



June 06, 2014



Health Promotion and Wellness Friday Facts



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QUICK REMINDER - HPW TRAINING 7-11 JULY AT NEPMU5, SAN DIEGO REGISTRATION DEADLINE APPROACHING!



The NMCPHC HPW Department will be offering the following HPW Training at NEPMU5, Naval Station San Diego, CA:

- 7 July: ShipShape Program Facilitator Training- for individuals who have been assigned as ShipShape Program Facilitators. This training is required to facilitate the program. There is no rank or GS level requirement to attend this training but attendees are expected to agree to facilitate/co-facilitate at least two ShipShape Programs each year.
 - 8 July Tobacco Cessation Facilitator Training- Attendees must be at least an E-4 and tobacco free for at least 6 months prior to attending.
 - 9-11 July- Navy HP & Wellness Course- for E-6s and above or civilians GS-9 and above. Seats in the course are limited, with priority given to HP & Wellness staff at the Navy MTFs and others in leadership positions at larger fleet or operational commands (aircraft carriers, CNIC, NPC, etc.), Semper Fit Coordinators and Navy Reserve Component OHSU HP and Wellness Directors.
- Send an E-mail to: HP-Training@nehc.mar.med.navy.mil to request a Quota Request Form. The deadline to request a quota is Monday, 23 June!

NMCPHC WOUNDED, ILL AND INJURED PROGRAM



Fiscal Year 2013 Annual Report

The [Navy and Marine Corps Public Health Center](#) (NMCPHC) developed the [Wounded, Ill, and Injured \(WII\) Fiscal Year 2013 Annual Report](#) to detail the breadth and depth of services provided by NMCPHC for the WII population. The report outlines how Force Health Protection (FHP) serves as the foundation

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of the program and demonstrates how the WII projects collectively improve the health of WII service members throughout the Navy and Marine Corps.

The four WII projects, collectively called the NMCPhC WII Program, enhance all three pillars of FHP (Healthy and Fit Force, Protection and Prevention, and Medical and Rehabilitative Care) by promoting healthy lifestyle choices, protecting against environmental health hazards, improving clinical results and reducing healthcare expenses. The report showcases the products and services of each WII project with associated outcomes and impacts that align to the FHP pillars and public health focus areas.

Highlighted Projects

- **WII 141 Project:** Expanded Surveillance and Metrics Support analyzes programs to drive more effective healthcare services, improve clinical outcomes, reduce healthcare costs and provide epidemiological services in support of the Navy’s disease and injury prevention programs.
- **WII 141A Project:** Health Promotion and Wellness extends prevention efforts through evidence-based health promotion and wellness products and services that offer unique solutions to meet the needs of the WII population during the recovery and transition process.
- **WII 141B Project:** Health Hazard Assessment analyzes occupational and environmental health surveillance data to assess deployment-related health hazards.
- **WII 141C Project:** Navy Entomology Center of Excellence provides new and improved insecticide compounds and delivery mechanisms to protect service members from disease-carrying insects.

For more information on the health promotion and wellness initiatives in the WII Program , visit <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured>

View the NMCPhC WII Fiscal Year 2013 Annual Report at: www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/NMCPhC_WII_Program_FY13_Annual_Report_FINAL.pdf

UPCOMING DCOE WEBINAR, “WHY DOES CONCUSSION AFFECT MEN DIFFERENTLY THAN WOMEN” ON JUNE 12, 2014; 1300-1430 (EST)



There is increasing concern in the military and sports medicine communities that concussive events may have different effects on men compared to women. Controversy exists regarding the risk and prevalence of lowered sex hormone production following concussion or more severe traumatic brain injury (TBI), possible neuroprotective effects of sex hormones and the potential benefits of treating men with TBI with the sex hormones, progesterone or estrogen. This webinar will address the pathophysiologic and neuroendocrine responses to concussion and more severe brain injuries, recovery patterns for men, and the clinical evidence regarding

hormone therapy after TBI. At the conclusion of this webinar, participants will be able to:

- Describe the different effects of TBI on long-term quality of life depending on gender
- Articulate the importance of post-traumatic multidisciplinary rehabilitation that is sensitive to gender issues
- Discuss the prevalence of hypogonadism after TBI
- Relate the clinical evidence regarding the use of hormone therapy after TBI

For details about registration and continuing education credits visit [DCoE’s Monthly Webinars Web page](#).

DeCA PROGRAM OF HIGHLIGHTING ‘BETTER FOR YOU’ FOODS TO BEGIN IN THE FORT MEADE COMMISSARY



Commissary shopper will find it easier to make healthier food selections at the Fort Meade Commissary starting in July, when the “Better for You” (BFY) foods initiative is launched. Its purpose is to make it easier to spot products lower in calories, which is the primary BFY criteria.

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The agency uses lower calorie criteria established by the Hudson Institute, an independent policy research organization, whose standards have been incorporated into HBI. Two other criteria are included: sugar is less than 10 grams per serving in breakfast cereals, and saturated fat in any product is less than seven grams per serving.

They are also creating a gluten-free section and rearranging some of the Fort Meade grocery department lineup to make it easier to spot the 'Better for You' products, as well as organic/natural product offerings that they've had in the commissaries worldwide for many years.

This latest Defense Commissary Agenda (DeCA) initiative will be an integral part of the Agency's continued support of DoD's Healthy Base Initiative. Plans are to roll out similar arrangements later this year to commissaries at Fort Bragg, N.C., Marine Corps Base Quantico, Va., and March Air Reserve Base, Calif. HBI is a year-long demonstration project under the Defense Department's Operation Live Well program to improve the health and wellness of service members and their families.

Visit www.commissaries.com to learn more about the Defense Commissary Agency. To learn more about the Healthy Base Initiative (HBI) go to: <http://www.militaryonesource.mil/hbi>.

Adapted from DeCA News Release: http://www.commissaries.com/press_room/press_release/2014/DeCA_25_14.cfm

COMMUNITY PREVENTIVE SERVICES TASK FORCE RELEASE TWO NEW RECOMMENDATIONS FOR TOBACCO



The [Community Preventive Services Task Force](#) announced two recommendations to reduce tobacco use and secondhand smoke exposure specifically addressing smoke-free policies and increased product price.

The smoke-free policies recommendation is based on strong evidence of effectiveness that smoke-free policies increase the number of tobacco users who quit, reduce secondhand smoke exposure, reduce the initiation of tobacco use among young people and reduce tobacco-related illness and death.

The Task Force also recommended interventions that increase unit price of tobacco products based on strong evidence of effectiveness in reducing tobacco use by increasing the number of users who quit, reducing the total amount of tobacco consumed, reducing the initiation of tobacco use among young people and reducing the tobacco-related illness and deaths. For more details regarding these two new tobacco-related Task Force recommendations, go to: <http://www.thecommunityguide.org/news/2014/tobacco.html>.

IN THE NEWS

[National Leaders Work to Raise Concussion/TBI Awareness, Prevention](#) - DoDLive

[Busted! PTSD Myths Hurt You, Career](#) - DCoE

[Men's Health Takes the Spotlight in June](#) - Health.mil

[Case Study: Boone Medical Clinic and PTSD Awareness](#) - Military Pathways

[Is This Behavior Normal? 5 Tips for the Concerned Military Spouse](#) - DCoE

[New Mobile App Offers a Lift for Your Down Days](#) - DCoE