



July 07, 2014



# Health Promotion and Wellness Friday Facts



## CONTENTS

- 2013 Winners for Blue H - Navy Surgeon General's Health Promotion and Wellness Award
- Quick Reminder-HPW Training 4-8 August at NEPMU2, Norfolk Registration Deadline Approaching!
- Navy Operational Fitness and Fueling System (NOFFS) Grows -- Three New Series Now Available!
- Resilience Resources
- Presidential Memorandum -- Enhancing Workplace Flexibilities and Work-Life Program for Federal Employees
- The Defense and Veterans Brain Injury Center Provides New Tools for Sleep Disturbances

## 2013 WINNERS FOR BLUE H - NAVY SURGEON GENERAL'S HEALTH PROMOTION AND WELLNESS AWARD



In June, the Navy Surgeon General announced that 281 Navy and Marine Corps organizations received the 2013 Blue H - Navy Surgeon General's Health Promotion and Wellness Award. The 2013 winners include all 11 U.S. Navy aircraft carriers, 20 Navy and Marine Corps flying squadrons, 40 surface ships and surface forces units, 58 Navy medical treatment facilities, 10 USMC Semper Fit Centers, and 98 Navy Reserve Operational Support Centers.

The Blue H Award encourages and rewards excellence in primary prevention policies and activities throughout the Department of the Navy, which are critical to maintaining a fit and ready force. These programs also promote healthy lifestyles for Sailors and Marines to enhance individual quality of life and reduce long-term health care costs. Additionally, the award criteria helps establish objectives and parameters for command health promotion activities.

All Navy commands and USMC Semper Fit Programs can apply for the award and 2013 participation levels set a record for the 7th year in a row. The award is earned at three levels - Gold Star, Silver Eagle, and Bronze Anchor - and every applicant receives at least the Bronze Anchor.

View the complete list of 2013 Blue H winners and the criteria for the 2014 Blue H Award at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>.

In July, NMCPHC is sponsoring webinars to help organizations with their 2014 Blue H Award submission. Learn more about these webinars at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>.

### HEALTH TOPICS ASSESSED BY BLUE H AWARD

- Responsible Drinking
- Injury Prevention
- Nutrition
- Physical Activity
- Psychological Health
- Sexual Health
- Tobacco Prevention and Cessation
- Weight Management



## QUICK REMINDER-HPW TRAINING 4-8 AUGUST AT NEPMU2, NORFOLK REGISTRATION DEADLINE APPROACHING!

The NMCPHC HPW Department will be offering the following HPW Training at NEPMU2, Naval Station Norfolk, VA:

- 4 August: Navy HP Basics Course, Level II- full-day, for individual assigned as the HP Coordinator at smaller Fleet and Reserve Component commands. **The 8.0 hour online Navy HP Basics Course, Level I on NKO (Course # NMHPB08) is the required prerequisite training to attend the Level II course. Information on how to access the Level I course on NKO can be found at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx>.**
- 5 August: Choose Healthy Options for Wellness (CHOW) Course- full-day, providing students with information on basic as well as more advanced nutrition topics.
- 6 August: ShipShape Program Facilitator Training- full-day, only individuals who are assigned as a ShipShape Program Facilitator/Coordinator for their command and who can commit to offering the ShipShape Program at least twice a year will be considered for this training.
- 7 August: Tobacco Cessation Facilitator Training: full-day, only individuals E-4 and above and who are tobacco-free for at least 6 months prior to attending should plan to attend this training.
- 8 August: Patient-centered Prevention Counseling: half-day, prepares students to deliver health behavior counseling that is focused on the patient’s needs and interests.

Send an E-mail to: [HP-Training@nehc.mar.med.navy.mil](mailto:HP-Training@nehc.mar.med.navy.mil) to request a Quota Request Form. The deadline to request a quota is Friday, 18 July!

## NAVY OPERATIONAL FITNESS AND FUELING SYSTEM (NOFFS) GROWS -- THREE NEW SERIES NOW AVAILABLE!



Developed by the Navy in partnership with EXOS™ (formerly Navy Athletes’ Performance Institute), the NOFFS provides the Navy with a “best-in-class” physical fitness and nutrition program for Sailors, their family members, and other authorized patrons. NOFFS includes four different workout series: Operational, Strength, Endurance, and Sandbag. The Operational Series (formerly known as NOFFS 1.0) provides the foundational exercises that are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying.

