



July 12, 2013



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Health Promotion and Wellness Friday Facts

DON'T FORGET TO ATTEND THE SUMMER SAFETY WEBINAR



The Navy and Marine Corps Public Health Center (NMCPHC) is partnering with the Naval Safety Center (NSC) to kick-off the July observance of Summer Safety Month. Please join us on Tuesday, July 16, 2013 from 1200-1300 EDT for a webinar promoting summer safety to include the impact of injuries on readiness, mishap off-duty trends, motorcycle/ATV safety, distracted driving, the NSC summer 2013 Campaign "Live to Play, Play to Live", and resources offered by the NMCPHC. The webinar will be geared toward Navy and Marine Corps leaders, health promotion staff and educators, public health professionals and safety personnel.

Webinar Speakers:

- Ms. Diana Strock, MAT, ATC, NMCPHC Program Manager, Physical Fitness & Injury Prevention
- Ms. Bonnie Revell, NSC Traffic and Recreation Off-Duty Safety Specialist
- Mr. Donald Borkoski, NSC Traffic and Recreation Off-Duty Safety Specialist
- Mr. Michael Borkowski, NSC Traffic and Recreation Off-Duty Safety Specialist
- Ms. Evelyn Odango, NSC Magazine Editor, Decisions and Sea Compass Magazines

Webinar Moderator:

Ms. Ryan Marie Smith, MPH, CHES

Objectives:

- 1.) Identify the impact of injuries on readiness and the most common types of injuries experienced by Sailors and Marines.
- 2.) Identify current off-duty threats to our Sailors, Marines and Civilians, and outreach campaigns that health educators may use when reaching out to their target audience groups.
- 3.) Identify the sources for motorcycle and ATV safety training.



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- 4.) Explain the impact of distracted driving and texting laws and highlight relevant resources.
- 5.) Identify the primary components of the NMCPHC Summer Safety Toolbox.
- 6.) Introduce the injury prevention fact sheet project and newly developed evidence-based fact sheets for summer safety.

To register for the event: <http://www.eventbrite.com/event/7240455397>

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event at <https://www.dco.dod.mil>

To see the presentation on the day of the event, please use the following link:

<https://connectcol.dco.dod.mil/nmcphcwebinar>

We will be using a dial-in number for the audio on the day of the event:

(877) 885-1087 - Toll Free U.S. & Canada

(360) 347-7805 - International

** Conference Code: 897-705-0226

NON-MEDICAL COUNSELING SERVICES FOR RESERVISTS AND THEIR FAMILIES



With busy life schedules and potentially limited access to on-base military programs, finding support as a Reservist can be a challenge. Did you know that Military OneSource offers free non-medical counseling to reservists and their families? All counselors hold a master's or doctorate degree in a mental health field and are licensed or certified in a state, territory, or the District of Columbia to practice independently. Non-medical counseling is available to address issues such as:

- Improving relationships at home and work
- Weight Management
- Fitness and Nutrition
- Stress Management
- Adjustment Issues (e.g., returning from a deployment)
- Marital Problems
- Parenting
- Grief and Loss Issues

The counseling services are available face-to-face, online or via telephone. Visit Military OneSource Counseling Options for more information. You can find additional health promotion and wellness resources for reservists and their families on the Navy and Marine Corps Public Health Center's Navy Reserve page.

Military OneSource page:

<http://www.militaryonesource.mil/non-medical-counseling>

NMCPHC's Navy Reserve Page:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/navy-reserve.aspx>



LEARN MORE ABOUT THE HPW PARTNERSHIP PROGRAM



As part of the Health Promotion and Wellness Department's (HPW) continuing efforts to promote health and wellness across the Navy and Marine Corps, we have initiated a partnership program to share resources and collaborate with other organizations in the military and federal health community. As part of this program the HPW Department has and continues to partner with organizations that align to its seven healthy living campaigns' goals, as well as to overall HPW efforts. Current partners include:

- The Hearing Center of Excellence, <http://hearing.health.mil/>
- The inTransition Program, <http://www.health.mil/inTransition/>
- The National Intrepid Center of Excellence (NICoE), <http://www.nicoe.capmed.mil/SitePages/Home.aspx>

This program has the shared benefit to both the HPW Department and our partners as there is mutual sharing of public health messaging through both organizations' communication channels. Additionally HPW provides the following items to our partners to assist them in their health promotion efforts:

- A monthly Partnership Outreach newsletter that includes reproducible articles, sample social media messaging, blog posts, and campaign materials such as fact sheets, posters and brochures
- Collateral materials for distribution to partner members and ready-to-print copy about campaign issues for newsletter/publication content
- Invitation to participate in the HPW monthly webinar series
- Promotion of partner messages and activities to the HPW audience through our articles, newsletters, blogs and other digital media channels

If you are interested in becoming a partner or want to learn more about the HPW campaigns please email us at:

Kate.Geusic.ctr@med.navy.mil

For more information on the Partnership Program please visit the HPW Partnership webpage and review the HPW Partnership Program factsheet (see both links below)

HPW Partnership Webpage: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/HPW-partnership-program.aspx>

HPW Partnership Factsheet: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/HPW-Partnership-Program-Description.pdf>

IN THE NEWS

Please check out the following information related to the topics above from our media monitoring efforts:

Summer Safety:

- "Stay Safe at the Grill This Summer" -

http://www.health.mil/blog/13-07-01/Stay_Safe_at_the_Grill_This_Summer.aspx

- "Fireworks Safety: Leave It to the Pros" -

http://www.health.mil/blog/13-07-02/Fireworks_Safety_Leave_It_to_the_Pro.aspx

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Responsible Drinking:

- Responsible Drinking: For Yourself and Your Shipmates -

<http://navymedicine.navylive.dodlive.mil/archives/5286>

Supplement Safety

- Supplement Your Knowledge -

<http://navymedicine.navylive.dodlive.mil/archives/5275>

Please visit the Friday Facts webpage to view archived issues of the newsletter:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/friday-facts.aspx>

If you would like to subscribe Friday Facts please send an email to the address below:

[mailto: webmaster_change@nehc.mar.med.navy.mil](mailto:webmaster_change@nehc.mar.med.navy.mil)

