



June 20, 2014



# Health Promotion and Wellness Friday Facts



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## TWO SEPARATE WEBINARS: BLUE H AWARD FOR FLEET COMMANDS AND NAVY LEADERS SCHEDULED IN JULY



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. In July, the Navy and Marine Corps Public Health Center will continue the webinar series on the Blue H Award. The series discusses changes in the Blue H Award criteria for 2014, Blue H results in 2013, and addresses

Blue H benefits and challenges for various audiences as well as provides time for discussion and questions. The last two webinars in the series are:

- Blue H for Aircraft Carriers and Surface Ships, July 18, 1200-1300 ET
- Blue H for Leaders, July 29, 1200-1300 ET

For more information, please visit: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>

To view the two webinars held in June, Blue H for NOSC's and Blue H for Medical Treatment Facilities, visit the archives webinars section at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>

## 2013 ANNUAL HEALTH RISK ASSESSMENT (HRA) REPORT PUBLISHED BY NMCPHC



During CY2013, 233,281 completed HRA records were received from active and reserve component members from the Navy, Marine Corps and Coast Guard. An annual report of the consolidated data has been published and posted.

The Fleet and Marine Corps Health Risk Assessment (HRA) is a 22-question self-assessment of the more common health risks experienced by military members. The HRA supports preventive health screening and counseling by healthcare

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providers during the annual Periodic Health Assessment (PHA), provides individual members with immediate, credible sources of health information regarding their current personal risks, provides data to health educators to plan and implement community interventions, and provides commanding officers at all levels with snapshots of unit health.

The annual report provides an analysis by member age, gender, race, rank, and service component. Analyses utilized one of two measures: 1) “healthy” or “unhealthy” risk ratings or 2) a risk score based on the total number of risk behaviors reported by an individual.

The prevalence of specific risk factors remained fairly constant from 2012, with the leading health risks being low consumption of fruits and vegetables, high consumption of high-fat foods, deficient dental hygiene (not flossing), and inadequate sleep. The mean number of risk factors showed that more Marines qualified as “high risk” (29.9%), followed by the Marine Reserves (26.7%), Sailors (24.1%), Reserve Sailors (13.2%), Coast Guard (11.9%), and Reserve Coast Guard (9.1%). The data also indicate that, in general, Navy and Coast Guard personnel were more likely than Marines to be classified as overweight.

NMCPHC also published and posted a sexual health supplement to the 2013 annual HRA report. This supplement provides a more detailed analysis of the responses to the two sexual health questions on the HRA (questions #13 and #22), which measure current risk for sexually transmitted infections and risk of an unplanned pregnancy. Overall, marked improvements in the “% healthy” were seen in 2013 vs. 2012 for both of these aspects of sexual health. “STI risk” improved from 77.4% healthy to 83.9% and “unplanned pregnancy risk” improved from 80.3% healthy to 84.5%. STI risk was highest for Marine Corps men and lowest for reserve Coast Guard women. Unplanned pregnancy risk was highest for Reserve Marine Corps men and lowest for Coast Guard women.

See the full reports here:

2013 HRA Annual Report: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA2013-annual-report.pdf>

2013 HRA Annual Report - Sexual Health Supplement: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA2013-sexual-health-supplement.pdf>

The HRA homepage is: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>

## RESEARCHER EXPLORES MINDFULNESS AS WAY FOR SOLDIERS TO MANAGE STRESS

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Dr. Valerie Rice, chief, U.S. Army Research Laboratory’s Human Research and Engineering Directorate Army Medical Department Field Element in San Antonio, has been conducting Mindfulness-Based Stress Reduction research for three years using virtual worlds and peaceful real-life retreats that focuses on mindfulness or being in the moment. The research is designed to help reduce stress for soldiers or veterans facing post-traumatic stress disorder (PTSD) or other psychological issues.

The research at the Army Research Lab consists of 66 participants, about 36 percent of the participants are active-duty soldiers and 64 percent are veterans. A unique twist is half of those participating for the eight-week, two-hour weekly sessions meet in a traditional face-to-face setting; and the others participate virtually, designing avatars to represent themselves.

To learn more about this unique approach being researched to treat PTSD and other psychological issues, go to: <http://www.health.mil/Reference-Center/Articles/2014/06/10/Researcher-Explores-Mindfulness-as-Way-for-Soldiers-to-Manage-Stress>.



## RESOURCE ON TIPS FOR FORMING POSITIVE HABITS POSTED ON DCOE WEBSITE

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Looking for an online resource to help in making positive behavior changes for you or others you may be working with? A new resource, “6 Empirically-supported Tips for Forming Positive Habits” posted on the Defense Centers of Excellence (DCoE) website may be helpful. You’ll find it at: [http://www.dcoe.mil/Libraries/Documents/6\\_Empirically-supported\\_Tips\\_For\\_Forming\\_Positive\\_Habits.pdf](http://www.dcoe.mil/Libraries/Documents/6_Empirically-supported_Tips_For_Forming_Positive_Habits.pdf).

## NATIONAL PTSD AWARENESS DAY- JUNE 27

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In order to bring greater awareness to the issue of posttraumatic stress disorder (PTSD), the United States Senate designated June 27th as National PTSD Awareness Day. In addition, June has been designated as PTSD Awareness Month by the National Center for PTSD (NCPTSD). Learn more about this important event at: <http://www.nctsn.org/resources/public-awareness/national-ptsd-awareness-day>