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# Health Promotion and Wellness Friday Facts

## JUNE IS NATIONAL PTSD AWARENESS MONTH



June is National PTSD Awareness Month. This month focuses on increasing awareness and education about the factors that contribute to PTSD and its associated symptoms. It also promotes screening and help seeking by those who may be coping with PTSD. The NMCPHC provides links to resources for individual service members who may be coping with PTSD, the family members of service members, and medical and behavioral health providers and other medical personnel who support service members. Visit our HPW PTSD page at <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/ptsd.aspx>. For more information about PTSD, visit the National Center for PTSD at <http://www.ptsd.va.gov/> and the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury at <http://dcoe.health.mil/>.

## DOD EXPANDS SAFE HELPLINE WITH PEER SUPPORT SYSTEMS FOR SEXUAL ASSAULT VICTIMS



The Department of Defense (DoD) announced May 30, the launch of The Safe HelpRoom created in response to Safe Helpline users who identified a need for peer support services. The new service allows victims of sexual assault to participate in group chat sessions to connect with and support one another in a moderated secure online environment at SafeHelpline.org. "Survivors of sexual assault have told us that being able to discuss their concerns with peers can provide a level of support not available through other means. The Safe HelpRoom is a groundbreaking development in the department's commitment to support military victims of sexual assault" said Acting Under Secretary of Defense for Personnel and Readiness Jessica L. Wright.

Additional information regarding DoD SAPRO and DoD Safe Helpline/Safe HelpRoom can be found at <http://www.sapr.mil/>

## RESOURCES AVAILABLE ON THE NEW HPW WEBSITE “LIFE AFTER AN AMPUTATION”

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The NMCPHC Wounded, Ill, and Injured website now has a new section called “Life After An Amputation”. This section focuses on Sailors and Marines who are reintegrating following the loss of a limb. NMCPHC provides information, services, and resources to service members, family members, caregivers, and friends. Members can have access to resources such as physical activity, assistive technology, nutrition, healthy living, veterans services, recreation and adaptive sports, and emotional well-being. This web link can be accessed at:

<http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/amputee.aspx>

## NAVY STRENGTH TRAINING RESOURCES AVAILABLE

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U.S. Navy photo by Mass Communication Specialist Seaman Jesse Monford

1: NOFFS Strength Training: The NMCPHC Active Living website has strength and resistance training resources available to you. The Navy Operational Fitness and Fueling System (NOFFS) offers “eliminate the guesswork” strength training guidelines at three different levels. Coming Soon – NOFFS 2.0 – includes deployment performance training with sand bags and an advanced strength training performance training system. Visit the NMCPHC Active Living Website:

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

2: Ace Fit Facts Are Available for Command Personalization: The NMCPHC Active Living Website offers 8 ½ x 11 fact sheets on strength training guidance through the American Council on Exercise “Fit Facts”:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/active-living/strength-resistance/STRENGTH-RESISTANCE.pdf>

## NEW REPRODUCIBLE ARTICLES ON ALCOHOL AND PRESCRIPTION DRUG ABUSE ARE AVAILABLE

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In support of June’s Drink Responsibly Month, there are now four articles posted on the [HPW Reproducible Materials Site](#), for use at your commands in promoting responsible drinking. Articles address such topics as alcohol detection devices, prescription drug misuse and abuse, the truth about alcohol, and an article on Navy Alcohol and Drug Abuse Prevention’s (NADAP) newly launched campaign, *Keep What You’ve Earned*.

## SUMMER SAFETY AND OTHER RESOURCES AVAILABLE IN THE HPW TOOLBOX

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Summer is a time of vacations, spending time outdoors, and enjoying the weather. July’s health observance is Summer Safety Month and the Navy and Marine Corps Public Health Center has numerous resources and materials posted on the [HPW toolbox](#) to help Sailors and Marines have a safe summer. This time can be fun and relaxing; simple risk management, education and awareness can make sure you and your family stay safe. A few of the topics associated with summer safety include fireworks and grilling safety, boating safety, travel safety, and heat safety.

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Included on the toolbox are resources such as a [Summer Safety Fact Sheet Series](#) that addresses 15 common summer safety topics. In addition, the Summer Edition of the In Motion Newsletter is also available [here](#), and covers topics such as mobile apps, shin splints, and rock climbing. For more information and to obtain the resources, please visit the NMCPHC Health Promotion Toolbox at:

<http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/hp-toolbox-july.aspx>

## CDC RELEASES NEW TIPS FROM FORMER SMOKERS



The Centers for Disease Control and Prevention recently released new advertisements in support of their *Tips From Former Smokers (Tips)* Campaign. The national campaign increases awareness of the negative health effects associated with smoking by showing the impacts of these illnesses on former smokers and their families. In addition, the spots urge people to quit and for nonsmokers to be aware of secondhand smoke, as well as addressing special populations that have high tobacco use rates. For more information on the campaign, visit:

<http://www.cdc.gov/tobacco/campaign/tips/index.html>

If you or someone you know is interested in quitting tobacco, contact your local health promotion program, your healthcare provider, [www.ucanquit2.org](http://www.ucanquit2.org), a [Tricare-sponsored QuitLine](#) or state Quitline. You can also visit the NMCPHC Health Promotion and Wellness Tobacco Free Living Campaign for [more information](#) and quitting tips.

## SIGN UP TO RECEIVE THE SHIPSHAPE QUARTERLY NEWSLETTER



The NMCPHC's HPW Department prepares a quarterly newsletter that provides guidance on the ShipShape program as well as highlights general topics related to weight management that would be of interest to clinicians, administrators, and health educators. If you would like to receive this e-newsletter, simply click [here](#) and send the email back to us.



## "IN THE NEWS"

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

- June is PTSD Awareness Month: remember, you are not alone! - <http://warriorcare.dodlive.mil/2013/06/06/june-is-ptsd-awareness-month-remember-you-are-not-alone/>

Navy Works Aggressively to prevent Sexual Assaults with mandatory training for all Sailors and civilians in the month of June - <http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2013/NAV13156.txt>

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)