



February 22, 2013



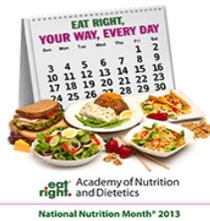
# Health Promotion and Wellness Friday Facts



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## MARCH IS NATIONAL NUTRITION MONTH®



March is National Nutrition Month®, a time to focus on healthy eating. This event is sponsored by the Academy of Nutrition and Dietetics. The theme for 2013 is “Eat Right, Your Way, Every Day”. Look for resources to support your efforts to promote this year’s theme in the March HP Toolbox, which you will find by clicking [here](#).

## WEBINAR ENTITLED: “THE ROAD TO RECOVERY - HEALTHY EATING RECOMMENDATIONS TO INCORPORATE INTO YOUR RECOVERY PLANS (PART 1)” TO BE HELD MARCH 6, 2013 FROM 1300-1400 EST



Wounded III and Injured (WII) Program

The mission of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department is to provide innovative and evidence based health promotion and wellness programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

The NMCPHC HPW Department’s [Wounded III and Injured \(WII\) Program](#) staff are happy to announce a two-part webinar series that will highlight and disseminate HPW resources and tools to help those supporting wounded warriors on their path to recovery. “The Road to Recovery - Healthy Living Recommendations to Incorporate into Your Recovery Plans (Part 1)” will discuss Nutrition and Weight Management, Fitness, and Tobacco Cessation to assist Navy Safe Harbor Care Managers, Marine Wounded Warrior Regiment Recovery Care Coordinators, and other WII liaisons to facilitate understanding the importance of the three aforementioned topic areas during illness and injury. It will be held on Wednesday, March 6th, 2013 from 1300-1400 hours EST.

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The Objectives for this webinar are:

### A.) Nutrition and Weight Management:

- 1.) Communicate the importance of nutrition in managing weight during illness and injury.
- 2.) Identify the proper education and support for maintaining balanced nutrition during injury.
- 3.) Discuss nutrients that may improve wound healing and affect the reparative process.
- 4.) Summarize the importance of weight management during injury and illness.

### B.) Fitness:

- 1.) State the importance of fitness during recovery from an illness or injury.
- 2.) Identify concerns or barriers to an active lifestyle specific to the WII population.
- 3.) Discuss various forms of physical activity that may be appropriate for WII members.

### C.) Tobacco Cessation:

- 1.) Discuss the consequences of tobacco use as it relates to the WII population.
- 2.) Identify the negative impacts of tobacco use on physical and psychological illnesses.

The presenters of this webinar will be:

Ms. Cindy Richards-Myles, MS, CHES, Public Health Educator, NMCPHC  
Ms. Dawn Whiting, BSN, MS, Public Health Educator, NMCPHC  
Ms. Shanya Perkins, MA, Public Health Educator, NMCPHC

To register for the event please click [here](#):

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event.

To see the presentation on the day of the event, please click [here](#).

We will be using a dial-in number for the audio on the day of the event:

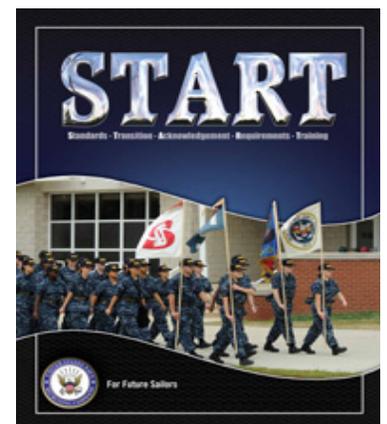
(877)885-1087 - Toll Free U.S. & Canada  
(360)347-7805 - International  
Conference Code: 8977050226

Registration for this event will close on 5 March at 2355, so register soon! For Certified Health Education Specialists (CHES) one Category I CEU will be offered. Please forward to anyone you feel may be interested.

We hope you can attend!

