



April 11, 2014



Health Promotion and Wellness Friday Facts



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HP TOOLBOX TOPICS FOR 2014 ANNOUNCED!



The NMCPHC Health Promotion and Wellness Department has revised the HP Toolbox to reflect the monthly health observances coming up for the rest of 2014! The current month's observance is Sexual Health Month; in May, Physical Fitness and Sport Month takes center stage, and June kicks off Summer Safety Month. Follow [this link](#) to find Health Promotion materials to use at your command each month. Please note resources and materials will be coming soon for the two new topics added this year: Preventive Health and Health Literacy.

HEALTH PROMOTION TOOLBOX

Promote a fit and healthy workforce with the Health Promotion ("HP") Toolbox, a monthly calendar of health observances and supporting resources to promote health and wellness among Sailors, Marines and civilian staff in DoN workplaces. Explore the health observance for each month, choose the materials you would like to use, and check back often for new materials!





APRIL IS ALCOHOL AWARENESS MONTH



In addition to April being Sexual Health Month, it is also National Alcohol Awareness Month. The purpose of this observance is to increase awareness of the numerous issues that can be associated with excessive alcohol use, encourage individuals and families to seek help for alcohol-related concerns, and to promote responsible alcohol consumption. For more information and resources, visit the following sites:

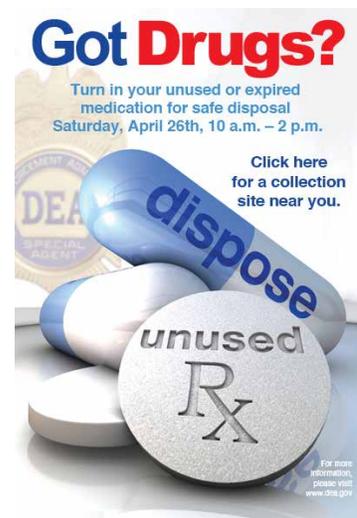
- National Council on Alcoholism and Drug Dependence (NCADD): <http://www.ncadd.org/index.php/programs-a-services/alcohol-awareness-month>
- NMCPHC HPW Preventing Drug Abuse and Excessive Alcohol Use: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/preventing-drug-alcohol-abuse/Pages/preventing-drug-alcohol-abuse.aspx>
- Navy Alcohol and Drug Abuse Prevention (NADAP): http://www.public.navy.mil/bupers-npc/support/21st-century_sailor/nadap/Pages/default2.aspx
- Defense Centers of Excellence Blog: “But, I Don’t Drink Every Day” at: http://www.dcoe.mil/blog/14-04-08/But_I_Don_t_Drink_Every_Day.aspx.

26 APRIL IS NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY!

On 26 April, numerous locations around the country will be participating in National Prescription Drug Take-Back Day, sponsored by the Drug Enforcement Agency (DEA). The event allows for the proper disposal of expired and unused prescription medications to limit misuse and abuse, as well as accidental poisonings and overdose. Data shows that the majority of abused prescription drugs are obtained from family and friends and that methods such as flushing medications down the toilet or throwing them in the trash are potential safety and health hazards.

At the most recent National Prescription Drug Take-Back Day in October 2013, Americans turned in 324 tons (over 647,000 pounds) of prescription drugs at over 4,114 sites operated by the DEA and its thousands of state and local law enforcement partners. When those results are combined with what was collected in its seven previous Take Back events, DEA and its partners have taken in over 3.4 million pounds—more than 1,700 tons—of pills.

To find the collection site closest to you or for more information including a toolkit, please visit: http://www.deadiversion.usdoj.gov/drug_disposal/takeback/



APRIL SEXUAL HEALTH MONTH WEBINAR!

Join us on 16 April 2014 from 1200-1300 EST for the webinar, “Navy Medicine and Unplanned Pregnancy Prevention,” hosted by the NMCPHC.

- Objectives:
 - Describe Unplanned Pregnancy in the Navy
 - Describe Contraception Use Among Sailors
 - Describe the Role on Navy Medicine in Family Planning for Sailors and Marines
 - Describe the Variance of LARC vs. SARC Prescriptions in Navy Medicine



- Describe Family Planning Resources Available from NMCPHC
- Describe LARC initiatives at NMC Portsmouth and NMC San Diego
- Describe WHCCAB Initiatives
- Target Audience: Navy and Marine Corps health care providers and health educators
- Speakers:
 - Michael R. (Bob) MacDonald, MS, CHES; Navy and Marine Corps Public Health Center, Sexual Health and Responsibility Program (SHARP)
 - Richard L. Biggs, DO, MPH, FACOG, CDR, MC, USN, Vice Chairman, Dept. of Women's Health, Navy Medical Center Portsmouth, VA
 - Theresa P. Everest, MSN, FNE, WHCNP-BC, CDR, NC, USN; OB/GYN Department, Navy Medical Center San Diego, CA
- Register - melissa.cazaux.ctr@med.navy.mil
- Log-in - <https://connect.dco.dod.mil/unplannedpregnancyprevention/>
- Audio: 877-885-1087; conference code 7045160523#

SEXUAL HEALTH CARE SERVICES



Sexual health care services are important in preventing negative sexual health outcomes; services provided include HPV vaccination, HIV testing, and chlamydia screening. These services can help prevent male and female cancers, infertility or sterility, sexually transmitted infections, unintended pregnancies, fetal illnesses, and other health conditions. The National Coalition for Sexual Health (NCSH) encourages people to make sexual health part of their health care routine and to make sure they are getting the preventive services they need. For more information about the NCSH, please see the [coalition website](#). Additional sexual health resources can be accessed from the [HPW Reproductive and Sexual Health Web page](#).

