



March 28, 2014



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Health Promotion and Wellness Friday Facts



APRIL IS SEXUAL HEALTH MONTH



Sexual Health Month Webinars

In observance of April as Sexual Health Month, the NMCPHC HPW Department will host three webinars for health professionals and educators on promoting sexual health in the Department of the Navy. The following webinars will be held from 1200-1300 EST:

- April 2: Promoting Sexual Health
- April 9: How I Ask My Patient About Sexual Health
- April 16: Navy Medicine and Unplanned Pregnancy Prevention

Visit [April Sexual Health Webinars](#) to register and to obtain DCO log-in information.

Sexual Health and Responsibility Program (SHARP) Training at Lemoore, CA 12-14 May 2014

SHARP training will be open to all DoD affiliated members at Naval Hospital Lemoore from 12-14 May 2014. Seats are limited. There is no registration fee. Travel funding is the responsibility of the student's command. The training schedule will include the following:

Monday 12 May:

0800-1200 - STI 101 for Non-clinicians
1300-1630 - Promoting Sexual Health in Military Populations

Tuesday 13 May:

0800-1630 - HIV-STI Prevention Counseling

Wednesday 14 May:

0800-1400 - Sexual Partner Services
1430-1530 - Sexual Risk Assessment for Navy Clinicians
1530-1630 - Unplanned Pregnancy Prevention and Navy Medicine

Register by contacting the host: LT Shelley A. Griffith, Naval Hospital Lemoore, 559-998-4276 or

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Shelley.Griffith@med.navy.mil. Visit our [HPW webpage](#) to access reproductive and sexual health information and resources.

SHARP Training in San Diego, CA 10-11 July 2014

SHARP training will be open to all DoD affiliated medical staff. Training will be held from 10-11 July 2014 at Navy Environmental and Preventive Medicine Unit FIVE (NEPMU5) on Naval Base San Diego, 3235 Albacore Alley, San Diego, CA 92136. Seats are limited. There is no registration fee. Travel funding is the responsibility of the student's command.

Register by contacting the host: Mr. Rudolph Roberto, NEPMU5, 619-556-8560, Rudolph.Roberto@med.navy.mil. Please send an e-mail to Mr. Roberto with the information/format below:

1. Course Title:
2. Date(s) of the Course(s):
3. Student Name (Last, First):
4. If military, provide Rank/Rate:
5. If civilian, provide position/title:
6. Command/Unit/Organization/Company Name and LOCATION:
7. Student E-mail Address:
8. Phone Number:

The Schedule:

- 10 Jul 2014; Thursday; 0800-1200 - Promoting Sexual Health in Military Populations.
- 10 Jul 2014; Thursday; 1200-1700 - Sexual Partner Services.
- 11 Jul 2014; Friday; 0800-1630 - HIV-STI Prevention Counseling

READY-TO-USE HIV PREVENTION EDUCATIONAL TOOLS AND RESOURCES AVAILABLE



April is Sexual Health Month and the NMCPHC HPW Department has ready-to-use HIV Prevention Educational Tools and Resources available to support the theme for April.

In 2013, another active duty Sailor or Marine was diagnosed with HIV about every 4 days. Please help our people avoid HIV by arranging to speak with them. The Navy and Marine Corps Public Health Center's Sexual Health and Responsibility Program (SHARP) offers a ready-to-use PowerPoint lecture ("HIV in the DoN") and a film ("HIV and Me"). Get these on the [SHARP Toolbox DVD](#). You can also use the SHARP HIV prevention posters and CDC factsheets available now for downloading from our [HPW webpage](#).

NMCPHC SHARP - Chart a Safe Course

Contact SHARP at sharp@nehc.mar.med.navy.mil or 757-953-0974 [DSN 377]

MHS HAS ANNOUNCED THE WINNERS OF THE FIGHT THE ENEMY TOBACCO-FREE VIDEO COMPETITION!



MHS has announced the winners of the Fight the Enemy video competition. The article announcing the winners which includes a link to the winning videos on YouTube can be viewed at: <http://www.health.mil/Reference-Center/Articles/2014/03/19/Fight-the-Enemy-Tobacco-Free-Video-Competition-Winners-Announced>



NEW MARINE COACHING SERVICES LAUNCHED

A new coaching program has been launched called MarineAdvisor. It is geared for active duty Marines and Sailors assigned to the USMC, and who have completed a deployment. Coaches are available to help Sailors and Marines attain their goals related to wellness, money management, work/life balance and career development. Go to: <https://www.mymarineadvisor.com/> to enroll in MarineAdvisor or call (855) 763-7542.



NAVY OPERATIONAL STRESS CONTROL



Providing and promoting effective tools to navigate stress is integral to the psychological health and emotional well-being of our Sailors. Work-related and personal stressors are an expected part of life, and it is the responsibility of the Sailor, command leadership and the family to prevent and appropriately navigate stress so that it does not become unmanageable and harmful. OPNAV N171, the [Navy's Suicide Prevention](#) and [Operational Stress Control \(OSC\)](#) programs, leads the way in supporting these Navy stress related efforts. OSC provides fact sheets, brochures and other useful resources free of charge through the Naval Logistics Library. Visit the [OSC webpage](#) to learn more about OSC skills training. For additional stress navigation resources, visit the [NMCPHC HPW Department](#) website to access strategies and useful tools for [Navigating Stress](#) and [Relaxation](#).

GO FOR GREEN® WEBSITE LAUNCHED!



Go for Green® is a point-of-selection food-identification program approved by the DoD Food and Nutrition Subcommittee and designed to help service members easily identify the nutritional value of food choices when eating in appropriated dining facilities. Foods are color-coded according to their nutritional impact on performance, both physical and mental. All foods served in a dining facility are labeled by color code. "Green" labels identify foods to eat often (high-performance foods); "Yellow" identifies foods to eat occasionally (moderate-performance foods); and "Red" labels identify foods to eat rarely (low-performance foods). Coding criteria are based on military nutrition reference standards, the 2010 Dietary Guidelines for Americans, and other recognized national nutrition standards.

The purpose of Go for Green® is to increase awareness of healthy and high-performance food options and increase knowledge of overall good nutritional choices. Program evaluations show that Go for Green® labeling is most helpful for service members making performance-enhancing food choices; and the messages of "eating for performance" and "fueling" resonate well with service members.

Installation foodservice professionals have teamed with local health-promotion experts and dietitians to train the foodservice staff and educate the diners on the program and about the support programs available to help them use the program. Those programs include a smartphone app that can be downloaded on I-tunes and QR codes on all of the poster and marketing materials displayed throughout the cafeteria.

To learn more about the program you can visit <http://hprc-online.org/nutrition/go-for-green> or pick up a Go for Green® pocket guide at your dining facility or galley.

IN THE NEWS

[Sensors Help Wounded Warrior Control Prosthetic Limb](#) - Health.mil

[Military Brain Injury Research Advancing Patient Care](#) - Health.mil

[Mobile Apps Help Brain Injury Patients](#) - Health.mil