



February 8, 2013



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Health Promotion and Wellness Friday Facts



THE CREWS INTO SHAPE CHALLENGE IS SET TO KICK-OFF IN MARCH



It is almost time to start Crewsin'! The Crews Into Shape challenge, held every March in conjunction with National Nutrition Month®, is sponsored annually by NMCPHC. The goals of the four week challenge are to spark and guide workplace-focused, team-oriented physical activity, to improve fruit and vegetable intake, and the setting of healthy weight goals among the whole DoD family.

Crews must have 2-10 members, and participants are encouraged to:

- Eat the recommended number of servings of veggies per day
- Get aerobic exercise (moderately for 30 minutes or vigorously for 20 minutes) OR muscle strengthening exercise 5 or more days a week
- Achieve a weight loss, weight maintenance or weight gain goal (no more than 8 pounds during the 4 week challenge)
- Participants will also receive health information via the weekly newsletter “Crews News”.

The deadline to sign up is March 3rd, 2013, and the challenge runs from March 3rd – March 31st, 2013. For additional information, rules, forms and marketing materials please visit the [Crews Into Shape website](#), or contact Dawn Whiting at dawn.whiting.ctr@med.navy.mil.

NAVY BEGINS RANDOM ALCOHOL SCREENINGS



The Navy has begun random alcohol screenings using alcohol detection devices at commands in the United States, starting in February. The devices serve as a tool to deter irresponsible use of alcohol and provide opportunities to educate those facing alcohol use decisions. The testing is part of the 21st Century Sailor and Marine Initiative. For more information please click [here](#).

SIGN UP FOR THE “THREE POWERFUL INGREDIENTS TO A HEALTHY HEART” WEBINAR: FEBRUARY 18, 2013

Looking for ways to build a healthy heart? Now is the time! February is National Heart month and the Navy & Marine Corps Public Health Center is offering a webinar on powerful choices you can make now to benefit your heart. Please join us on February 19, 2013 from 1200-1300 EST as we discuss these ingredients during the “Three Powerful Ingredients to a Healthy Heart” Webinar.

The objectives for this webinar are:

1. List 8 heart healthy food choices
2. Explain how stress affects the heart and ways to relax
3. Explain the relationship between sleep, physical activity and heart health
4. List practical tools and resources regarding heart health

The presenter of the webinar will be:

Ms. Valerie Kirby, MS

To register for this webinar, please click [here](#).

NEW SORTABLE STATS 2.0 AVAILABLE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

The Sortable Stats is an interactive data set composed of behavioral risk factors and health indicators. It compiles state level data for all 50 states, D.C, and the U.S. territories from various published CDC and federal sources into a format that allows users to view, sort and analyze the data at the state, regional and national levels.

With 12 new behavioral risk factors and health indicators added, the Sortable Stats 2.0 website available from the CDC enables you to compare multiple health outcomes over time and across states and regions.

The stats can be sorted by:

- 1) Summary
- 2) Indicator
- 3) Detail
- 4) Map
- 5) Demographics

You can export the data for use in other materials, such as fact sheets, grant submissions, or PowerPoint presentations, and even add a Sortable Stats button to your website. Along with other resources on CDC’s Data to Action site, Sortable Stats can help you promote policy, systems, and environmental changes to improve the health of your community.

Sortable Stats 2.0 can be found by clicking [here](#).

