD-Contractor

TOBACCO CESSATION

This program is for individuals who are ready to commit to a tobacco free lifestyle. Support is provided to assist participants through nicotine withdrawal and behavior modification. Medications that assist in this process are reviewed and provided with program attendance. Sessions are 4 weeks long, meeting once per week for 1 to 1.5 hours. Call (401)841-6777 to register.

Active duty- Reserve-Retired-Beneficiaries-DOD-Civilian DOD-Contractor

BREASTFEEDING COUNSELING

This one-on-one counseling, conducted by a certified lactation counselor, is recommended for any pregnant woman in her third trimester interested in breastfeeding or any new mother currently breastfeeding. It covers preparing to breastfeed, overcoming early challenges, and how to get support and extra help. Breast pumping and returning to work while breastfeeding will also be covered. Call **(401) 841-6777** for more information or to schedule. The breastfeeding room is located in the Health Promotion Department on the second floor of the Dewart Clinic next to the laboratory. The room offers privacy and tranquility.

Active duty- Reserve-Retired-Beneficiaries-DOD-Civilian DOD-Contractor

DIABETES SUPPORT GROUP

A monthly support group for individuals/families with diabetes. Ongoing assistance, education and support are provided to help patients achieve optimal control over their diabetes. Call (401)841-6777 for more information.

Active duty- Reserve-Retired-Beneficiaries-DOD-Civilian DOD-Contractor

DIABETES EDUCATION

Classes designed to help patients with diabetes or pre diabetes understand and manage or prevent this disorder. Our multidisciplinary team covers diet, exercise, prevention of complications, medications, and assists participants in making lifestyle changes. Please call (401)841-6777 for information on scheduling.

Active duty- Reserve-Retired-Beneficiaries-DOD-Civilian DOD-Contractor

NUTRITIONAL COUNSELING

This is an independent session with the dietitian to discuss your personal nutritional needs. This includes setting goals, evaluating your current dietary plan, teaching about portion control, assessing special

dietary needs and helping you achieve your goal. The dietician is a referral based appointment. Your primary care doctor will need to submit a referral for service. Questions about this service please call (401) 841-6777.

*Primary care provider must be staff here at Naval Health Clinic New England. We cannot accept outside referrals at this time.

Active duty- Reserve-Retired-Beneficiaries-DOD-Civilian DOD-Contractor

NHCNE MULTI-DISCIPLINARY RESOURCES

BEHAVIORAL HEALTH SERVICES

The Behavioral Health Care team consists of a variety of mental health professionals, such as psychiatrists, psychologists, social workers, nurses, and alcohol and drug counselors. All patients receive compassionate and thorough care from our professional team. Call (401)841-3771 or (401)841-4475 for information. **AD only.**

EXCEPTIONAL FAMILY MEMBER PROGRAM

This program is designed to assist sailors by addressing the special needs of their exceptional family members (EFM) during the assignment process. Special needs include any special medical, dental, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment or assistive technology devices. Below are some links associated with the EFMP:

- [NHCNE Appointments](http://nhcne.med.navy.mil/services/appointments.asp) <http://nhcne.med.navy.mil/services/appointments.asp>
- [NHCNE Pediatrics](http://nhcne.med.navy.mil/services/pediatrics.asp) <http://nhcne.med.navy.mil/services/pediatrics.asp>
- [American Academy of Pediatrics](http://www.aap.org/healthtopics/adhd.cfm) <http://www.aap.org/healthtopics/adhd.cfm>
- [Connecticut Parent Advocacy Center, Inc.](http://www.cpacinc.org/) <http://www.cpacinc.org/>
- [Connecticut Department of Mental Retardation](http://www.ct.gov/dds/site/default.asp) <http://www.ct.gov/dds/site/default.asp>
- [Exceptional Family Member Medical Summary \(All Family Members\); DD FORM 2792 DD Form 2792](http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2792.pdf) <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2792.pdf>
- [Exceptional Family Member Special Education/Early Intervention Summary For Educational Issues; DD FORM 2792-1 \(All School Aged Children\)](http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2792-1.pdf) <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2792-1.pdf>
- [Federal Education Laws, Policies, Programs](http://idea.ed.gov/explore/view/p/,root,statute) <http://idea.ed.gov/explore/view/p/,root,statute>
- [MILITARY HOME FRONT](http://www.militaryhomefront.dod.mil/efmp_redirect.html) http://www.militaryhomefront.dod.mil/efmp_redirect.html
- [Navy Exceptional Family Member Resource Handbook](http://www.public.navy.mil/bupers-npc/support/efm/documents/fy09efmpresourceguide.pdf) <http://www.public.navy.mil/bupers-npc/support/efm/documents/fy09efmpresourceguide.pdf>
- [The New England Assistive Technology Marketplace](http://www.neatmarketplace.org/) <http://www.neatmarketplace.org/>
- [EFM Connections](#)
- [Navy Life Lines](http://www.cnic.navy.mil/CNIC_HQ_Site/index.htm) http://www.cnic.navy.mil/CNIC_HQ_Site/index.htm
- [Military One Source](#)