TAKE CHARGE OF YOUR SEXUAL HEALTH



The [National Coalition for Sexual Health](#) (NCSH) is pleased to announce the release of a new, easy-to-use guide, "Take Charge of Your Sexual Health: What you need to know about preventive services." This [guide](#) informs men and women of all ages about recommended preventive services including screenings, vaccines, and counseling, to help protect and improve sexual health. The guide was audience-tested with members of the public and includes action steps for achieving good sexual health, information about recommended sexual health services, tips on how to find and talk with a health care provider, and a list of additional sexual health resources. This resource can be easily accessed online and is available for download and print in full PDF format or in short chapters. It is smartphone compatible, so patients may access the full guide, including questions to ask one's provider and charts of recommended services.

Get your people and patients asking the right questions. Use this guide along with the Sexual Health and Responsibility Program poster, "[Ask Us About Your Sexual Health](#)" (for use in Adult Only Clinical Settings in Navy Medicine). When patients ask questions, provide clarification and sound sexual risk reduction options using the SHARP "[Brief Guide to Sexual Risk Assessment and Intervention](#)." For questions and more information, contact SHARP via email at sharp@nehc.mar.med.navy.mil or call 757-953-0974 [DSN-377].



MARINE CENTRIC HEALTH PROMOTION AND WELLNESS MATERIALS ARE NOW AVAILABLE!



The HPW Department, in collaboration with Marine Corps Community Services Semper Fit and Behavioral Health Branch, has developed customized brochures, fact sheets, and posters geared towards the Marines. Topics covered include overall HPW, Healthy Eating, Active Living, Tobacco Free Living, Psychological and Emotional Well-being, Preventing Drug Abuse and Excessive Alcohol Use, and Injury and Violence Free Living. These materials contain information and resources specific to the Marine Corps audience and are intended to provide health educators with ready-to-use, evidence-based materials to disseminate at their local installations. Visit the [Navy and Marine Corps Public Health Center Marines Web page](#) to view and download the materials.

BRANCH MEDICAL CLINIC BELLE CHASSE WINNER IN ANNUAL ACADEMIC RESEARCH POSTER CONTEST!

Congratulations to Joy S. Schaubhut, Health Promotion Department, Branch Medical Clinic, Belle Chasse, LA for her selection as a winner in the Naval Medical Center Portsmouth's (NMCP) 29th Annual Academic Research Competition held on 28 March 2014. There were a total of 80 posters submitted, most from NMCP staff; however there were several from other commands in Navy Medicine East, including the one from Ms. Schaubhut. Ms. Schaubhut's poster submission, titled, "Navy Health Promotion and Wellness: A Framework for Expanding and Sustaining Top Priority Services among Regional Naval Branch Clinics" won in the Value Category.

HEALTHY LIVING STARTS EARLY FOR YOKOTA STUDENTS

Two health and wellness programs targeting childhood obesity at Yokota Air Base's West Elementary School have been selected as "best practices" in the Department of Defense - Club 2-1-5-0 and Recess Before Lunch.

Both programs, adapted under the [Healthy Base Initiative](#) (HBI) program at Yokota, encourage an ample increase in physical activity and promote healthy eating habits.

"Club 2-1-5-0 stands for no two hours of TV or less, one hour of physical activity, five servings of fruits and vegetables, and zero calories for drinks. The Recess Before Lunch program allows students to get involved in physical activity prior to consumption of nutrients, which according to the School Nutrition Association, showed increased intake of nutrient-rich foods and lower than average fat. The program, once finalized, aims to be adopted in all Department of Defense schools to prevent childhood obesity.

The Healthy Base Initiative – operating under the banner of [Operation Live Well](#) – is a Department of Defense-wide education, outreach and behavioral change initiative designed to improve the health and well-being of members of the defense community, including spouses, children, retirees and Department of Defense employees.

For more information on Operation Live Well and the Healthy Base Initiative, visit [Military OneSource](#).

JOINT BASE PEARL HARBOR-HICKAM PARTICIPATES IN HEALTHY BASE INITIATIVE

Events at Hawaii's largest Navy Exchange and Commissary on April 4 kicked off the Healthy Base Initiative (HBI) at Joint Base Pearl Harbor-Hickam, one of 13 bases selected to participate in the DoD Healthy Base Initiative. The Healthy Base Initiative was established to promote healthy behaviors and healthy environments for military members and their families.

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The event was designed to introduce participants to locally grown produce that was available in the base commissary. It also encouraged participants to find fun ways to stay active with Zumba and Hula dance exercise demonstrations.

For more information about the HBI Kick-off event at Joint Base Pearl Harbor-Hickam, go to: http://www.navy.mil/submit/display.asp?story_id=80184.



VETERAN'S HEALTH ADMINISTRATION PROMOTES NATIONAL PUBLIC HEALTH WEEK

National Public Health Week is 7-13 April with this year's theme being Public Health: Start Here and the Veteran's Health (VA) Administration supports the theme in a big way. The VA reminds all veterans that it's never too late to get back on track and start taking steps towards a healthier lifestyle. Learn more about the VA's efforts to support National Public Health Week at: <http://www.va.gov/health/NewsFeatures/2014/April/How-Can-I-Live-a-Healthier-Life.asp>.

IN THE NEWS

[Veterans and Substance Misuse at Real Warriors](#) - Real Warriors Campaign

[Sleep Natures Best Medicine](#) - Military Pathways

[VA Caregiver Support](#) - Department of Veterans Affairs

[Support for Coping with Tragedy](#) - Defense Centers of Excellence

[How to Keep Your Family Fit](#) - Health.mil