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Health Promotion and Wellness Friday Facts



UPCOMING WEBINAR ON FRUITS AND VEGETABLES FOR YOUR BODY AND BUDGET



At the Navy and Marine Corps Public Health Center (NMCPHC), we know that eating a variety of fruits and vegetables helps Sailors, Marines and their families get the essential vitamins, minerals and other nutrients that only these foods can provide. In addition to supporting weight loss and maintaining a healthy weight, consuming the recommended number of servings of fruits and vegetables daily also helps decrease the risk of disease such as stroke, cardiovascular disease, type-2 diabetes and certain types

of cancer. Learn more from our panel of nutrition Subject Matter Experts by participating in our upcoming webinar "Fruits and Vegetables for Your Body and Budget" on Wednesday, September 4, 2013 from 1200-1300 EST.

Webinar speakers include:

- LT Amit Sood, CSSD, Registered Dietitian, Naval Hospital, Camp Pendleton
- Ms. Sally Vickers, MS, CHES, Public Health Educator, NMCPHC
- CDR Connie L. Scott, MSM, RD, Department Head, Health Promotion and Wellness, Specialty Leader, Navy Dietetics, NMCPHC

Moderated by: Ms. Dawn Whiting, NMCPHC Public Health Educator

The webinar is intended for Navy and Marine Corps leaders, health promotion staff and educators, and public health professionals who can share their resources with the Sailors, Marines and beneficiaries they support.

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH.

To register, visit the NMCPHC Health Promotion and Wellness Webinars [webpage](#).

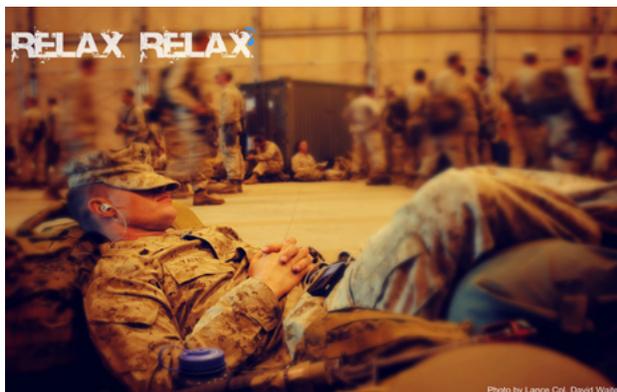


NAVY AND MARINE CORPS PUBLIC HEALTH CENTER LAUNCHES RELAX RELAX TOOLKIT FOR SAILORS AND MARINES



The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department is pleased to announce the launch of the new Relax Relax online toolkit. Relax Relax is a resource designed to help Sailors and Marines reduce psychological and physical wear and tear through deep relaxation and mindfulness. The techniques offered in this toolkit cover a range of strategies including breathing exercises to reduce anxiety,

progressive muscle relaxation to reduce muscle tension, mindfulness and meditation to reduce mental chatter, guided exercises to induce sleep as well as a selection of instrumental music for a daily uplift. Most activities take only minutes, and Sailors and Marines will find regular use of this toolkit promotes resilience and helps manage stress both on and off duty.



Relax Relax is a synergistic work made possible by a variety of universities, organizations, and expert individuals who provided audio tracks as their way of saying thank you and offering a purposeful tool to our Sailors and Marines.

Visit the NMCPHC HPW Relax Relax [website](#) for more information on the tool or to begin listening today.

DoD LAUNCHES VIDEO COMPETITION TO COMBAT TOBACCO USE



The Department of Defense recently launched a video competition entitled “Fight the Enemy”. The Enemy, in this case, is tobacco and the use of it- which decreases health, fitness and readiness, all detriments to the mission.

The contest is sponsored by the Assistant Secretary of Defense (Health Affairs) and is open to all service members, DoD families and civilians. Creativity is encouraged! The short video should illustrate the threat tobacco poses to individual’s health and social status. Submissions will be accepted through October 15, 2013, with three winners awarded. For a complete list of competition rules and additional details, visit the Fight the Enemy [webpage](#).

For information on how tobacco use affects you and those in your environment, as well as ways to quit, visit the UCanQuit2 [webpage](#).

NEW TEXTING PROGRAM FOR SUPPORT IN QUITTING TOBACCO IS RELEASED



Quit Tobacco- Make Everyone Proud, an educational campaign sponsored by the Department of Defense, recently launched a new text message program to provide support to those quitting tobacco. Participants receive supportive information and messages throughout the process to include the quit day, cravings, and after the quit day. This text messaging program can be used in conjunction with other quit methods to include individual counseling, group counseling or UCanQuit2’s Train2Quit Program.

