



June 28, 2013



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Health Promotion and Wellness Friday Facts

JULY - SUMMER SAFTEY WEBINAR



The Navy and Marine Corps Public Health Center (NMCPHC) is partnering with the Naval Safety Center (NSC) to kick-off the July observance of Summer Safety Month. Please join us on Tuesday, July 16, 2013 from 1200-1300 EDT for a webinar promoting summer safety to include the impact of injuries on readiness, mishap off-duty trends, motorcycle/ATV safety, distracted driving, the NSC summer 2013 Campaign "Live to Play, Play to Live", and resources offered by the NMCPHC. The webinar will be geared toward Navy and Marine Corps leaders, health promotion staff and educators, public health professionals and safety personnel.

Webinar Speakers:

- Ms. Diana Strock, MAT, ATC, NMCPHC Program Manager, Physical Fitness & Injury Prevention
- Ms. Bonnie Revell, NSC Traffic and Recreation Off-Duty Safety Specialist
- Mr. Donald Borkoski, NSC Traffic and Recreation Off-Duty Safety Specialist
- Mr. Michael Borkowski, NSC Traffic and Recreation Off-Duty Safety Specialist
- Ms. Evelyn Odango, NSC Magazine Editor, Decisions and Sea Compass Magazines

Webinar Moderator:

Ms. Ryan Marie Smith, MPH, CHES

Objectives:

- 1.) Identify the impact of injuries on readiness and the most common types of injuries experienced by Sailors and Marines.
- 2.) Identify current off-duty threats to our Sailors, Marines and Civilians, and outreach campaigns that health educators may use when reaching out to their target audience groups.
- 3.) Identify the sources for motorcycle and ATV safety training.

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- 4.) Explain the impact of distracted driving and texting laws and highlight relevant resources.
- 5.) Identify the primary components of the NMCPHC Summer Safety Toolbox.
- 6.) Introduce the injury prevention fact sheet project and newly developed evidence-based fact sheets for summer safety.

To register for the event: <http://www.eventbrite.com/event/7240455397>

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://connectcol.dco.dod.mil/nmcphcwebinar>

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

SHIPSHAPE SEMI-ANNUAL REPORTS

July 1st is the due date for submitting 6-month outcome reports on ShipShape Programs that were completed 1 July-31 December 2012. Data from each MTF will be included in the summary report that is sent to BUMED and Commanding Officers of each Navy Medical Region.

Navy Medicine is very interested in how many beneficiaries sign up and complete the program, as well as how successful they are. Between FEP members, non-FEP military participants and their spouses, and retirees needing assistance to lose weight and keep it off, most sites should be very busy!

NMCPHC would also like to highlight any program that has implemented a successful program. Contact us at: shipshape@nmcphc.med.navy.mil if you would like to share your success!

SUMMER SAFETY TOOLBOX AND RESOURCES ARE AVAILABLE



Summertime activities bring fun for many Sailors and Marines, but they also bring risks as well. Health promotion directors and coordinators can work with their Safety Office and Navy Medicine staff to promote summer safety topics such as motor vehicle and motorcycle safety, water safety, recreational safety, sun safety, and boat safety, to name a few. Check out the resources below that can be utilized to promote the health and well-being of our Sailors and Marines during the fun summer months. Visit the Toolbox at:

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

Additionally, the NMCPHC has developed a series of Summer Safety resources that may assist your command in reducing the incidence of off duty recreational and driving injuries throughout the summer months. To view/download these resources, visit the NMCPHC Injury/Violence Free Living Website:

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



Summer months lead to an increase in off duty injuries. Next week's 4th of July celebrations involve many outdoor activities – particularly grilling and fireworks. While enjoying the great outdoors, it is important to practice grilling and fireworks safety to prevent unwanted fires. From 2006-2010, gas grills and charcoal/other solid-fuel grills caused an annual average of 7,100 and 1,200 home fires, respectively. Fireworks caused an estimated 15,500 reported fires in 2010. In approximately half of home outdoor fires, 53% involved outside gas grills. Emergency rooms treated approximately 8,600 people for firework-related injuries in the United States in 2010.

