



December 06, 2013



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# Health Promotion and Wellness Friday Facts



## NMCPHC HEALTH PROMOTION AND WELLNESS (HPW) DEPARTMENT TO PARTICIPATE IN VIRTUAL MENTAL HEALTH FAIR: COPING WITH HOLIDAY STRESS



The holiday season is upon us, and while it may be full of cheer, laughter and the company of family and friends, it can also be overwhelming. Whether it is anxiety about debt or family finances or the preparation of

the holiday meal, holiday stress can be challenging. Join the NMCPHC HPW Department on 11 December 2013 (0900-1500 EST) as we participate in a Virtual Mental Health Fair sponsored by the Defense Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury. We will be sharing resources for service members, veterans, their families, caregivers and providers on how to navigate stress and answer questions LIVE on Facebook.

Find us at our virtual booth on the day of the event at : <https://www.facebook.com/DCoEpage#!/media/set/?set=a.10152898672350265.1073741826.388356005264&type=3>

For more information on the Virtual Mental Health Fair, visit DCoE: [http://www.dcoe.mil/MediaCenter/News/details/13-11-25/DCoE\\_Facebook\\_Event\\_Promotes\\_Resources\\_for\\_Holiday\\_Stress.aspx](http://www.dcoe.mil/MediaCenter/News/details/13-11-25/DCoE_Facebook_Event_Promotes_Resources_for_Holiday_Stress.aspx)

### SAVE THE DATE

Dec 11 2013

### Virtual **Mental Health Fair:** Coping with Holiday Stress

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury re-opens its virtual Mental Health Fair on Facebook to share resources on coping with holiday stress for warriors, veterans, their families, caregivers and providers.

## REPRODUCIBLE ARTICLES FOR DECEMBER

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During the month of December, the NMCPHC HPW Department observes Impaired Driving Prevention Month. The following two new reproducible articles are available for your use in promoting Impaired Driving Prevention Month:

- [Be Prepared this Holiday Season: Don't Drive Impaired!](#)
- [Managing Your Drinking Habits and Building Positive Coping Skills](#)

We hope these items will be useful to you in promoting responsible drinking and the prevention of impaired driving among our Sailors and Marines this holiday season.

## ADDITIONAL RESOURCES FOR A HEALTHY HOLIDAY SEASON

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Looking for quick one-page handouts, posters and other holiday resources to use for the holiday season? Consider the following resources:

- 1) NMCPHC Maintaining Weight During the Holidays Poster Series at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/additional-healthy-eating-resources.aspx#Facts>
- 2) HealthNet Federal Services: [https://www.hnfs.com/content/dam/hnfs/tn/common/pdf/wellness\\_newsletter/PF1113x028%20Manage%20weight%20holiday.pdf](https://www.hnfs.com/content/dam/hnfs/tn/common/pdf/wellness_newsletter/PF1113x028%20Manage%20weight%20holiday.pdf)
- 3) CDC 12 Ways to Health Holiday Song: <http://www.cdc.gov/family/holiday/12ways.htm>

## IMPORTANCE OF SLEEP ARTICLE PUBLISHED IN MILITARY MEDICINE MAGAZINE

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The article, "The Importance of Sleep in Protecting Mental Health and Operational Readiness" authored by Capt Paul D. Rockswold, NMCPHC, was published in Military Medicine Magazine on 25 November 2013.

View the entire article at: <http://navymedicinemagazine.navylive.dodlive.mil/2013/11/25/the-importance-of-sleep-in-protecting-mental-health-and-operational-readiness/>

## THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) RELEASES WINNABLE BATTLES PROGRESS REPORT

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The CDC has released its Winnable Battles Progress Report, 2010-2015 describing the progress being made in addressing critical public health challenges facing the Nation. The CDC states that identifying and focusing on Winnable Battles has helped promote progress for the Nation.



View the Winnable Battles Progress Report at: <http://www.cdc.gov/winnablebattles/targets/pdf/winnablebattlesprogressreport.pdf>



## NEW HEALTHY PEOPLE 2020 LEADING HEALTH INDICATORS INFOGRAPHIC GALLERY AVAILABLE!

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The U.S. Department of Health and Human Services has launched a new website focusing on the Nation's Leading Health Indicators (LHIs). The LHIs are high-priority health issues in the United States that serve as measures of the Nation's health. Each month [healthypeople.gov](http://healthypeople.gov) displays one or more infographics to visually communicate the existing health disparities for the featured LHI topic.

Gain access to this new resource at: <http://healthypeople.gov/2020/LHI/infographicGallery>

## DOES IT MATTER WHAT DAY YOU PROMOTE MAKING A HEALTH BEHAVIOR CHANGE?

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Recent research and information from the public health initiative, The Monday Campaigns, indicates that yes, it does matter what day you promote making a health behavior change. Mondays are in fact the best day to encourage health behavior change with targeted messages and information, as a lot of people view Monday as a fresh start, which correlates with the start of the traditional week in Western culture. Regular weekly messages related to health can be effective, especially when timed appropriately. Research has shown that on Mondays, people are more likely to make a doctor's appointment, quit smoking, or start a diet. In addition, research has shown that people are more likely to seek health information on the internet on Mondays, when compared to other days of the week.

This information can be useful in terms of running a successful health promotion program, as messaging can be more tailored and focused on certain days of the week (Monday!) when we promote behavior change and disseminate information. One can utilize the information for social media posts, POW/POD notes, and e-mail blasts in particular.

The Monday Campaigns is a non-profit initiative in association with Columbia University Mailman School of Public Health, Johns Hopkins Bloomberg School of Public Health, and Syracuse University Newhouse School of Public Communications. This initiative devotes Mondays to health. Examples of current campaigns include Meatless Mondays, Quit and Stay Quit Mondays and Caregiver Monday.

For more information, visit: <http://www.mondaycampaigns.org/>

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## IN THE NEWS

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- [Surgeon General Leads Battle Against Tobacco](#) - Health.mil
- [Military Researchers Have Much to Celebrate This World Aids Day](#) - Health.mil
- [Helping Family Caregivers Cope with Traumatic Brain Injuries](#) - Health.mil
- [Five Tips for a Sober and Safe Holiday Season](#) - Health.mil
- [Public Health Center Hosts World AIDS Day Webinar](#) - Navy.mil