



January 25, 2013



# Health Promotion and Wellness Friday Facts



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## HP DECKPLATES TRAINING SCHEDULED FOR MARCH IN SAN DIEGO POSTPONED UNTIL MAY



The Navy and Marine Corps Public Health Center's (NMCPHC) HP Deckplates Training scheduled for 25-29 March at NEPMU5, Naval Station San Diego has been postponed and rescheduled for 20-24 May, still at NEPMU5. The HP Deckplates Training will include:

- 1) Navy HP Basics Course, Level II
- 2) Tobacco Cessation Facilitator Training
- 3) CHOW Nutrition Course
- 4) ShipShape Program Facilitator Training
- 5) Patient-centered Prevention Counseling

The Quota Request Form to request a seat to attend any of the training will be available by 1 March. If interested in requesting a quota to attend this HP Deckplates Training, please send an E-mail after 1 March to:

[HP-Training@NEHC.mar.med.navy.mil](mailto:HP-Training@NEHC.mar.med.navy.mil)

## REPORT HIGHLIGHTS ISSUE OF FEMALE BINGE DRINKING



Binge Drinking has traditionally been seen as something men do, with the prevalence in men being two times greater than women. However, a new report from the Centers for Disease Control and Prevention (CDC) sheds light on the underreported issue of binge drinking in women and the detrimental health effects they can suffer. Excessive drinking can put women at a greater risk for breast cancer, stroke, hypertension and heart disease.

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Women who binge drink are also in danger of unintentional injuries, high blood alcohol content, reduced inhibitions, poor judgment, and risky behaviors that could result in unplanned pregnancy or the contraction of a sexually transmitted disease.

The report demonstrated that binge drinking is most common in white and Latino women, high school students, women between the ages of 18 and 34, and women with an annual household income upward of \$75,000. Binge drinking, according to the National Institute on Alcohol Abuse and Alcoholism, is a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. Women's bodies respond differently to alcohol than men, and it typically takes less alcohol for a woman to become intoxicated when compared to a man, due to her size and the way her body processes alcohol. The full report is available within the CDC Weekly Mortality and Morbidity Report (page nine); which is available at: <http://www.cdc.gov/mmwr/pdf/wk/mm6201.pdf>

## THE COMMUNITY PREVENTIVE TASK FORCE (TASK FORCE) RELEASED ITS 2012 ANNUAL REPORT TO CONGRESS



The Community Preventive Services Task Force (Task Force) released its 2012 Annual Report to Congress and Agencies Related to the Work of the Task Force <http://www.thecommunityguide.org/news/2013/2012AnnualReport.html>. The 2010 Patient Protection and Affordable Care Act requires the Task Force to provide yearly reports to identify community health research gaps and key public health issues for further examination. The report describes:

- Task Force recommendations on how to prevent and reduce the spread of pandemic influenza; prevent heart attacks, strokes, and skin cancer; reduce the number of Americans who smoke; improve mental health; and reduce health disparities
- Key evidence gaps found in Task Force reviews since the 2011 Report. These gaps limit the Task Force's ability to determine if programs, services, and policies work to address public health concerns, work everywhere for everyone, and help decision makers develop public health programs, services, and policies to benefit their communities.
- Upcoming Community Guide systematic reviews, which the Task Force oversees, the review topic selection process, and systematic review methods.
- Examples of how states, communities, and worksites have used Task Force findings to make healthful changes.

Why is the report important?

Decision makers in communities, business, nonprofit organizations, the health sector, and all levels of government seek to protect and improve population health, reduce healthcare demand driven by preventable disease and disability, and increase productivity and competitiveness of the U.S. workforce. They increasingly rely on the Task Force's evidence-based recommendations for guidance.

Who should know about this report?

Those who need to know what works to improve and protect the health of the U.S. population.

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## SODIUM REDUCTION TOOLS NOW AVAILABLE FROM THE CDC



To support Americans' New Year's health and nutrition goals and in advance of American Heart Month, the Public Health Law Program <http://www.cdc.gov/phlp/> (PHLP) has released a series of legal resources on dietary sodium reduction.

According to CDC, excess dietary sodium raises the risk for high blood pressure and its cardiovascular health consequences, including heart disease and stroke, the first and fourth leading causes of death in the United States.

As part of a longstanding collaboration with the Division for Heart Disease and Stroke Prevention <http://www.cdc.gov/dhdsp> in CDC's National Center for Chronic Disease Prevention and Health Promotion <http://www.cdc.gov/chronicdisease/index.htm>, PHLP highlights six legal resources and six policy toolkits for practitioners seeking to reduce dietary sodium in discrete populations.

Access the policy resources and toolkits at: <http://www.cdc.gov/phlp/publications/topic/sodium/index.html>