



December 21, 2012



# Health Promotion and Wellness Friday Facts



## CONTENT:

- Changes to Fleet and Marine Corps HRA (FMCHRA) for CY13
- Eat • Healthy Be Active Community Workshops “Train the Trainer Webinar (30 January)
- New Navy Medicine Tobacco Policy
- CNO Recognizes NOFFS
- Healthy People 2020 New Search Feature Makes Researching Articles To Support the 2020 Objectives a Breeze!
- NCI Releases New Quit Smoking App!
- Moderate Smoking in Women Associated with Risk of Sudden Cardiac Death

## CHANGES TO FLEET AND MARINE CORPS HRA (FMCHRA) FOR CY13

The Health Risk Assessment (HRA) administered by NMCPHC will change somewhat as of 1 January 2013, with a few changes to the questions, response options and health education messages. A list of all changes will be posted to the FMCHRA webpage at:

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

### Regarding your CY2012 “Commanding Officer Report”:

From 1 Jan - 28 Feb 2013, you will be able to generate a “CO Report” of your complete CY2012 HRA data. You will need this CY2012 “CO Report” to score your 2012 Blue H application. However, as of 1 March 2013, CY2012 data will no longer be accessible from the HRA Administrator Tool; however, you can save your 2012 “CO Report” by E-mailing it to your own E-mail address using the online E-mail feature.

Beginning 1 March 2013, “CO Reports” will contain your CY2013 data only. CY2012 and older HRA data will be available only upon special request to NMCPHC.

## EAT HEALTHY • BE ACTIVE COMMUNITY WORKSHOPS “TRAIN THE TRAINER WEBINAR (30 JANUARY)”

The Navy & Marine Corps Public Health Center is partnering with Naval Personnel Command, OPNAV 135 to provide a “train the trainer” opportunity to prepare participants to offer the six, Eat Healthy • Be Active Community Workshops for their community. Please join us for the webinar on:

**Eat Healthy • Be Active Community Workshops “Train the Trainer”  
Takes place online on Wednesday, 30 January 2013 at 1300 EST**

Continued on Pg. 1



December 21, 2012

Webinar participants will become familiar with the curriculum for the Eat Healthy • Be Active Community Workshops and the materials needed to deliver the 6 workshops for their own community.

Presenters:

- LCDR Jennifer Wallinger, MSC, USN, OPNAV 135
- CDR Connie Scott, MSC, USN, NMCPHC
- Sally Vickers, MS, CHES, Public Health Educator, NMCPHC

To register, visit: <http://www.eventbrite.com/event/5029926646>

- Registration Deadline: 14 January 2013

### NEW NAVY MEDICINE TOBACCO POLICY



Navy Bureau of Medicine and Surgery (BUMED) has issued a Comprehensive Tobacco Control Instruction for Navy Medicine. See the 6100.12A Instruction for details at:

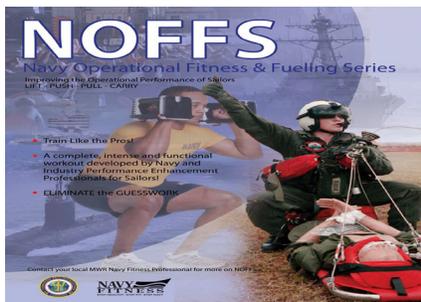
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/BUMEDINST-6200-12A.pdf>

### CHIEF OF NAVAL OPERATIONS: NEWSGRAM DECEMBER 2012 - JANUARY 2013 RECOGNIZES NOFFS

“Great Place to Serve” encompasses the Chief of Naval Operation’s Top 50 initiative. CNO’s office provided a comprehensive - 3 page write-up on NOFFS as part of this initiative to increase Sailor awareness of the training, education, and benefits of naval service that make our Navy a Great Place to Serve. View the entire article at:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/active-living/December-January-Newsgram.pdf>

“Physical Readiness is an important factor to leading a healthy life and maintaining the ability to perform one’s job. Sailors often find themselves in roles that are physically demanding while spending prolonged periods of time in spaces that can be less than ideal for physical activity, such as onboard a ship or within the confines of a submarine. Navy Operational Fitness and Fueling



Series demonstrates just another way that Navy is hearing the voices and needs of our Sailors; by developing exercises and nutritional programs that not only keep our fleet healthy and in good physical condition, but enabling them to better perform their physically demanding roles, no matter the constraints of their physical location. By developing the series with the assistance of Athletes’ Performance Institute (API) in all aspects of program design, Navy sought out industry leaders to ensure Sailors are getting the same caliber physical fitness routines and nutrition plans used by professional athletes all over the world.

Continued on Pg. 2



---

Navy recognizes the challenges, both physical and mental, facing Sailors during the course of their Navy career, and how that can impact their safety and ability to do their job. By promoting a culture of physical readiness through the 21st Century Sailor and Marine program, Navy demonstrates the physical health and safety of Sailors is of utmost importance, demonstrating yet again, why Navy is a Great Place to Serve.

---

## HEALTHY PEOPLE 2020 NEW SEARCH FEATURE MAKES RESEARCHING ARTICLES A BREEZE

---

We all want to ensure we are delivering the latest evidence-based tools and information to our customers, but searching for relevant research articles can be labor intensive. By providing topic-specific literature searches, Healthy People 2020 now does much of the leg work for you! Start by accessing the Healthy People website at [healthypeople.gov](http://healthypeople.gov) and clicking on the 2020 Topics and Objectives tab, or just follow this link:



<http://healthypeople.gov/2020/topicsobjectives2020/default.aspx>

Click on any of the topic areas listed, and then click on the Objectives tab. As you click each of the objectives and open the details, you will notice many of them have a link to PubMed searches. When you click on the PubMed searches you are connected to pre-populated literature searches regarding the objective you selected. If you are not familiar with PubMed searches, some of the articles are full text, free articles. Others are abstracts, allowing you to quickly determine the purpose and findings of the research and decide if you would like to further pursue accessing the full text article.

---

## NCI RELEASES NEW QUIT SMOKING APP!

---

If quitting smoking is one of your New Year's resolutions, then check out the new National Cancer Institute phone app, QuitPal. The app can help you set a quit date, create financial goals, track daily smoking habits with an easy-to-use calendar, receive motivational messages, connect with social networks to give milestone updates, create a video diary, and watch personalized video messages from loved ones.

<http://www.cancer.gov/cancertopics/tobacco/smoking/quitting/nciquitpal-app>

\*Available for iPhone only at this time



## MODERATE SMOKING IN WOMEN ASSOCIATED WITH RISK OF SUDDEN CARDIAC DEATH



According to a study recently published in the American Heart Association journal, *Circulation: Arrhythmia and Electrophysiology*, women who are light to moderate smokers can suffer from severe health effects when they smoke only 1-14 cigarettes a day. Light to moderate smokers were shown to have nearly two times the risk of sudden cardiac death compared to non-smokers, and for every five years of smoking, their risk of sudden cardiac death increased by 8%.

Quitting smoking however, can reduce and eventually eliminate the risk of dying from a sudden cardiac event to that of a non-smoker, within 15-20 years of quitting smoking. For women who quit before the onset of heart disease, the risk of sudden cardiac death was reduced quickly, occurring in as little as five years. For more information please visit the American Health Association at:

<http://newsroom.heart.org/pr/aha/even-moderate-smoking-associated-241486.aspx>

Photo Credit: CDC/ Debora Cartagena

Happy Holidays

From

THE NAVY & MARINE CORPS PUBLIC HEALTH CENTER  
HEALTH PROMOTION AND WELLNESS DEPARTMENT!

