



April 19, 2013



# Health Promotion and Wellness Friday Facts



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## NMCPHC HEALTH PROMOTION AND WELLNESS (HPW) DEPARTMENT BIDS HAIL AND FAREWELL!

The NMCPHC HPW Dept. staff bid farewell to CDR Denise Gechas, NC, USN on 29 March. Upon arriving at NMCPHC, CDR Gechas initially assumed two positions as HPW Dept. Head and Director, Population Health. CDR Gechas has transferred to BUMED, assuming the position as Health Promotion/Medical Readiness/Deployment Health Programs Manager with areas of responsibility previously held by CAPT Katherine Natoli, who retired on 11 April.

The HPW staff also bid farewell to Janet Mano and Leigh Houck, two Public Health Educators who have both worked to promote the Navy's HPW Program for many years. Janet retired on 9 April after serving as the HPW Dept. Head at Naval Hospital Bremerton from March 1995-April 2013. She was also a Designated Instructor for the Navy HP Basics Course, Level II and for the past year also served as the Blue H Award Mentor for medical commands.

Leigh Houck retired on 29 March after serving for 10 years as both the HPW Dept. Head at Naval Medical Center Bethesda and more recently as the Public Health Educator at Naval Branch Clinic, Washington Navy Yard.

The NMCPHC HPW Dept. also wants to welcome onboard our two newest staff members. They are Kaleena Huggins and Kate Geusic. Kaleena Huggins holds a BA in international relations and an MPH with a concentration in Global Health and Maternal and Child Health. She previously worked with the Dept. of Epidemiology at Emory University in Atlanta, GA on research studies related to HIV and sexual health and with the Southwest Institute for Research on Women in Tucson, AZ on issues related to adolescent substance use and recovery oriented systems of care. She also served as a health sector volunteer in the U.S. Peace Corps in Malawi, Africa from 2006 to 2008 under the Malawi Ministry of Health National HIV-AIDS Program.

Kate Geusic holds a B.B.A. in Marketing with a minor in Computer Information Systems. She previously worked with the Homeland Security/Homeland Defense (HLS/HD), Civil Support, and National Preparedness - Prevention, Protection, Mitigation, Response and Recovery (NP - PPMR&R) Communities. She will be providing HPW with onsite strategic communications and marketing support.

## CONGRATULATIONS TO THE 2013 CREWS INTO SHAPE CHALLENGE PARTICIPANTS

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During the 2013 four-week Crews Into Shape challenge, 1,849 Crew Members in 276 “Crews” composed of soldiers, sailors, marines, DoD civilians, contractors and family members challenged themselves to eat the recommended amounts of “fruits and veggies”, achieve a healthy amount of physical activity each week, and reach or maintain a healthy weight. This year, five teams achieved a perfect score of 213 points – four of them from the same command. Congratulations to Team Gold from Military Sealift Command (Norfolk, VA) and all four teams from Branch Clinic Capodichino (Naples, Italy) - Team Honor, Team Courage, Team

Commitment and Team Semper Fortis! Great job!

See the final list of Crews and scores at: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2013registeredcrews.pdf>

You can also see fun team photos on our Facebook page at: <https://www.facebook.com/#!/NavyAndMarineCorpsPublicHealthCenter>

All of the Crews did a wonderful job, and it has been fun hearing about all of the creative team events people have participated in including 5K runs, infused olive oil and vinegar tastings, recipe swaps, weekly lectures, stair climbing groups, yoga, bowling and healthy pot lucks.

What creative and fun activities did your Crew participate in during the 2013 challenge? How did you celebrate your successes? Share your team activities, pictures and success stories on our [Facebook wall!](#)

## STRENGTHEN YOUR COMMAND INJURY PREVENTION PROGRAM: EVIDENCE-BASED REPORTS NOW AVAILABLE ON THE HPW INJURY PREVENTION WEBPAGE

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Seven reports, unique to the Department of Defense and/or the U.S. Navy are now available on the NMCPHC Injury Prevention webpage of the Healthy Living website for military healthcare providers and professionals. Topics include cost factor analysis model for injury prevention and analysis, U.S. Navy annual injury report for FY 2012, evaluation criteria to evaluate prevention practices and programs, and the impact of injuries on readiness. For more information or to read the reports go to:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/resources-for-providers-and-professionals.aspx>

You may also visit the NMCPHC Injury Prevention Website for additional resources at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>