



March 22, 2013



# Health Promotion and Wellness Friday Facts



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## APRIL SEXUAL HEALTH MONTH WEBINAR SCHEDULED



In support of April being Sexual Health Month, registration is now open for the CDC's webinar - Focus on the Treatment of STDs in Military Populations, March 27, 2013 12 pm - 1:30 pm EST For more information and to register, go to:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/reproductive-and-sexual-health/tg-webinar-military-3-27-2013.pdf>

Or: <http://www.cdc.gov/std/training/webinars.htm>

This live webinar is for clinicians who provide care for military populations. The webinar will begin with an overview of the epidemiology of STDs followed by a discussion of the critical diagnostic and management challenges for specific STDs of concern for this population. The webinar will discuss programming for maintaining and improving the sexual health of men and women serving in the military. The webinar will conclude with a live question and answer session. Presenters will include:

- King Holmes, MD, Chair and Professor, Department of Global Health, University of Washington; Head, Division of Infectious Diseases, Harborview Medical Center
- Eric Garges, MD, MPH, Walter Reed Army Institute of Research, Silver Spring, MD
- Michael R. (Bob) MacDonald, MS, CHES, Manager, Sexual Health and Responsibility Program (SHARP) Navy and Marine Corps Public Health Center
- Moderator: Gail Bolan, MD, Director, Division of STD Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention

## NAVY SURGEON GENERAL'S BLUE H AWARD CRITERIA FOR 2013 PUBLISHED

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The new Blue H Criteria and Instructions for 2013 have been posted on the Blue H homepage. Significant changes are listed. It is recommended that command's download and save the criteria spreadsheet and share it with their command HPW Committee to plan and track their progress throughout the year. You will find the list of changes for 2013 and the criteria spreadsheet at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

## HEALTHY BASE INITIATIVE (HBI) ANNOUNCED BY THE OFFICE OF THE SECRETARY OF DEFENSE

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**OPERATION**  
★ Live Well ★



Obesity and tobacco use among U.S. military health care beneficiaries add over \$3 billion per year to the Department of Defense (DoD) budget in health care costs and lost duty days. Failure to meet weight standards is a leading cause of involuntary separation from the military, and obesity in the civilian community may be limiting DoD's ability to recruit qualified personnel. To help combat this problem, military installations should provide environments which encourage

good nutrition, active lifestyles, and tobacco-free living. The Office of Military Community and Family Policy, Office of the Secretary of Defense is carrying out the Healthy Base Initiative (HBI) to help meet this need.

On 18 March the Department of Defense announced the selection of 13 sites to participate in its HBI, a demonstration project for Operation Live Well, aimed at increasing the health and wellness of the total force, including civilians and family members.

Eleven of the pilot sites participating in the assessment are military installations: Fort Bragg, N.C.; Fort Sill, Okla.; Joint Base Pearl Harbor-Hickam, Hawaii; Sub Base New London, Conn.; Mountain Home Air Force Base, Idaho; Yokota Air Base, Japan; Marine Corps Air Ground Combat Center/Marine Air Ground Task Force Training Command, Twentynine Palms, Calif.; Marine Corps Base Quantico, Va.; U.S. Coast Guard Air Station Cape Cod, Mass.; March Air Reserve Base, Calif.; and Camp Dodge, Iowa. The remaining two sites participating are the Defense Logistics Agency, Fort Belvoir, Va.; and Defense Health Headquarters, Falls Church, Va..

Learn more about Operation Live Well (OLW) and the HBI at either of these two webpages listed on the Military OneSource website:

OLW- [www.militaryonesource.mil/olw](http://www.militaryonesource.mil/olw)

HBI - [www.militaryonesource.mil/hbi](http://www.militaryonesource.mil/hbi)

## NMCPHC ACTIVE LIVING UPDATES

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A new video was released and posted on the NMCPHC Active Living website demonstrating how Command Fitness Leaders are utilizing the Navy Operational Fitness and Fueling System (NOFFS) throughout the fleet – a resource originally developed by NMCPHC/CPD HPW Human Performance Programs. The video is located on both the NMCPHC Active Living website and on the Navy Knowledge Online (NKO) Health and Wellness page: You'll find it at:



<http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/noffs.aspx>

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## NMCPHC ACTIVE LIVING UPDATES (CONTINUED)

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SAN DIEGO: Scott Sutton, a kinesiologist assigned to the Naval Medical Center San Diego (NMCS D) Health and Wellness Department, ensures the proper technique of a squat as demonstrated by Hospital Corpsman 1st Class Octavius Smith during NMCS D's third annual Fitness Workshop at Marine Corps Recruit Depot. The squat movement is one of the 90 movements identified in the Navy Operational Fitness and Fueling System (NOFFS).

U.S. Navy photo by Mass  
Communication Specialist  
2nd Class John Philip  
Wagner Jr./Released