



December 05, 2014



Health Promotion and Wellness Friday Facts

NMCPHC LAUNCHES REVITALIZED SHIPSHAPE PROGRAM WEBSITE!



The NMCPHC announced the launch of a revitalized website for the Navy's ShipShape Program, Dec. 2. The ShipShape Program is the official Navy weight management program that assists active-duty Sailors, Navy beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The new ShipShape Program website provides improved site structure and an array of new content and features and can be viewed at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/shipshape.aspx>. The launch of the updated ShipShape Program website was featured as the top story on navy.mil at: http://www.navy.mil/submit/display.asp?story_id=84694 and in an All Hands Update video at: <http://www.navy.mil/viewVideo.asp?id=20020>.

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INFOGRAPHIC TO SUPPORT EFFORTS TO PROMOTE DECEMBER AS IMPAIRED DRIVING PREVENTION MONTH

Need additional resources to promote December as Impaired Driving Prevention Month? If so, check out the new infographic, "Don't Get Wrecked", from the NMCPHC, at: http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000052_Impaired%20Driving%20Infographic.pdf.

Don't Get Wrecked
Impaired driving can hurt your life, your family, and your career.

Sailors and Marines are often faced with situations that can increase the risk to engage in unhealthy behaviors that impair driving, especially drinking and driving.

In the U.S., approx. **30 people** die per day in crashes that involve alcohol-impaired drivers!

When it comes to booze, SIZE DOESN'T ALWAYS MATTER.

- 12 fl oz of regular beer
- 2-3 oz of cordial, liqueur, or aperitif
- 5 fl oz of table wine
- 1.5 fl oz shot of 80-proof spirits/hard liquor

0.02 | **0.08** | **0.10+**

Average DUI = \$10,000
Past... we hear taxes are way cheaper.

With you could...

- 14 times and have money left over for dinner with all your friends.
- 10 times with a balcony view.

1 in 3 traffic fatalities are in alcohol-impaired-driving crashes.

On average in 2012 1 person was killed every 51 MINUTES in an alcohol-impaired driving crash.

Plan BEFORE you head out:

- Have a non-drinking designated driver or have a family member or friend to pick you up.
- Call a taxi. Have the number already programmed into your phone so you have it readily available when needed.
- Plan to stay overnight.

#DrinkResponsibly

- Count and measure your drinks accurately and set limits for how often you drink.
- Alternate alcoholic beverages with non-alcoholic beverages, like water.
- Eat food while drinking to help slow down the absorption of alcohol.
- Talk to friends, family, or a professional if you need help cutting back.

If you or someone you know is at risk, take action before someone gets hurt:

- Talk to your Drug and Alcohol Program Advisor (DAPA) or Navy Drug and Alcohol Counselor.
- Speak to your Commanding Officer, XO, OIC, OMC/MCMC/OB, or Chaplain.
- Reach out to OnD Medical Personnel.
- Contact your Fleet and Family Support Center Counselor.

For more information, visit the NMCPHC HPW Preventing Drug Abuse and Excessive Alcohol Use Web page.

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

MEDIG INSPECTION FOR HEALTH PROMOTION PROGRAM, SHIPSHAPE PROGRAM AND TOBACCO CESSATION PROGRAM



If you are at a Navy Medicine command and have a MEDIG Inspection coming up soon, you may find the following links helpful during your preparation:

- Link to MEDIG Inspection Self-Assessment: <http://www.med.navy.mil/bumed/MEDIG/Pages/default.aspx>
- Link to a Sample Health Promotion Program Plan at: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/Sample-HP-Program-Annual-Plan.doc>

FEELING STRESSED? STRESS RELIEF MIGHT HELP YOUR HEALTH

Feeling stress with the winter holidays approaching? This article from the National Institutes of Health (NIH) explains how long-term stress can be harmful rather than helpful to the body. Learn more at: <http://newsinhealth.nih.gov/issue/Dec2014/Feature1>.

TRICARE COMMUNICATIONS ENCOURAGES TOBACCO USERS TO MAKE 2015 NICOTINE-FREE!

It's hard to believe 2014 is almost over! With New Year's quickly approaching, it's time to start thinking about New Year's Resolutions. About half of all Americans write down their resolutions and quitting tobacco is one of the most popular. But, unfortunately, it's not one that is always kept.

During the New Year, help motivate military members who are tobacco users. Help them make 2015 nicotine-free by putting "Quit Tobacco" as number one on their resolution list. Please view and download: <http://ucanquit2.org/Partners/CampaignMaterials.aspx?EventID={845B684D-21CD-48AC-B65D-010C3C39DBAF> (flyer, poster, and social media posts) to help encourage military members that this year will be the year they quit and [stay quit](#).



IN THE NEWS

[Profile: Physical Therapist Col. Kerrie Golden Healing Wounded Warriors](#) - Health.mil

[Ensure a Safe Holiday Season for Yourself and Others](#) - Health.mil

[Training Triggers Strength Gains for Wounded Warriors](#) - Health.mil