



July 18, 2014



# Health Promotion and Wellness Friday Facts



## CONTENTS

- DoD Issues Updated Health Promotion and Disease Prevention Instruction
- Blue H for Leaders Webinar to be held on 29 July
- Fitness Focus: Navy Operational Fitness and Fueling System (NOFFS) Endurance Series
- Tips from Former Smokers Campaign
- How Adults Use Menu Label Information in Restaurants, by State, 2012
- Health Promotion Programming Efforts from Local Navy Commands
- In The News

## DOD ISSUES UPDATED HEALTH PROMOTION AND DISEASE PREVENTION INSTRUCTION

The DoD has released the updated DoDI 1010.10, issued April 28, 2014, which establishes policy and aligns responsibilities for health promotion and disease prevention for the DoD. This instruction replaces the previous DoDI 1010.10 issued on August 22, 2003.

View the newly released current DoDI 1010.10 at: [www.dtic.mil/whs/directives/corres/pdf/101010p.pdf](http://www.dtic.mil/whs/directives/corres/pdf/101010p.pdf)

## BLUE H FOR LEADERS WEBINAR TO BE HELD ON 29 JULY



On 29 July 2014, join the Navy and Marine Corps Public Health Center for the 4th webinar in the Blue H series.

The Blue H Navy Surgeon General's Health Promotion and Wellness Award encourages and rewards the promotion of health in Navy and Marine Corps organizations. On 29 July 2014 from 1200-1300 ET, the Navy and Marine Corps Public Health Center will host a webinar for leaders to discuss the Blue H Award and how it can be used to improve the health of their population.

The webinar will be presented by:

- Michael R. (Bob) MacDonald, MS, CHES, Blue H Program Manager, NMCPHC
- Dave Reid, Health Promotion Coordinator, Lovell Federal Healthcare Center, Blue H MTF-Community Partnerships Coach
- LT Rachel Condon, Aircraft Carrier Blue H Coach

Objectives:

- Describe what the Blue H Award is and how to apply for it
- Identify the benefits and return on investment

Continued on page 1



- Summarize trends in the award winners
- Explain how leaders can use the Blue H Award to improve the health of the population

For more information or to sign up to attend the webinar, please visit our website at: [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx). Our three archived webinars on the Blue H Award for NOSCs, Medical Treatment Facilities and Aircraft Carriers and Surface Ships, can also be found on the same page.

## FITNESS FOCUS: NAVY OPERATIONAL FITNESS AND FUELING SYSTEM (NOFFS) ENDURANCE SERIES

The Endurance Series of NOFFS focuses on developing cardiovascular fitness while providing training methods to improve muscular strength. Frequently, endurance training enthusiasts focus on cardiovascular conditioning, neglecting complimentary components necessary for a well-balanced program, which places a great deal of stress on the body and, over time, can lead to training plateaus or injury. The workouts in this series are designed to assist with breaking through those training plateaus while decreasing injuries. To achieve this, additional training components are included in conjunction with cardiovascular training that are vital to your sustained success with endurance activities, including: Pillar Prep, Movement Prep, Strength, and Plyometrics.



Pillar Prep, Movement Prep, Strength, and Plyometrics aid the user in establishing the necessary balance between mobility and stability. They also help to develop the fundamental levels of strength and power required to withstand the stress placed on the body's musculoskeletal system. Although these components can be completed separately, together they will provide the training needed to improve your performance.

The six phases of training progressively develop both the aerobic and anaerobic energy systems, effectively enhancing one's ability to cover a greater distance or total volume of work at a faster pace. Each phase will include up to 12 sessions and cycle you through high, moderate, and low intensity training days, giving you the flexibility to easily adapt your training to fit your schedule.

Click Here to download NOFFS apps: [www.navyfitness.org/fitness/noffs/noffs\\_system\\_overview/applications/](http://www.navyfitness.org/fitness/noffs/noffs_system_overview/applications/)

NOFFs Website: [www.navyfitness.org/fitness/noffs/](http://www.navyfitness.org/fitness/noffs/)

For further information on active living, visit the NMCPHC Active Living Website: [www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx)

## TIPS FROM FORMER SMOKERS CAMPAIGN



CDC has initiated "Tips from Former Smokers Campaign" which profiles real people and not actors, who are living with the serious long-term health effects from smoking and secondhand smoke exposure.

Since its launch, the tips campaign has featured compelling stories of former smokers living with smoking-related diseases and disabilities and the toll that smoking-related illnesses have taken on them. The campaign has also featured nonsmokers who have experienced life-threatening episodes as a result of exposure to secondhand smoke.

For additional information, resources and stories, go to: [www.cdc.gov/tobacco/campaign/tips/?s\\_cid=ostltsdyk\\_govd\\_513](http://www.cdc.gov/tobacco/campaign/tips/?s_cid=ostltsdyk_govd_513)

Continued on page 2



## HOW ADULTS USE MENU LABEL INFORMATION IN RESTAURANTS, BY STATE, 2012

A new study published in the July 11th issue of [CDC's Morbidity and Mortality Weekly Report \(MMWR\)](#) reports that more than 50% of adults surveyed said they used menu label information when making food choices in restaurants. Researchers analyzed self-reported menu label usage among 17 states by using data from the 2012 Behavioral Risk Factor Surveillance System (BRFSS).

Menu labeling in restaurants can help consumers make informed food choices. According to this study's authors, targeted strategies for awareness and education may help to increase the use of menu labels in restaurants across the United States, and help adults who want to choose foods and beverages with fewer calories. Federal law requires restaurants that have 20 locations or more nationally to list calorie information next to menu items on menus or menu boards. To date, regulations to implement this law have not been finalized. However, many restaurants and other places where foods and beverages are sold have begun to post this information voluntarily.

Read this article in its entirety at: [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6327a1.htm?cid=mm6327a1\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6327a1.htm?cid=mm6327a1_e)

## HEALTH PROMOTION PROGRAMMING EFFORTS FROM LOCAL NAVY COMMANDS

**USNH Okinawa Observes July as Fruits and Vegetables Month**-In observance of July as Fruits and Vegetables Month, USNH Okinawa's Health Promotion staff partnered with the Foster DeCA (Commissary) in organizing and executing a "Healthy Lifestyle Festival" on Jul 2, 2014.

The all-day event, co-sponsored by DeCA and USNH Okinawa, featured kids games, special pricing on fruits and vegetables, music provided by a DJ, healthy (fruit and vegetable) snacks, and a watermelon eating contest for various age groups. A short video of the monthly focus, including an interview with one of their Red Cross volunteers and activities during the event was recorded and shown several times on the local/regional AFN TV channel.



The Facebook link to the interview, video and pictures from the event can be viewed at: [https://m.facebook.com/story.php?story\\_fbid=799035923461060&id=145542278810431](https://m.facebook.com/story.php?story_fbid=799035923461060&id=145542278810431)



**Flight Surgeon's Office at NAS Jacksonville** displays Health Promotion messages and NMCPHC Healthy Living materials on command bulletin board:



## IN THE NEWS

---

[Report Shows DOD Contribution to National Prevention Strategy](#) - Health.mil

[Wounded Warrior Learns to Live Again](#) - Health.mil

[DOD, VA Doctors Share Latest Advances for Amputees](#) - Health.mil

[Will Exposure Therapy to Treat PTSD Work for You?](#) - DCoE Blog