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Health Promotion and Wellness Friday Facts



NEW HEALTH INTEREST QUESTIONNAIRE (HIQ) AVAILABLE!



As many of you know, several months ago it was announced that we could no longer use Survey Monkey, which was the program that the NMCPHC had used for the online Health Interest Questionnaire (HIQ) that was developed for commands to use when determining the health interests of members of their command while conducting their command assessment process for their HP Programs. After a few months of investigating, we have built an updated HIQ using the approved tool on max.gov. The new web-based tool is now available for your use at: <https://apps.max.gov/survey/index.php?sid=46582&lang=en>.

As in the past, Bob MacDonald will be the administrator of the tool. Reports can be pulled by UIC so before having your personnel complete the survey, make sure that they are all aware of your command's UIC. Once you have completed your assessment process, simply send an E-mail to Bob at Michael.r.macdonald@med.navy.mil and request that he pull your command's report for you. He will then pull your report and E-mail it to you. You will need to provide Bob with your command's UIC(s) and the timeframe for which you want the report to be pulled.

The NMCPHC is very excited about being able to once again provide you with this tool that can be used to complete an important part of your command HP Program Assessment process! Please contact Bob if you have any questions.

MILITARY NUTRITION ENVIRONMENT ASSESSMENT TOOL (M-NEAT) UPDATES



The m-NEAT is a tool that assists community leaders, nutrition and health promotion professionals in assessing the availability of healthy food choices in their environment. A Tri-service m-NEAT Training was held via webinar on 11 December to provide assistance to all commands in

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implementing the m-NEAT. If anyone missed the live webinar and would like to view the recorded version, it can be found on the NMCPHC webinar webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>. The webpage also includes the PowerPoint presentation and a separate file with the speaker notes for the slides.

In addition, Three Toolkits were added to the m-NEAT website to assist commands who have identified Convenience Stores, Vending or Snack Shops as areas where they would like to make improvements. The Toolkits provide a list of possible strategies to be implemented for each of these areas and a Sample Customer Survey that could be used to gain customer input, which could be a critical piece when implementing change. The three Toolkits can be found at the bottom of the m-NEAT website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx>

AVAILABILITY OF HOOKAH INFOGRAPHIC



Want to learn more about the popular Middle Eastern water pipe Hookah? This new infographic “Hooked on Hookah” is designed for widespread use to inform and provide information on the risks of its use. You may find it on the NMCPHC HPW Tobacco website at: http://www.med.navy.mil/sites/nmcphc/PublishingImages/health-promotion/Hookah_Infographic.jpg

DEFENSE CENTERS OF EXCELLENCE (DCOE) FOR PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY ANNOUNCES WEBINAR SERIES 2014



Mark Your Calendar! The DCoE will be offering two webinars each month throughout 2014. All webinars are scheduled 1-2:30 p.m., EST. For a complete list of all webinars to be offered, go to: <http://www.dcoe.mil/Libraries/Documents/DCoE-Monthly-Webinar-Series-Flyer-2014.pdf>.

For information about registration or continuing education credit, visit http://www.dcoe.mil/Training/Monthly_Webinars.aspx

IN THE NEWS

- [Mobile Technology Puts Health in the Hands of Service Members](#) - Health.mil
- [Avoid the Stomach Bug Going Around this Winter](#) - Health.mil
- [Make Sure You Stay Active During Winter Months](#) - Health.mil
- [Brain Bank to Revolutionize Study of Traumatic Brain Injury in Service Members](#) - Health.mil

HAPPY HOLIDAYS FROM THE NAVY AND MARINE CORPS PUBLIC HEALTH CENTER HEALTH PROMOTION AND WELLNESS DEPARTMENT!

