



March 8, 2013



# Health Promotion and Wellness Friday Facts



## CONTENTS

- Revised NMCPHC Injury & Violence Prevention Website Now Available
- Naval Personnel Command OPNAV 135 Launches Navy Nutrition Month!
- Online Tutor for Military Families
- Looking for CDC Publications?
- Revised Two Bite Club Book Available from USDA
- Blue H News: Tentative List of 2012 Blue H Winners

## REVISED NMCPHC INJURY & VIOLENCE PREVENTION WEBSITE NOW AVAILABLE



Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. Every day, injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does as well—whether it's physical or psychological trauma. Many of the injuries and distress triggers are preventable. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center (NMCPHC) offers practical tools, educational resources and evidence-based prevention strategies that help keep Sailors and Marines performing at their peak—on and off the job.



NMCPHC has completely revised the Injury and Violence Prevention Website. The new site offers a variety of products, services, newsletters, presentations, and updates. Primary topic areas include sports and physical training injury prevention, auto/motorcycle accident prevention, ergonomics (on the job injury prevention) and sexual assault/violence prevention. Please visit the updated website at:

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

## NAVAL PERSONNEL COMMAND OPNAV 135 LAUNCHES NAVY NUTRITION MONTH!

As the Lead Agent for Navy Nutrition, OPNAV 135 has taken the lead in launching Navy Nutrition Month in support of National Nutrition Month™. Go to the OPNAV 135 website at:

<http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2013/NAV13051.txt>

Continued on page 1

Continued from previous page

To find the NAVADMIN message announcing March as Navy Nutrition Month. Go to the OPNAV website at: <http://www.public.navy.mil/BUPERS-NPC/SUPPORT/NAVYNUTRITION/Pages/default2.aspx> to learn more about the resources and activities planned for Navy Nutrition Month, including a Recipe Contest!

That's right! The Navy is searching for the best original recipe for the 1st Annual Healthy Recipe Contest. Now through 31 March 2013, service members may submit an original recipe containing at least one key healthful ingredient and prepared within the confines of unaccompanied housing. Learn more by clicking on the link above.

## ONLINE TUTOR FOR MILITARY FAMILIES

---

Thanks to funding from the DoD, military families can access FREE 24/7 online tutoring wherever they are, whenever they need it. Tutors can help K-12 children with everything from elementary level math, to AP biology, to essay proofreading...and lots more. They also have tutors who can assist eligible adults with college-level coursework and career transition support.

For those kids preparing to apply to college, the tutors can help with studying for the SAT. If a 7th grader is struggling with algebra (the number one tutored subject!), he or she can log in to a one-on-one session to get help right away. There is no need for families to stress about their kids' success when they have a free safety net waiting for them in the form of Tutor.com for U.S. Military Families.

Families need only visit [www.tutor.com/military](http://www.tutor.com/military) to set up their free accounts. Every military child can have his or her own account and access favorite tutors, previous sessions (great for studying!); documents they've been working on or want help with, educational resources, and of course, live tutoring.

Please help spread the word to our military families and ease some of the unnecessary stress they may be under because of a deployment or reintegration. They can use this site anytime during the deployment cycle, and in between as well - there is no need to wait to be activated! Inactive Reservists and Guardsmen and women, and their families, can take full advantage of the free tutoring service.

## LOOKING FOR CDC PUBLICATIONS?

---

Did you know that the CDC has an online digital repository of CDC supported publications? Their collection includes full-text peer reviewed articles, guidelines and recommendations, and many more documents. This resource already contains about 10,000 entries and documents are added on an ongoing basis. It even offers a historical perspective on public health with the MMWR Collection, which holds the first thirty years of Morbidity and Mortality (MMWR), National Institute of Safety and Health (NIOSH) mining documents dating from the early 1940s, and Influenza Surveillance Reports which started with the Asian influenza pandemic of 1957, and continued until 1981. For more information on this repository, go to: <http://stacks.cdc.gov>

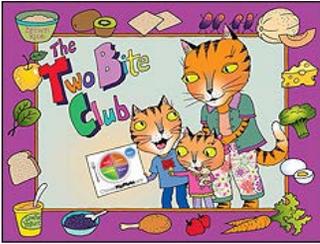
## REVISED TWO BITE CLUB BOOK AVAILABLE FROM USDA

---

The newly revised Two Bite Club book for young children is a great tool for teaching good nutrition to young children. This educational storybook was developed to introduce MyPlate to preschoolers. Parents or caregivers can read the book to children and encourage them to



Continued on page 2



try foods from each food group by eating just two bites just like the characters in the story. The back of the book contains a MyPlate coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters. The book is currently available online. This spring, printed copies will be available and individual student copies may be ordered at that time. The book is downloadable as a PDF file and can be found at:

<http://teamnutrition.usda.gov/Resources/2biteclub.html>.

## BLUE H NEWS: TENTATIVE LIST OF 2012 BLUE H WINNERS

---



A tentative list of 2012 Blue H Award winners has been posted to the Blue H Award homepage at:

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

Or it may be viewed directly from the following link:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/blue-h-2012-master-list-temp.pdf>

Your command name on this list is exactly how it will appear in the Navy Surgeon General's announcement. Your address shown on the list will be used to mail your Blue H pennant and/or streamer. In the far right-hand column, "True" means we will NOT be mailing a pennant because we think you already have one - you will get the 2012 streamer only. "False" means we will be mailing both a pennant and streamer.

Please send any corrections by COB 14 March to:

[michael.r.macdonald@med.navy.mil](mailto:michael.r.macdonald@med.navy.mil)

Congratulations and thank you all for your patience with our new tool. It will be better next year. Finally, thank you for all you do to protect and promote the health of our people.