So far, the original NOFFS app has been downloaded 35,000 times since its 2012 debut, and the Navy is hoping for comparable downloads in the next year. With the ever increasing popularity

and demand for higher intensity programs, the Navy is now announcing the official release of three (3) new NOFFS Series: Strength, Endurance and Sandbag, developed to provide training modes that address the special interests of users. The three additional programs are more advanced and progress up from the Operational Series, adding to the overall program.

Interactive apps for each series are available at no cost for iOS devices (iPhone, iPad, or iPod), with apps for Android devices being released shortly. The apps provide detailed guidance and examples of each exercise, along with scrolling pictures and videos that can be viewed with a quick swipe. Search for “NOFFS” in the App Store or on the Google Play Store app.

**THE STRENGTH SERIES:** This series will assist with developing the strength that is needed to perform at one’s highest level. There are three training phases within the series intended to progressively build a user’s total work

Continued on page 2

capacity and improve cardiovascular fitness: Build Muscle, Get Strong, and Get Powerful.

**THE ENDURANCE SERIES:** The workouts in this series are designed to assist with breaking through training plateaus, while decreasing injuries often associated with traditional endurance training. The workouts can be accomplished in a number of ways, including running, biking, rowing, or using any cardiovascular machine.

**THE SANDBAG SERIES:** This series provides the Sailor with a training plan that can be performed in environments with limited equipment options. It will assist with developing the strength and power needed to meet the performance demands placed upon the body in any environment. The added challenge of performing traditional exercises with a less stable mass (sand-filled bag) provides a unique training experience that mimics the demands experienced in day-to-day life. This series progresses through three phases of training: Build Your Base, Gain Muscle, and Get Powerful.

**FUELING/NUTRITION:** The fueling aspect of this program will allow you to determine your total caloric needs to achieve your personal goals, whether you desire to lose, maintain, or gain weight. The meal builder enables you to select high-octane foods for each meal, populate your meal plan a week at a time, and email it to yourself.

**REGENERATION:** Finally, the regeneration component of this series will assist you with addressing common aches and pains. The soft tissue release techniques combined with the flexibility routine will restore muscular balance and ensure you develop and maintain the mobility necessary for high level performance.

**MARKETING THE NEWEST ADDITION TO THE NOFFS SYSTEM:** For marketing materials, you can find the digital files for use at: <http://www.navy.mwr.org/resources/marketing/noffs/>.

For a complete description of the three new series and for more information on NOFFS, visit <http://www.navyfitness.org/fitness/noffs/>.



## RESILIENCE RESOURCES

---



Interested in learning more about resilience? Visit the Resilience page on the NMCPHC website and see handouts, presentations, programs and work books at:

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

## PRESIDENTIAL MEMORANDUM -- ENHANCING WORKPLACE FLEXIBILITIES AND WORK-LIFE PROGRAM FOR FEDERAL EMPLOYEES

---

To attract, empower, and retain a talented and productive workforce in the 21st century, President Obama signed, on 23 June 2014, a MEMORANDUM that would enhance Workplace Flexibilities and Work-Life Programs for federal employees.

The MEMORANDUM addresses the right to request work schedule flexibilities, expanding access to workplace flexibilities, expanding the availability and encouraging the use of Work-Life Programs, and helping agencies encourage the use of both of these programs. To view the entire MEMORANDUM, go to: <http://www.whitehouse.gov/the-press-office/2014/06/23/presidential-memorandum-enhancing-workplace-flexibilities-and-work-life->



## THE DEFENSE AND VETERANS BRAIN INJURY CENTER PROVIDES NEW TOOLS FOR SLEEP DISTURBANCES

---

The Defense and Veterans Brain Injury Center (DVBIC) released new clinical recommendations and support tools to help identify and treat sleep disturbance in patients after a concussion, also known as mild traumatic brain injury (TBI). The suite of products is available for military and civilian health care providers.

“Management of Sleep Disturbances Following Acute Concussion/Mild TBI Clinical Recommendations” suite can be downloaded from the DVBIC website at: <http://dvbic.dcoe.mil/>.