



December 19, 2014



Health Promotion and Wellness Friday Facts

NMCPHC RELEASES DECEMBER 2014 TOBACCO CESSATION NEWSLETTER

The Navy and Marine Corps Public Health Center's Health Promotion and Wellness (HPW) Department recently released the December 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, and tips for facilitators. With the New Year fast approaching, the newsletter also includes tips to help your patients be more successful with their new year's resolution. This latest issue can be accessed at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/tobacco-free-living/Pages/Tobacco-ForHealthPromotersandFleet.aspx>.

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



CDC PUBLISHES TWO NEW STUDIES ON TIPS FROM FORMER SMOKERS CAMPAIGN AND HEALTHCARE SPENDING RELATED TO SMOKING

A [recently published study](#) in the American Journal of Preventive Medicine concluded that the 12-week Tips From Former Smokers campaign in 2012 helped at least 100,000 smokers successfully quit, averted at least 17,000 premature deaths and saved nearly 180,000 quality-adjusted life years (QALYs). The findings demonstrate that a national, federally funded mass media campaign can be highly cost effective to reduce the burden of tobacco use.

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[Another study](#) also published in the American Journal of Preventive Medicine concluded that annual health care spending related to cigarette smoking is as much as \$170 billion a year, and is primarily paid for through Medicare and Medicaid. \$170 billion is about 8.7% of annual healthcare spending in the U.S.



REDESIGNED AND ENHANCED HPW WOUNDED, ILL, AND INJURED WEBSITE NOW AVAILABLE!

The NMCPHC HPW Department is excited to announce the launch of our redesigned HPW Wounded, Ill, and Injured (WII) website. The website targets health information disseminators as well as WII service members, their families, caregivers, and others who support and assist service members during the recovery and transition process. The resources available on the HPW WII website educate Sailors, Marines, and their families on a variety of topics including:

- [Active Living](#)
- [Caregiver Support](#)
- [Case Management](#)
- [Healthy Eating](#)
- [Injury and Violence Free Living](#)
- [Integrative and Complementary Medicine](#)
- [Life After An Amputation](#)
- [Post-Traumatic Stress Disorder](#)
- [Psychological and Emotional Well-Being](#)
- [Relationships and Intimacy](#)
- [Sleep](#)
- [Substance Use and Misuse](#)
- [Tobacco Free Living](#)
- [Traumatic Brain Injury](#)
- [Weight Management](#)
- [WII Toolbox](#)



WII service members can learn, for example, about the important role nutrition plays in helping the body heal as well as how changes in daily life functions and added life stressors may cause changes in their relationships, both emotionally and physically.

Based on the success and efficacy of the Health Promotion Toolbox, the WII Toolbox was also launched to provide both promotional and practical tools. The promotional tools focus on helping health educators, providers, and case managers reach the WII audience while the practical tools aim at equipping WII service members in their daily battle for healing and recovery.

To learn how our programs can facilitate recovery and strengthen resilience, visit the HPW WII website at <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/health-promotion.aspx>.

PROMOTING HEALTH AND WELLNESS DURING THE HOLIDAYS

The holidays are upon us, and we are often caught up in the whirlwind of activities that are part of the season. While we may find ourselves running out of time to finish all the items on our “to do” lists or eating a few more treats than usual, we need to keep in mind that our health, wellness, and psychological and emotional well-being are determined by what we do every day of the year. Promoting healthy lifestyle behaviors among Sailors and Marines is especially important during the holidays. This time of year can be a challenging time for Sailors, Marines, and their families due to deployment, a change in duty station, or reintegration following deployment. The following resources can provide helpful information or tips on how to promote and maintain health and wellness, including psychological and emotional well-being, during the holidays.

- Check out the NMCPHC HPW Department’s [Holiday Series Reproducibles](#) including:
 - [Maintain Your Budget During the Holidays Tip Sheet](#)

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- [Maintain Your Well-Being During the Holidays Tip Sheet](#)
- [Maintain Your Sanity During the Holidays Tip Sheet](#)
- Read Military OneSource's Article on "[Being Mindful of Family during the Holidays and Across the Distances](#)" to get tips on how to enjoy the season if family members are far apart during the holidays due to relocation or deployment.
- Visit the [Real Warriors Campaign](#) to find tips on easing holiday and reintegration stress.
- Find tips on how to prioritize fitness during the holidays and maintain healthy stress levels in the [Navy Operational Stress Control Blog](#), "The holidays are here...and it's crunch time!"



BLUE H AWARD NEWS - REVISED FLEET CRITERIA WORKSHEET

Attention Semper Fit Centers - a Blue H customer has discovered that the SEMPER FIT-HP Blue H Criteria Worksheet dated Sep 2014 has a calculation error in cell e35. This error has been repaired.



Semper Fit Centers should use the SEMPER FIT-HP Criteria Worksheet dated 15 Dec 2014. This may be accessed on line at: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/blue-h-worksheet-semper-fit-2014.xlsx> .

Sorry for any inconvenience. Thank you for all you do to protect and promote the health of our people!

Blue H homepage: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

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]

HEALTH PROMOTION CONFERENCE TO BE HELD IN SAN DIEGO

Core Conference: April 1-3, 2015

Intensive Training Seminars: March 30-31, 2015

WELCOA National Training Summit: March 30-31, 2015



The 25th Annual Art and Science of Health Promotion Conference will be held in San Diego March 30- April 3, 2015. The theme of the conference is: What's Next for Health Promotion? What New Approaches Will Produce the Best Outcomes? The conference brings together more than 600 professionals with a passion for health promotion — individuals who represent the most successful programs in workplace, clinical, educational and community settings. The three-day core conference will feature three inspiring and thought-provoking keynote addresses, concurrent sessions presented by the top scientists and practitioners in the field, plus, many opportunities to collaborate through interactive discussions, networking sessions, fitness activities and social events. The conference will also feature two-day pre-conference Intensive Training Seminars and the WELCOA National Training Summit.

Continuing Education Credits will be available for a number of professions. Complete program details, schedule and registration information are available at: www.HealthPromotionConference.com.

IT'S INFLUENZA SEASON!

Flu season is upon us. If you are looking for resources on flu prevention, check out this list of resources:

- <http://www.flu.gov/>
- <http://www.cdc.gov/flu/faq/preventing-flu-illness.htm>
- <http://www.tricare.mil/HealthWellness/Preventive/FluResources.aspx>
- <http://www.publichealth.va.gov/PUBLICHEALTH/flu/materials/index.asp>
- <http://familydoctor.org/familydoctor/en/kids/vaccines/preventing-the-flu.html>