

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

SEPTEMBER 28, 2012



FRIDAY FACTS

NMCPHC Health Promotion & Wellness Department Welcomes New Department Head!

CDR Connie Scott, MSC has joined the staff at Navy and Marine Corps Public Health Center as the Health Promotion & Wellness Department Head, after serving for four years as Dept. Head for Nutrition Management and Associate Director for Administration at Naval Medical Center Portsmouth. CDR Scott is also serving in the first active duty billet for a dietitian at the public health center. The Commander is also the current Specialty Leader for Navy Dietetics.

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Readiness to Change Resources Available



TRICARE's Health Net Federal Services has developed a new online interactive tool for assessing readiness to change called, "Assessing Your Readiness for Healthy Change". The online tool takes individuals through the steps in determining their stage of readiness to make healthy lifestyle changes. To access this new resource go to: https://www.hnfs.com/content/dam/hnfs/tn/bene/wellness/flash/HW1111x103_readiness.swf

Looking for additional resources on the Stages of Change Model? You will find them on the NMCPHC website at: http://www.nmcpHC.med.navy.mil/Healthy_Living/Stages_of_Change/index.aspx



U.S. Department of Health & Human Services Posts New Website to Address Bullying



DHHS has a new website designed to address bullying, especially at school and in the internet (cyber bullying). It has a section just for kids, with videos and games to teach them about bullying and offers an opportunity for them to participate in a Stop Bullying Video Challenge. The new website can be found at: <http://www.stopbullying.gov/>

What's Your Favorite Wellness Website or Blog?

Do you have a favorite public health website or blog you like to read and would recommend to others? Here are one guy's picks:

Health Finder <http://healthfinder.gov/>



CDC <http://www.cdc.gov/>



Man therapy <http://mantherapy.org/#/center>

T-2 Mobile Apps <http://t2health.org/mobile-apps>



MebMD <http://www.webmd.com/default.htm>



Please send your suggestions to: sst@NEHC.mar.med.navy.mil

Friday Facts New Look Coming Soon!

The Friday Facts newsletter will soon have a new look to match the official launch of the NMCPHC's Healthy Living Campaign on 2 October to be held onboard the USS Bataan. Haven't seen the new campaign materials? Go to: http://www.nmcphc.med.navy.mil/Healthy_Living/ then HPW Campaign Materials.