



August 9, 2013



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DON'T FORGET TO ATTEND THE AUGUST 13TH WII TOWN HALL



The Navy and Marine Corps Public Health Center (NMCPHC) is partnering with Navy Safe Harbor and Wounded Warrior Battalion East to sponsor a Virtual Town Hall: "Addressing the Needs of the WII Population - Support Services for WII Sailors, Marines, and their Families." Please join us on Tuesday, 13 August 2013 from 1200-1330 EST as a panel of subject matter experts highlights tips, resources and programs to support the needs of wounded, ill or injured (WII) Sailors and Marines to facilitate resilience, recovery and readiness. The virtual town hall will be geared toward Navy and Marine Corps leaders, health

promotion staff and educators, and public health professionals. Webinar speakers will include:

- Mr. Louis Steele, NMCPHC Public Health Educator
- Ms. Lenora Weatherford, Navy Wounded Warrior - Safe Harbor Operations Support Officer
- Mr. Craig Stephens/Mr. Scott Wayman, Wounded Warrior Battalion - East

Webinar Moderator:

- Ms. Dawn Whiting, NMCPHC Public Health Educator

The objectives of the webinar will include:

- Discuss resources and tools to help those supporting wounded warriors on their path to recovery.
- Discuss how to build awareness among beneficiaries of the resources, tools, and programs offered by military health organizations to motivate healthy behavior change.

To register for the event go to: <http://www.eventbrite.com/event/7504699759>

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

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If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event at <https://www.dco.dod.mil>. To see the presentation on the day of the event, please use the following link: <https://connect.dco.dod.mil/nmcphcwebinar2>

We will be using a dial-in number for the audio on the day of the event:

(877) 885-1087 - Toll Free U.S. & Canada

(360) 347-7805 - International

** Conference Code: 897-705-0226



GET READY FOR FRUITS AND VEGETABLES MONTH IN SEPTEMBER



September's health observance focuses on eating more fruits and vegetables daily. The Dietary Guidelines for Americans (DGA) 2010 states that more than 90% of adults and children do not eat the recommended amount of fruits and vegetables. In concert with DGA, Health Promotion and Wellness recommends making at least half of your plate consist of fruits and/or vegetables at every meal. Choosing fruits and vegetables over foods that contain high fat content such as processed foods, will provide the necessary nutrients to keep your body running optimally.

When fruits and vegetables are left off of your plate, they are often replaced with foods like chips, cookies, soda, and French fries. This can have a negative impact on your health. Regularly eating foods low in nutrients can weaken your immune system, which compromises your body's ability to fight off infections and foreign substances. In addition, a slow digestive tract or constipation can be the result when lower water content and fiber less foods are chosen daily. Finally, eating high fat or sugary foods can lead to weight gain while switching to fruits and vegetables is a weight control measure and can assist in losing unwanted pounds. For more information on healthy eating please visit the following links:

Fruits and Veggies - More Matters Campaign:

<http://www.fruitsandveggiesmorematters.org/>

September HPW Toolbox:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-september.aspx>

SUICIDE PREVENTION RESOURCES ARE AVAILABLE



Do your suicide prevention coordinators and other health team providers know about the suicide awareness and prevention resources on our website? We have newly added suicide awareness and prevention posters including those for use by the medical and aviation communities and information for use in your suicide awareness and prevention activities. Visit our webpage at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx>

If you would like to review archived versions of the Friday Facts Newsletter, please visit our website at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/friday-facts.aspx>

If you would like to subscribe to Friday Facts please email us at:

webmaster_change@nehc.mar.med.navy.mil