## NEW FITNESS RESOURCES FOR FUTURE SAILORS AND NAVY RECRUITERS UPDATED

The newly developed "NRC Future Sailor Fitness and Nutrition Guide" and the "NRC Recruiter Guide for PT" have been revised and replaced on the CNRC webpage and the "Recruiter Quarter Deck". The NMCPHC HPW website is listed as a primary resource in this guide. The NOFFS Meal Builder and the standardized workouts in the NOFFS system are also a key part to these resources. The NOFFS system is specifically aligned throughout the NRC Fitness and Nutrition Guide with resource links for use by the individual future Sailor and for use by recruiters, providing information on physical fitness and nutrition. The NRC Future Sailor Fitness and Nutrition Guide PDF can be found by clicking [here](#).



## NMCPHC/CPPD PARTNERSHIP ENSURES CONSISTENT ACCESS TO HPW



The NMCPHC HPW website is now directly linked to the Navy Knowledge Online (NKO) Health and Wellness (HPW) webpage (located on the main page of the NKO Website - under the Personal Development header). Currently, the NKO HPW webpage is exactly the same as the NMCPHC HPW webpage. This BSO alignment between Navy Medicine and Navy Training will allow a more comprehensive delivery of HPW products and resources throughout the Navy. It will also ensure Sailors that utilize the NKO HPW webpage will receive the most up-to-date HPW products and resources. This effort was completed through the Memorandum of Agreement (MOA) HPW partnership between Navy Training's Center for Personal and Professional Development (CPPD) and the NMCPHC.

## HEALTH PROMOTION AND WELLNESS: SLEEP-DISORDERS CROSS-SECTIONAL ANALYSIS



Wounded Ill and Injured (WII) Program

The NMCPHC 2011 Fleet and Marine Corps Health Risk Assessment (HRA) Annual Report indicated that lack of sleep was one of the leading health risks in the Navy, Marine Corps and Coast Guard Active Duty and Reserve population.

The NMCPHC Health Promotion and Wellness (HPW) Department, [Wounded, Ill, and Injured \(WII\)](#) staff requested a Sleep Disorders Cross-Sectional Analysis to obtain data on the prevalence and distribution of sleep disorders within the active duty and reserve population, many of whom have become wounded, ill, or injured. The purpose of this analysis was to assess the current burden of sleep disorders and related comorbidities in support of HPW outreach activities and resource planning, as well as to support the recovery of affected individuals.



For the analysis, the NMCPHC Health Analysis Department provided statistics on the number of Navy and Marine Corps active duty and guard/reserve service members who received care at Military Treatment Facilities (MTFs) in Fiscal Year (FY) 2011 and were diagnosed with one of the following sleep disorders: organic sleep disorders, non-organic sleep disorders, sleep disturbances and narcolepsy. The related comorbidities of post-traumatic stress disorder (PTSD), mild traumatic brain injury (mTBI), obesity, major depression, and chronic pain were also assessed.

The analyses identified 71,312 visits by service members with sleep disorders during FY2011. These visits represented 29,008 service members with at least one sleep disorder diagnosis.

Co-morbidities among service members with at least one sleep disorder diagnosis were as follows: Major Depression 16%, PTSD 11%, Obesity 7%, mTBI 7% and Chronic Pain 4%.

The data from this cross-analysis supports the need for additional sleep disorder-related materials including comorbidity health behavior resources and targeted educational tools. HPW products will increase awareness and provide knowledge about positive health behavior changes that will help mitigate sleep disturbances.

To read the entire report from this cross-sectional analysis please click [here](#).

## "STEPS TO WELLNESS: A GUIDE TO IMPLEMENTING THE 2008 PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS IN THE WORKPLACE" AVAILABLE FROM THE CDC

Many working American adults struggle to stay fit and active. Because many of us spend most of the day at work, the workplace is a logical place to encourage physical activity. CDC's new toolkit, [Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace](#) provides employers with easy and understandable steps on how to get employees moving.

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This toolkit includes ideas and suggestions on how employers can create a wellness culture in the workplace by introducing physical activity programs. Worksite wellness programs may improve employees' health, which can result in greater productivity.

According to one study, for every dollar spent on wellness programs, medical costs fell by \$3.27 and costs associated with absenteeism fell by \$2.73. Physical activity is an important component of any comprehensive wellness program.

The Steps to Wellness toolkit includes -

- A case for why businesses should create a culture that values physical activity
- Steps employees and their employers can take to promote physical activity
- Tools and templates to help promote physical activities
- Other resources, including an overview of the 2008 Physical Guidelines for Americans

