



January 9, 2015



Health Promotion and Wellness Friday Facts



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NMCPHC IS NOW ON TWITTER!



You asked and we listened. Follow [@NMCPHC](https://twitter.com/NMCPHC) for more great healthy living tips and resources! You can also find us on Facebook at: www.facebook.com/navyandmarinecorpspublichealthcenter, Pinterest at: www.pinterest.com/nmcpHC, and YouTube at: www.youtube.com/nmcpHC and on our website at: www.nmcpHC.med.navy.mil!

ATTENTION ALL CURRENT SHIPSHAPE PROGRAM FACILITATORS!



The ShipShape Program has been updated with new program content and a new Roster and Reporting Form as well as new qualifications to become a ShipShape Program Facilitator. All updated program materials have been posted, as of mid-December 2014 on the ShipShape Program Facilitator Group on milSuite (<https://www.milsuite.mil>).

All current ShipShape Program Facilitators who completed training to become a certified facilitator prior to 1 October 2014 must complete a recertification training and pass an exam on the updated program prior to 1 March 2015 to remain as a certified facilitator for the program and to gain continued access to the updated program materials. Information on how to complete the recertification training is posted on the ShipShape Program website at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/shipshape.aspx> under Facilitators and Coordinators. Anyone who completed the ShipShape Program Facilitator Training prior to 1 October 2014 who does not successfully complete the recertification training by 1 March 2015 will be dropped from the NMCPHC roster of program facilitators and will be unable to obtain access to any further program updates or communications sent out to program facilitators.

All current ShipShape Program Facilitators who completed facilitator training after 1 October 2014 should download the latest version of the program content that was posted on milSuite





in mid-December 2014. To do so you must first establish an account on milSuite and then send a request to the ShipShape Program Manager at: NMCPhCPTS-ShipShape@med.navy.mil to request an invite to join the ShipShape Program Facilitator Group on milSuite. You will then be able to log back into milSuite, click to join the group, click on “content” and have access to the updated program materials on the left side of the page.

RESULTS OF RECENT STUDY ON THE USE OF ENERGY DRINKS AND ENERGY SHOTS BY MILITARY PERSONNEL RELEASED

Results of a recent study show that the use of energy drinks and energy shots among military personnel is controversial. High amounts of caffeine (the primary active ingredient in these products) may impact performance of military duties. The impact of caffeine overconsumption and potential subsequent side effects that might be experienced by service members with unique roles and responsibilities is a concern.

While the authors of the study acknowledge the limitations of the results due to the low survey response rate (6%) and the construct of the survey itself, the report provided information from respondents on the prevalence of use, reasons for use, and side effects associated with consumption of energy drinks and energy shots among several populations of active duty personnel in the US military. Over half of respondents (53%) reported consuming an energy drink at least once in the past 30 days. One in five (19%) reported energy shot consumption in the prior 30 days. One in five (19%) also reported consuming an energy drink in combination with an alcoholic beverage.

Among those reporting energy drink and energy shot use, the most common reasons for consumption were to improve mental alertness (61%) and to improve mental (29%) and physical (20%) endurance. Nearly two-thirds (65%) of users self-reported at least one side effect. The most commonly reported side effects included increased pulse rate/palpitations, restlessness, and difficulty sleeping.

The entire article is available at the following location: Nutrition Reviews® Vol. 72(S1):72–77.

BLUE H AWARD FLEET CRITERIA UPDATE!

For commands using the Fleet criteria set for the Blue H Award, please download and use the FLEET Criteria set dated 31 Dec 2014 on the Blue H Award website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>



The previous version contained a calculation error. Sorry for this late-breaking correction.

Questions? Contact Navy and Marine Corps Public Health Center - Blue H Award POC at: michael.r.macdonald@med.navy.mil or 757-953-0974 [DSN 377]

NEW FDA WARNINGS

The FDA has issued a warning regarding products promising miracle weight loss. Read the warning at: http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm246742.htm?source=govdelivery&utm_medium=email&utm_source=govdelivery.

RESOURCE TO HELP GET OFF TO A HEALTHY START!

Looking for an article to help you and others get off to a healthy start in the new year? Check out this article: TRICARE/Healthy Living Article at: http://www.tricare.mil/HealthWellness/HLArticles/Archives/01_05_15_NewYearNewYou.aspx.

Above article also posted at: <http://www.health.mil/News/Articles/2015/01/05/New-Year-New-You-Its-Time-to-Put-Your-Best-Foot-Forward>.

2015 VA/DOD SUICIDE PREVENTION CONFERENCE



One Connection, One Conversation, One Small Act-It Matters

Date / Time: January, 27-29, 2015

Location: National Conferencing, Inc. (NCI) - Hilton Anatole
2201 N Stemmons Fwy, Dallas, TX 75207

Audience: The primary target audience for this conference is caregivers, clinicians(e.g., psychologists, social workers, physicians, nurses, counsellors), researchers, suicide prevention and postvention specialists and military operational leaders. Service members, Veterans, and their families with interest and involvement in suicide prevention may also benefit.

[Click to learn more...](#)

STRENGTHENING PSYCHOLOGICAL AND EMOTIONAL WELL-BEING IN THE NEW YEAR

Many of us have established goals for the New Year that may include eating healthier, losing weight, or saving money. We should keep our psychological and emotional well-being in mind as we reflect on the coming year. The stressors of everyday life whether they are related to one's job, relationships with others, finances, or any sort of life change such as a deployment or PCS can be challenging. Visit the [Navy Operational Stress Control Navigating Stress Blog](#) and read about a Navy chaplain's reflection on practicing patience to strengthen one's emotional, spiritual, and physical well-being.

NAVY SUICIDE PREVENTION FACTSHEET: 5 THINGS YOU SHOULD KNOW ABOUT REDUCING ACCESS TO LETHAL MEANS

The Navy has released guidance for commanding officers and health professionals on reducing access to commonly used highly lethal methods of suicide through voluntary storage of privately-owned firearms. This guidance is part of a broader Department of Defense strategy to help prevent suicide in the military. Read "[5 Things You Should Know About Reducing Access to Lethal Means](#)" for helpful facts.

For more information, refer to [NAVADMIN 263/14](#), visit Navy Suicide Prevention at www.suicide.navy.mil, or the Defense Suicide Prevention Office at www.suicideoutreach.org.



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