



July 29, 2013



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# Health Promotion and Wellness Friday Facts



## VIRTUAL TOWN HALL - "ADDRESSING THE NEEDS OF THE WII POPULATION - SUPPORT SERVICES FOR WII SAILORS, MARINES, AND THEIR FAMILIES" SCHEDULED FOR 13 AUGUST, 2013



The Navy and Marine Corps Public Health Center (NMCPHC) is partnering with Navy Safe Harbor and Wounded Warrior Battalion East to sponsor a Virtual Town Hall: "Addressing the Needs of the WII Population - Support Services for WII Sailors, Marines, and their Families." Please join us on Tuesday, 13 August 2013 from 1200-1330 EST as a panel of subject matter experts highlights tips, resources and programs to support the needs of wounded, ill or injured (WII) Sailors and Marines to facilitate resilience, recovery and readiness. The virtual town hall will be geared toward Navy and Marine Corps leaders, health

promotion staff and educators, and public health professionals. Webinar speakers will include:

- Mr. Louis Steele, NMCPHC Public Health Educator
- Ms. Lenora Weatherford, Navy Wounded Warrior - Safe Harbor Operations Support Officer
- Mr. Craig Stephens/Mr. Scott Wayman, Wounded Warrior Battalion - East

Webinar Moderator:

- Ms. Dawn Whiting, NMCPHC Public Health Educator

The objectives of the webinar will include:

- Discuss resources and tools to help those supporting wounded warriors on their path to recovery.
- Discuss how to build awareness among beneficiaries of the resources, tools, and programs offered by military health organizations to motivate healthy behavior change.

To register for the event go to: <http://www.eventbrite.com/event/7504699759>

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH.

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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://connect.dco.dod.mil/nmcphcwebinar2>

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



## AUGUST IS WORKPLACE SAFETY MONTH

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August is Workplace Safety Month, which is dedicated to fostering a healthy, safe place to work, whether that is on the deck of a ship, in the air, or on the ground. Workplace safety in the Navy and the Marine Corps includes several primary categories: aviation safety, afloat safety, ashore safety, acquisition safety, and physical training injury prevention. The NMCPHC Health Promotion and Wellness August toolbox contains numerous resources and materials to promote workplace safety. You can also work with your safety or occupational health office, using the toolbox resources, to promote safe environments.

Visit the workplace safety toolbox today at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-august.aspx>

## RECOGNIZING SUICIDE WARNING SIGNS

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Many of us provide direct services to service members and their families. In the course of providing these services, we may encounter situations in which we identify individuals at-risk for suicide. Knowing the acute warning signs for suicide can allow us to intervene in these situations and prevent the immediate risk of suicide. The following mnemonic, IS PATH WARM, can be useful in remembering suicide warning signs<sup>1</sup>:

- **I: Ideation** – thoughts about suicide, either expressed verbally or written
- **S: Substance abuse** – increased or excessive drug or alcohol use
- **P: Purposelessness** – seeing no reason for living or having no purpose in life
- **A: Anxiety** – feeling anxious, agitated, having difficulty sleeping or sleeping all the time, experiencing nightmares
- **T: Trapped feelings** – believing there is no way out
- **H: Hopelessness** – feeling hopeless about self, others or the future
- **W: Withdrawal** – withdrawing from friends, family, normal activities or society
- **A: Anger** – experiencing rage or uncontrolled anger, seeking revenge
- **R: Recklessness** – acting without regard for consequences or excessively risky behavior
- **M: Mood change** – unstable mood or dramatic changes in mood

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If someone you know is exhibiting the warning signs for suicide, ask if they are thinking about suicide, listen and offer support without being judgmental, and take action by seeking professional assistance from medical or behavioral health team members. Do not leave the at-risk person alone. It may be necessary to seek care in an emergency department or to call 911 if you are not able to obtain immediate professional assistance. For more information about suicide awareness and prevention, visit the NMCPHC webpage at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx>

**Where to find help:**

Live, confidential support is available for service members regardless of where they are stationed:

- Call the Military Crisis Line at 1-800-273-8255 and press 1, text 838255 or chat live online.
- Contact Military OneSource at 1-800-342-9647.
- For service members who are deployed to Afghanistan, support is available 24 hours a day, seven days a week, 365 days a year. Call either DSN: 1-1-1 or ROSHAN: 070-113- 2000, wait for the dial tone and then dial 1-1-1. Service members can also receive support by e-mailing OEF CrisisHotline@afghan.swa.army.mil.
- Service members in Europe can reach the Military Crisis Line by dialing 00800 1273 8255 or DSN 118.