Tips for [Safety Around Grilling, Fireworks, and Fire](#) can be located on the NMCPHC Injury/Violence Free Living Website.

THE COMMUNITY PREVENTIVE SERVICES TASK FORCE (TASK FORCE) RELEASED ITS 2013 REPORT TO CONGRESS

The Community Preventive Services Task Force (Task Force) has released its 2013 Annual Report to Congress and Agencies Related to the Work of the Task Force.

The report focuses on cardiovascular disease (CVD) -- commonly known as "heart disease and stroke"--the number one killer of men and women in the United States. The Army, Navy and Air Force have liaisons to the Task Force and participate in the processes and outcomes of their activities.

Task Force recommendations, and the systematic reviews of the evidence on which they are based, are compiled in The Community Guide (www.thecommunityguide.org). These evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information for decision makers and stakeholders wanting to allocate resources effectively to protect and improve people's health; reduce future demand for healthcare spending that is driven by preventable disease and disability; and increase the productivity and competitiveness of the United States (U.S.) workforce.

You can find the full report at:

<http://www.thecommunityguide.org/annualreport/2013-congress-report-full.pdf>

NIH LAUNCHES DIETARY SUPPLEMENT LABEL DATABASE

Researchers, as well as health care providers and consumers, can now see the ingredients listed on the labels of about 17,000 dietary supplements sold in the U.S. by looking them up on a website. The Dietary Supplement Label Database, free of charge and hosted by the National Institutes of Health. This site can be found by copying the following url into your web browser.

<http://www.dsld.nlm.nih.gov>

The Dietary Supplement Label Database provides product information in one place that can be searched and organized as desired. For consumers, the My Dietary Supplements (MyDS) app from ODS is already available, at:

<https://myds.nih.gov>

The app is an easy way to keep track of vitamins, minerals, herbs, and other products you take, and has science-based, reliable information on dietary supplements.

By law, any product labeled as a dietary supplement must carry a Supplement Facts panel that list its contents and other added ingredients (such as fillers, binders, and flavorings). The Dietary Supplement Label Database includes this information and much more -- such as directions for use, health-related claims, and any cautions from the label.

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The Dietary Supplement Label Database offers these features:

- Quick Search: Search for any ingredient or specific text on a label.
- Search for Dietary Ingredients: An alphabetical list of ingredients is also provided.
- Search for Specific Products: An alphabetical list of products is also provided.
- Browse Contact Information: Search by supplement manufacturer or distributor.
- Advanced Search: Provides options for expanding a search by using a combination of search options including dietary ingredient, product/brand name, health-related claims, and label statements.

A second valuable resource available for military members is the online Human Performance Resource Center, which gives access to the DoD Operation Supplement Safety (OPSS) and free access to the Natural Medicines Comprehensive Database. You'll find it at: <http://hprc-online.org/>

IN THE NEWS

Please check out these articles on related topics of health promotion and wellness from our media monitoring efforts:

- Calorie Burning: "Can You Feel the Burn?" - <http://navymedicine.navylive.dodlive.mil/archives/5133>

- Services Accelerate Vehicle Safety Efforts:

http://www.health.mil/News_And_Multimedia/News/detail/13-06-17/Services_Accelerate_Vehicle_Safety_Efforts.aspx

- Summer Safety: "Follow a Few Easy Tips to Keep Summer Vacations Safe" -

http://www.health.mil/blog/13-06-17/Follow_a_Few_Easy_Tips_to_Keep_Summer_Vacations_Safe.aspx

- Supplement Safety: "Supplements Promising to Get You 'Stacked' May Leave You 'Juiced'" -

http://www.health.mil/News_And_Multimedia/News/detail/13-06-18/Supplements_Promising_to_Get_You_Stacked_May_Leave_You_Juiced.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>

If you would like to subscribe Friday Facts please send an email to the address below:

mailto:webmaster_change@nehc.mar.med.navy.mil