NAVSTA NEWPORT RESOURCES

SPIRITUAL HEALTH

Worship Services - A full schedule of chapel services can be found in the NAVSTA base paper or by calling the Main Chaplain's Office at (401)841-2234

AD BEN RES RET DOD-CIV.

MWR

Morale, Welfare and Recreation (MWR) covers a wide scope of worldwide operations that provide sailors and their families with the finest facilities, programs and activities to meet their recreational and social needs. MWR provides Single Sailor programs, fitness facilities, tickets and travel and motion pictures ashore. Furthermore, their programs encourage positive individual values, aid in recruitment and retention, and provide for the physical, cultural and social needs of a mobile Navy. Please call 401-841-2283 for more information.

FLEET & FAMILY SUPPORT CENTER

FFSP provides Information and Referral via walk-in, e-mail and phone call on a variety of military and civilian programs and services. Information includes special needs families, wounded warriors, repatriated family members, non-support (child or spouse), schools, social services, child care, housing, emergency services, health and medical services, ombudsmen and volunteer opportunities. Call **(401) 841-2283** for more information.

FITNESS AND EXERCISE

NAVAL STATION NEWPORT FITNESS CENTER & GYM Bldg 109

Location: Building 109, Knight Road

Phone: (401) 841-3154

Hours of operation:

- Monday through Thursday, 5 a.m. to 8 p.m.
- Friday, 5 a.m. to 6 p.m.
- Saturday, 7 a.m. to 4 p.m.
- Sunday, 9 a.m. to 4 p.m.
- Holidays, 9 a.m. to 5 p.m.
- Thanksgiving & Christmas, Closed

Amenities:

Cardiovascular machines

Free weights

Basketball, racquetball & squash courts

Group fitness classes
Massage therapy

HEALTH RELATED WEBSITES

NOTE: This listing of resources and websites is provided for information only and does not imply any endorsement from NHCNE, Newport. As always, consult your health care provider before making any changes to improve your health.

- **Cancer**
 - American Cancer Society www.cancer.org
 - American Institute for Cancer Research www.aicr.org
 - NIH's National Cancer Institute www.cancer.gov
 - Women's Information Network Against Breast Cancer www.winabc.org
- CDC Healthy Living: <http://www.cdc.gov/HealthyLiving/>
- Center for Disease Control: www.cdc.gov
- Crews Into Shape (NMCPhC):
http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx
- Diabetes: www.diabetes.org
- Food and Drug Administration: <http://www.fda.gov>
- Great American Smoke-out:
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>
- .GOV
 - [Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov)
 - Nutrition: <http://www.nutrition.gov>
- Health Promotion
 - Navy Environmental Health Center: <http://www.nmcphc.med.navy.mil/About/>
- Heart Health
 - NHLBI: <http://www.nhlbi.nih.gov/health/public/heart>
 - American Heart Association: www.americanheart.org
- Marine Corps: <http://www.usmc-mccs.org/suicideprevent>
- Men's Health
 - Men's Health Network: www.menshealthnetwork.org
- American Urological Association: www.auanet.org
- **Military Medicine**
 - [Navy Medicine](http://www.navy.mil/navy.navy.mil/Health/HealthAffairs)
 - [Navy and Marine Public Health Center](http://www.navy.mil/navy.navy.mil/Health/HealthAffairs)
 - [DOD/Health Affairs](http://www.dod.mil/HealthAffairs)
 - [US Public Health Service](http://www.hhs.gov/ashpr/hotlines/)
 - [Institute of Medicine - Health of Veterans](http://www.va.gov/opa/whatsnew/)
 - [Veteran's Administration](http://www.va.gov/opa/whatsnew/)
- Navy Operational Fitness and Fueling: <http://www.navyfitness.org/fitness/noffs>
- NCI Tobacco: www.smokefree.gov
- National Institute of Drug Abuse: <http://drugabuse.gov/nidahome.html>
- National Suicide Prevention Helpline: <http://www.suicidepreventionlifeline.org>