<sup>1</sup> Warning signs information presented as developed by the American Association of Suicidology (AAS) working group (Fall 2003) <http://www.suicidology.org/home>

## RECOVERY IN 3'S: PRE, DURING AND POST WORKOUT

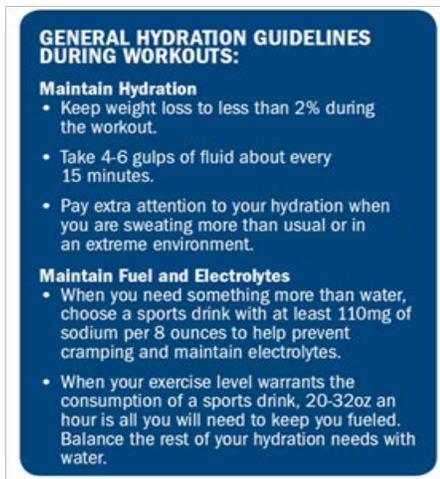
The Navy Operational Fitness and Fueling System Resource provides guidance in the form of an 8 ½ x 11 handout --- that can also be enlarged to a poster size identifying the primary guidelines for hydrating during workouts. View pages 13 - 15 of the Fueling resource.

[http://www.navyfitness.org/\\_uploads/docs/NOFFS\\_Nutrition.pdf](http://www.navyfitness.org/_uploads/docs/NOFFS_Nutrition.pdf).

Command Fitness Leaders and Health and Fitness Professionals may use this resource to promote the importance of hydration before, during, and after exercise. For more information about Navy injury prevention and active living, visit the NMCPHC Active Living and Injury and Violence Free Living websites.

Active Living Website: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/active-living/Pages/active-living.aspx>

Injury and Violence Free Living: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>





## HEAT/SUN INJURY AND HYDRATION: HOW TO PROTECT YOURSELF FROM INJURY



The sun can affect your skin at any time, not just in the summer, in warm places, or when it is sunny outside. ALWAYS wear sunscreen. NEVER sit in direct sunlight without protection. NEVER use sunscreen that is more than 1 year old. ALWAYS be smart and stay hydrated. For a complete handout of the Heat/Sun Injury and Hydration Factsheet or other Summer Safety factsheet topics visit the Injury and Violence Free Living Website or click on one of the links below:

Injury and Violence Free Living Website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

Heat/Sun Injury and Hydration Factsheet: [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/summer\\_safety/Heat\\_Sun\\_Injury\\_and\\_Hydration.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/summer_safety/Heat_Sun_Injury_and_Hydration.pdf)

## THE NMCPHC OFFERS ACSM RESOURCES



ACSM offers a wealth of credible health and fitness information to individuals with an interest in sports medicine and exercise science.

- **ACSM Fact Sheet:** The fact sheet series offers expert perspectives -- often that of ACSM members -- on trendy or controversial topics in the field.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/active-living/ACSM-Fact-Sheets.pdf>

- **ACSM Brochure:** ACSM offers a variety of health and fitness brochures to individuals with an interest in sports medicine and exercise science. ACSM identifies the benefits of regular physical activity and sport through comprehensive, up-to-date information developed by ACSM members and certified professionals.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/active-living/ACSM-Brochures.pdf>

- **ACSM Position Stands:** Position Stands are official statements of ACSM on topics related to sports medicine and exercise science.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/active-living/ACSM-Position-Stands.pdf>

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For more information please visit the NMCPHC Active Living webpage at:

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

## IN THE NEWS

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

### Psychological and Emotional Wellbeing

Software Emulates Brain Function -

[http://www.health.mil/blog/13-07-17/Software\\_Emulates\\_Brain\\_Function.aspx](http://www.health.mil/blog/13-07-17/Software_Emulates_Brain_Function.aspx)



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>

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