For more information on quitting support or to sign up, visit the UCanQuit2 [webpage](#).

NAVY IMPLEMENTS NEW RULES FOR ALCOHOL SALES



According to the Chief of Naval Operations (CNO), the Navy is making changes regarding the sale of alcohol on Navy installations in hope of reducing sexual assaults and other crimes. Alcohol sales will be restricted to the main exchanges and dedicated package stores, will only occur between the hours of 0600-2200, and mini marts will no longer sell alcohol. Additionally, single use alcohol detection devices must be available for purchase at the Navy Exchange and all alcohol displays and products must be consolidated together, at the rear of the store.

For more information on drinking responsibly, visit the NMCPHC Preventing Drug Abuse and Excessive Alcohol Use [webpage](#) or Navy and Alcohol Drug Abuse Prevention ([NADAP](#)).

CNO ADDRESSES HEALTH PROMOTION AND WELLNESS IN HIS 2014 - 2018 NAVIGATION PLAN



Chief of Naval Operations (CNO) Adm. Jonathan Greenert released his Navigation Plan for the Navy for 2014 to 2018 to the fleet. A component of the CNO Navigation Plan stresses the importance of having Sailors and Civilians that are ready to tackle tomorrow's challenges by being personally prepared, confident and proficient. "Ready Sailors and Civilians remain the source of the Navy's warfighting capability."

21st Century Sailor Health Promotion & Wellness:

"Budget constraints will compel Navy to put a premium on readiness; Navy will continue to deploy proficient and ready forces. To reduce costs, the Navy will explore options to adjust the readiness of non-deployed forces." A primary category within the FY 2014 - 2018 budget submission is to fund and prioritize programs that address:

1. Sexual Assault Prevention and Response
2. Suicide Prevention
3. Operational Stress Control
4. Improve the resourcing, management, and oversight of programs that support our Sailors & their families by establishing a 21st Century Sailor.

"Our first consideration is the ability to fight and win today, while building the ability to win tomorrow," said Greenert. "The Navy and Marine Corps are our nation's 'away team'," said Greenert. "History demonstrates the Navy is at its best when we are forward and ready to respond." Drawing from the Sailing Directions and the three tenets of Warfighting First, Operate Forward and Be Ready, the Navigation Plan defines the course and speed the Navy will follow to organize, train and equip over the next several years.

***For further information about sexual assault prevention and response (injury & violence free living), suicide prevention, operational stress control, prevention of destructive decisions, or many other components that build a 21st Century Sailor, visit the NMCPHC Health Promotion and Wellness Program [Website](#).

Adapted from Chief of Naval Operations Public Affairs Story Number: NNS130816-01 Release Date: 8/16/2013

Photo & Story By MCC(SW/AW) Julianne Metzger.

Read the [CNO's Navigation Plan](#).



PEARL HARBOR (Aug 12, 2013) CNO Adm. Jonathan Greenert greets members of the Joint Base Pearl Harbor-Hickam Coalition of Sailors Against Destructive Decisions. Greenert held an all-hands call to speak to Sailors about the current status and future of the Navy.



NMCPHC WORKPLACE SAFETY MONTH: "TOP 5" FILES



An Evidence-based approach for identifying the causes of injuries, establishing an evidence-based ranking of priorities & developing implementation plans.

1. [U.S. Navy Annual Injury Report, FY 2012](#): NMCPHC EpiData Center Department has completed the annual injury report for fiscal year 2012 in order to provide up-to-date information about the burden of injuries among active duty Navy service members.

2. [Impact of Injuries on Readiness](#): This paper identifies key references that document the impact of injuries on readiness.

3. [Leading Injuries, Causes and Mitigation Recommendations](#): The DoD Military Injury Prevention Priorities Working Group (DMIPPWG) was tasked to identify the leading causes of injuries among military personnel across DoD, create a process for establishing an evidence-based ranking of DoD prevention priorities, develop a proposal for a process for analysis, and provide recommendations for intervention initiatives.

4. [Evaluation Criteria for Current Injury/Occupational Illness Prevention Initiatives and Programs](#): The evaluation criteria were used by the DoD Injury/Occupational Illness Prevention Committee to evaluate submissions on prevention practices and programs.

5. [Interventions Evaluated to Make Recommendations for Physical Training-Related Injury Prevention \(Joint Services Physical Training Injury Prevention Work Group\)](#): The report includes literature searches, review processes, and discussions. This is summarized in Chapter 20 of this report and provides guidance on all recommendations reviewed.



ADDITIONAL RESOURCES: Additional information about Workplace Safety:

- [NMCPHC August Toolbox](#)
- [NMCPHC Injury/Violence Free Living Page](#)