



December 7, 2012



# Health Promotion and Wellness Friday Facts



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## NAVIGATING THE STAGES OF CHANGE WEBINAR SCHEDULED FOR 18 DECEMBER

At the Navy & Marine Corps Public Health Center, we are already gearing up for how to help individuals make New Year Resolutions that will become permanent lifestyle changes.

Please join us for a webinar on:

“Navigating the Stages of Change”

Takes place online on Tuesday, 18 December at 1300 EST

Webinar participants will gain an understanding on how to assess where individuals are in the stages of change process and how to assist those individuals in navigating through the stages of change. This model can be applied to all individuals seeking to make changes in the various areas of health promotion and wellness including healthy eating, active living, tobacco free living, psychological well being and injury free living, including the Wounded, Ill and Injured (WII) population.

Presenters:

- Cindy Richards-Myles, M.S. HCA, Public Health Educator, NMCPHC
- Shanya Speller, MA, Public Health Educator, NMCPHC

To register, visit: <http://www.eventbrite.com/event/4990974138>

We look forward to your participation!

## SAMHSA REPORT ON UNDERAGED DRINKING



Underage drinking remains a huge problem around the country and in the military. A new report issued by SAMHSA (Substance Abuse and Mental Health Services Administration) shows that underage drinking is still prevalent around the country.

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The report concluded:

- 26.6% of those ages 12-20 who were surveyed, had consumed alcohol in the past month.
- 8.7% of those same people had actually purchased the alcohol the last time they drank.

Driving under the influence of alcohol has been associated with age. In 2010, 15.1% of 18-20 year olds reported driving under the influence at least once in the past year<sup>i</sup>. Over age 25, rates of driving under the influence decreased with increasing age.

For more information or to read the new SAMHSA report in its entirety, "State Estimates of Underage Alcohol Use and Self-Purchase of Alcohol: 2008 to 2010", please visit:

<http://www.samhsa.gov/data/2k12/NSDUH111/SR111StateEstUnderageAlc2012.htm>

Don't forget, December is 3D (Drunk and Drugged Driving) Month. For resources to support this initiative, go to the NMCPHC December HP Toolbox at:

<https://admin.med.navy.mil/sites/nmcpHC/health-promotion/Pages/health-promotion-toolbox.aspx>

*i, ii Substance Abuse and Mental Health Services Administration, Results from the 2010 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-41, HHS Publication No. (SMA) 11-4658. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2011.*

### NAVY OPERATIONAL FITNESS AND FUELING SYSTEM (NOFFS) IPHONE APP BIG SUCCESS

The NOFFS iPhone app now has over 17,000 downloads with a 4 out of 5 star rating. You can use the following two QR Codes to access the NOFFS iPhone app:



### LOOKING FOR OTHER PHONE APPS?

#### THE OPERATIONAL SUPPLEMENT SAFETY (OPSS) CAMPAIGN APP



OPSS allows service members and retirees, their families, healthcare providers, and DOD civilians to get the scoop on dietary supplements.



## "MY DIETARY SUPPLEMENTS" (MYDS) APP

MyDS is a free App from The Office of Dietary Supplements which gives you an easy way to keep track of the vitamins, minerals, herbs, and other products you take.



It offers access to science-based, reliable information on dietary supplements, in English and Spanish as well as general information about the Office of Dietary Supplements at the National Institutes of Health, including who they are and what they do.

MyDS version 2.0 works on the Apple iPhone, iPad, & iTouch devices, Android phones & devices, Kindle Fire, & BlackBerry Touch devices running OS6 & above. MyDS will also work on your desktop or laptop with the Chrome & Safari browsers. Access MyDS at: <https://myds.nih.gov>

## MYFOOD-A-PEDIA BY THE USDA

This is the first tool of its kind from USDA that utilizes mobile technology to educate and empower consumers to make healthful food decisions!

At a time when many Americans aren't getting enough of each food group and are challenged with achieving a healthy weight, MyFood-A-Pedia is a mobile tool to provide consumers quick access to nutrition information for over 1,000 foods. MyFood-a-pedia includes: calorie amounts, contribution of a food to the five food groups, and number of "extra" calories in a food from solid fats, added sugars, and alcohol. Find MyFood-a-pedia at: <http://apps.usa.gov/myfood-a-pedia.shtml>

## HEALTH INFORMATION AT YOUR FINGER TIPS - CDC 24/7

The CDC iPad application has been designed as a way for users to access health information at their fingertips.

It features important health articles, disease of the week, Vital Signs, Preventing Chronic Disease Journal, MMWR, timely updates and access to social media to coincide with important health concerns and events throughout the year, Public Health Blogs, Image Library, "Did You Know" facts, and Newsroom feeds that update automatically.

It gives an increasingly mobile public 24/7 access to important and timely health information that people can use to protect their lives and loved ones.

[http://www.cdc.gov/mobile/Applications/CDCGeneral/promos/ipad\\_promo.html](http://www.cdc.gov/mobile/Applications/CDCGeneral/promos/ipad_promo.html)

## NATIONAL HEART, LUNG, AND BLOOD BMI APP

This is a new smartphone app from the National Institutes of Health that can let your phone tell you your BMI as well as other important health information. To get the free app, search "My BMI Calculator" on your phone today, or go to:

<http://www.nhlbisupport.com/bmi/bmi-m.htm>