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Health Promotion and Wellness Friday Facts

INAUGURAL ISSUE OF TOBACCO NEWSLETTER RELEASED

The Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department recently released the inaugural issue of the Tobacco Cessation Newsletter for tobacco program managers and tobacco cessation facilitators around the Navy. The newsletter includes the latest tobacco news, resources and educational materials, tips for facilitators, and information from the field. This new resource can be accessed at: www.med.navy.mil/sites/nmcpHC/health-promotion/tobacco-free-living/Pages/Tobacco-Resources.aspx.

Ideas or suggestions for the newsletter? Contact Dr. Mark Long at mark.long@med.navy.mil.



JULY 2014
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For more information, visit: <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm34667.htm>

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Health Promotion and Wellness Tobacco Cessation Newsletter



Welcome to the inaugural edition of the Navy Tobacco Newsletter! As the front line person, you have a critical and vital role helping Sailors, Marines, civilians, and beneficiaries quit and prevent the initiation of tobacco use. We appreciate all that you do on a daily basis to address tobacco cessation and promote tobacco free living. Thank you for your time and effort in this important cause. -- Mark Long, Ed.D., NMCPHC, Tobacco Program Manager.

LATEST NEWS ON TOBACCO

FDA ISSUES PROPOSED RULING ON E-CIGARETTES AND OTHER ALTERNATIVE PRODUCTS

Recently, the U.S. Food and Drug Administration (FDA) released its proposed ruling to extend its regulation of tobacco products to include electronic cigarettes (e-cigarettes), cigars, pipe tobacco, nicotine gels, waterpipe (or hookah) tobacco, and dissolvables. These products would be in addition to those already regulated: cigarettes, cigarette tobacco, roll-your-own tobacco and smokeless tobacco.



If passed, the ruling would require all newly deemed tobacco product makers to:

- Register with the FDA and report product and ingredient listings
- Only market new tobacco products after FDA review
- Only make direct and implied claims of reduced risk if the FDA confirms that scientific evidence supports the claim and that marketing the product will benefit public health as a whole
- Not distribute free samples
- Adhere to minimum age and identification restrictions to prevent sales to underage youth
- Include health warnings on the products
- Prohibit vending machine sales, unless in a facility that never admits youth

For more information, visit: <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm34667.htm>

COMMUNITY GUIDE ADDS NEW RECOMMENDATIONS ON TOBACCO

The Community Preventive Services Task Force recently found strong scientific evidence that both smoke-free policies and increased tobacco product prices can cut tobacco use, among other benefits.

Smoke-free policies:

- Increase the number of tobacco users who quit
- Reduce secondhand smoke exposure, tobacco use prevalence, initiation of tobacco use among young people, and tobacco-related illness and death
- Economic evidence for these policies also demonstrates reduced health care costs and shows no economic impact on businesses, such as bars and restaurants.

NEW GUIDE RELEASED FOR HELPING PATIENTS QUIT TOBACCO IN THE ARMED FORCES



ActiontoQuit recently released a guide entitled, "Help Your Patients Quit Tobacco Use: An Implementation Guide for the Armed Forces". The guide is intended to be a supplement to the Clinical Practice Guidelines on the Management of Tobacco Use. In addition, the guide is intended to help Medical Treatment Facilities better integrate tobacco cessation services into routine care. The resource also includes case studies from around the Armed Forces to demonstrate success stories of tobacco cessation services. The guide can be accessed at: www.prevent.org/data/files/actiontoquit/armedforcetobaccocessationguide.pdf.



NMCPHC CONCLUDES BLUE H WEBINAR SERIES



The Navy and Marine Corps Public Health Center hosted a series of four webinars to discuss changes in the Blue H Award criteria for 2014, Blue H results in 2013, and address Blue H benefits and challenges.

The webinars were tailored to specific audiences to include Reserve NOSCs, Medical Treatment Facilities, Aircraft Carriers and Surface Ships, and Leaders. If you missed one of these webinars and would like to view the presentation or share with others, they have each been archived to the [Health Promotion and Wellness Webinar Web page](#).

NAVY FLEET AND FAMILY SUPPORT CENTER (FFSC) CLINICAL COUNSELORS TO DEPLOY WITH SAILORS

The Navy will hire a total of 21 Deployed Resiliency Counselors (DRCs) in the near future to deploy onboard ships, providing the same services that Clinical Counselors provide at the FFSCs. Although placing DRCs onboard ships is a first, the Navy has had great success with civilian “Fit-Bosses” and “Fun-Bosses” onboard carriers and amphibious assault ships, serving as Recreation and Fitness Directors onboard the largest operational platforms.

The counseling and support services provided by the DRC are preventive in nature, aimed at addressing life challenges such as adjustment to deployments, separation from friends and family, relationship and family issues, and other challenges to military life. View the official NAVADIN message announcing this new service for Sailors onboard these ships at: www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2014/NAV14053.txt.

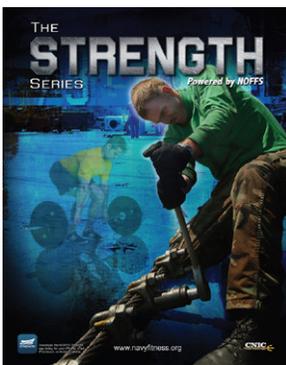
KIDS LIKE HEALTHIER SCHOOL MEALS!



We all know that healthier school meals improve kids’ diets. But did you know kids’ like them? Today, Bridging the Gap released a survey of school administrators that shows that the majority of students (70%) like school meals since they became healthier (the survey was conducted in the spring of the 2012-2013 school year). Not surprisingly, kids complained at first, but with time kids got use to the changes. Though fewer kids are buying lunch in some schools, more kids are getting school lunch in others.

Please share the study, to help support healthy nutrition in schools: www.rwjf.org/content/dam/farm/reports/issue_briefs/2014/rwjf414549.

THE STRENGTH SERIES



This NOFFS series will assist you with developing the strength that is needed to perform at your highest level. There are three training phases within the series intended to progressively build your total work capacity and improve cardiovascular fitness. The first phase, Build Muscle, is focused on building lean muscle mass and improving your body’s capacity to handle greater physical demands through a higher volume of work. The second phase, Get Strong, focuses on building strength through fewer repetitions and higher intensity. The final phase, Get Powerful, harnesses your newfound strength and trains your muscles to be fast and forceful.

Visit the NMCPHC Active Living page for additional information: www.med.navy.mil/sites/nmcpHC/health-promotion/active-living/Pages/active-living.aspx.



IN THE NEWS

[DOD, VA at the Forefront of Rehab Medicine](#) - Health.mil

[Prosperity Fairs Offer Information for a Total Healthy Lifestyle](#) - Health.mil

[Returning Home: Service Members, Families Discuss Reintegration Experiences](#) - DCoE

[Using Your Resources: How Your Kids should be An Excuse to Be Fit](#) - DoDLive Blog

[Military Dentist Puts New Face on Dental Medicine](#) - Health.mil

[TBI Patients: Don't Forgo Good Sleep](#) - DCoE