- Navy and Marine Corps Public Health Center Healthy Living: http://www.nmcphc.med.navy.mil/Healthy_Living
- Navy and Marine Corps Suicide Prevention: <http://www-nmcphc.med.navy.mil>
- Navy Suicide Prevention: http://www.public.navy.mil/suicide_prevention
- American Dietetic Association www.eatright.org
- That Guy: <http://www.thatguy.com>
- The President's Fitness Challenge: <http://www.presidentschallenge.org>
- Tobacco
 - American Lung Association - <http://www.lungusa.org/>
 - Centers for Disease Control (CDC)-www.cdc.gov/tobacco
 - Try To Stop -www.trytostop.org
 - Mayo Clinic Nicotine Dependence Center -www.mayoclinic.org
 - QuitNet -www.quitnet.com
 - Quit Smoking Support -www.quitsmokingsupport.com
 - Committed Quitters -www.committedquitters.com
 - UCanQuit2.org: <http://www.ucanquit2.org>
- TRICARE: Regional TMA/Tricare Benefits:
 - North: <http://tricare.mil/tronorth/default.cfm>
 - South: <http://tricare.mil/trosouth/default.cfm>
 - West: <http://www.triwest.com/en/>
- USDA www.nal.usda.gov/fnic/
- Web MD: www.webmd.com
- Weight Information Network (NIH): <http://win.niddk.nih.gov>
- WELCOA -www.welcoa.org
- Women's Health:
 - National Women's Health Network Clearinghouse: www.womenshealth.org

TELEPHONE DIRECTORY

Program/Service	Phone Number
American Red Cross Emergency Number	(877)272-7337
Allergy and Asthma Network	(800) 878-4403
American Academy of Dermatology	(888)462-DERM
American Association of Retired Persons	(202) 434-2277
American Cancer Society	(800) ACS-2345
American College of Allergy and Immunology	(800) 842-7777
American College of Rheumatology	(800) 346-4753
American Heart Association	(800) AHA-USA-1
American Lung Association	(212) 315-8700
American Physical Therapy Association	(703) 684-2782
Ankylosing Spondylitis Association	(800) 777-8189
Arthritis Foundation-Local	(202) 537-6800

Asthma and Allergy Foundation of America	(800) 7-ASTHMA
Breastfeeding Hotline	(800) 994-9662
Cancer Connection (National Cancer Institute)	(800) 4-CANCER
Elder Care Locator	(800) 677-1116
Exceptional Family Member	(401)841-6847
Human Nutrition Institute	(202) 659-0074
Lyme Disease Information Hotline	(800) 886-5963
Medic Alert Foundation International	(800) 633-4260
Musculoskeletal and Skin Diseases	(301) 495-4484
National Cancer Institute	(800) 4-CANCER
National Digestive Diseases Information Clearinghouse	(301) 654-3810
National Headache Foundation	(800) 843-2256
National Health Information Center	(800) 336-4797
National Fibromyalgia Partnership	(866) 725-4404
National Institute of Aging	(301) 496-1752
National Osteoporosis Foundation	(202) 223-2226
National Spinal Cord Injury Association	
	(800) 962-9629
Occupational Safety and Health Administration	(800) 321-OSHA
Psoriasis Foundation	(800) 723-9166
STD National Hotline (Sexually Transmitted Diseases)	(800) 227-8922
USDA Food and Drug Administration	(301) 827-4420

"Health Promotion is defined as the science and art of helping people change their lifestyle to move forward to a state of optimal health. Optimal health is defined as a balance of physical, emotional, social, spiritual, and intellectual health"

-American Journal of Health Promotion

We hope you have the opportunity to use these services as a valued beneficiary at the Naval Health Clinic New England, Newport. Here's to good health!