



May 09, 2014



Health Promotion and Wellness Friday Facts

MAY IS PHYSICAL FITNESS MONTH!



Physical Fitness can help build and maintain resilience. There are both biological and psychological benefits to engaging in physical exercise and maintaining good physical fitness. Exercise helps to reduce the body's levels of stress hormones (chemicals such as cortisol that are released when a person experiences stress). Physical exercise also increases levels of the body's naturally occurring anti-depressant and anti-anxiety hormones (chemicals such as serotonin and dopamine). These chemicals can help protect a person from the negative effects of stress.

In addition to the biological benefits, the increased self-confidence and self-esteem that can result from good physical fitness can improve a person's overall psychological and emotional well-being and endurance. Believing that one is capable of overcoming challenges improves resilience or one's ability to recover after facing a challenge. Maintaining good physical fitness can result in the sustained ability to focus, think, reason and remember during times when a person is already fatigued. This ability is essential to keeping you and your shipmates safe in the work environment and ensuring mission readiness.

Information about how physical fitness boosts resilience can be found through [Real Warriors](#). To read a real life success story of how physical fitness has helped warriors cope with stress, visit the [Naval Center for Combat and Operational Stress Control \(NCCOSC\)](#) and see how one Marine challenged himself by running. The Navy and Marine Corps Public Health Center's (NMCPHC's) [May Physical Fitness Toolbox](#) offers resources to keep Sailors and Marines fit. For more resilience and navigating stress resources, visit our NMCPHC [HPW webpage](#) or the new [Navy Operational Stress Control Program](#) webpage.

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FDA ISSUES PROPOSED RULING ON E-CIGARETTES AND OTHER ALTERNATIVE PRODUCTS



On 24 April 2014, the U.S. Food and Drug Administration (FDA) released its proposed ruling to extend its regulation of tobacco products to include electronic cigarettes (e-cigarettes), cigars, pipe tobacco, nicotine gels, waterpipe (or hookah) tobacco and dissolvables. These products would be in addition to those already regulated: cigarettes, cigarette tobacco, roll-your-own tobacco and smokeless tobacco.

If passed, the ruling would require all newly deemed tobacco product makers to:

- Register with the FDA and report product and ingredient listings
- Only market new tobacco products after FDA review
- Only make direct and implied claims of reduced risk if the FDA confirms that scientific evidence supports the claim and that marketing the product will benefit public health as a whole
- Not distribute free samples
- Adhere to minimum age and identification restrictions to prevent sales to underage youth
- Include health warnings on the products
- Prohibit vending machine sales, unless in a facility that never admits youth

The rule is available for public comment for 75 days. For more information, visit: <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm394667.htm>.

MILITARY FAMILIES AND THE MILITARY CHILD

Families provide a backbone of support to our Sailors and Marines that is integral to accomplishing the mission at hand. Military families, including the children of our service members, are faced with a unique set of challenges and the significant demands that military life presents. Frequent moves and transitions, changing family structure, and navigating situations in which a parent is seriously wounded, ill, or injured are just a few of the many challenges that our military children face. It is important that we as health educators, health promotion and wellness coordinators, and health care providers are aware and knowledgeable about these challenges and connect our families to the necessary assistance and resources to enhance their ability to cope and build their resilience.

Check out Sesame Street's Talk, [Listen, Connect Toolkit](#) as well as the [When Families Grieve Toolkit](#). These resources provide support and practical education to help children through deployments, combat-related injuries, and the death of a loved one. Many of these [Sesame Street](#) resources are also available in Spanish. [Focus: Family Resiliency Training for Military Families, Zero to Three](#), and [Military Kids Connect](#) are other targeted resources to assist military families and their children. Click [here](#) to learn more about how to effectively work with military families and meet their needs. Visit the NMCPHC's [HPW webpage](#) for more information about building and maintaining resilience.



RESOURCES FOR THOSE WHO HAVE LOST SOMEONE TO SUICIDE



Coping with the death by suicide or the attempted suicide of a family member, friend, or colleague is difficult. There are resources available, including support groups, for those dealing with the aftermath of a suicide death or a suicide attempt. Survivors are not alone, and it is important to assist them in seeking assistance and support.

Visit the [American Association of Suicidology \(AAS\) Support Group Directory](#) and the [AAS](#) webpage for helpful information for suicide loss survivors, clinician-survivors (clinicians who have lost patients to suicide), and suicide attempt survivors. You can also find suicide awareness and prevention information on the [HPW Suicide Prevention webpage](#).

USS GEORGE WASHINGTON (CVN 73) CREATES VIDEO ON “STAYING FIT UNDERWAY”



Being stationed on a ship presents many challenges for Sailors and staying fit is one of the biggest. To help Sailors stationed onboard ships stay fit, fitness leaders on the USS George Washington, with support from the ship’s Media Department, created a video to help Sailors stay fit using exercises that don’t require much time or space to complete. To view this 4 ½ minute video, go to: http://www.navy.mil/ah_online/ftStory.asp?id=80719.

THE SECRET TO HAPPINESS AT WORK

According to Shawn Achor, a psychological researcher, business consultant and expert on human potential, most of us have the secret to success backwards. Achor’s pre-recorded global conference, “The happy secret to better work,” was presented at a workshop held at Walter Reed Bethesda on 12 April in observance of Social Work Month. Achor shared his discoveries from studies that found that happy employees are more productive, more creative and better at problem solving than their unhappy peers. View the article on the workshop summary at: <http://www.dcmilitary.com/article/20140424/NEWS11/140429943/the-secret-to-happiness-at-work>.

HEALTHY EATING RESEARCH LAUNCHES NEW WEBSITE



Healthy Eating Research, a Robert Wood Johnson Foundation program, has launched a new website at: <http://healthyeatingresearch.org/> to provide evidence-based research on strategies that work in preventing childhood obesity. Focus areas include: Beverages, Child Care and Preschool, Food Access, Food and Beverage Marketing, Menu Labeling, Message Framing, Nutrition & Agriculture Policy, Pricing & Economics and School and After School. The website posts the latest research and publications in each of these areas. Make sure you check out this newest website if you are focusing on prevention of childhood obesity.

COMMUNITY HEALTH ONLINE RESOURCE CENTER (CHORC)

CDC’s Division of Community Health (DCH) is pleased to announce the launch of the Community Health Online Resource Center (CHORC), a searchable database with various resources available to help communities advance changes to prevent disease and promote healthy living. Tools located in the CHORC include webinars, model policies, toolkits, guides, fact sheets, and other practical materials. Resources are organized by DCH priority content areas, and each area has subcategories to make it easy for users to find the information they need.



The content areas include:

- Active Living
- Clinical and Community Preventive Services
- Foundational Skills
- Healthy and Safe Physical Environments
- Health Equity
- Healthy Eating
- Schools
- Social and Emotional Wellness
- Workplace Health



The CHORC is available for all users at <http://www.cdc.gov/nccdphp/dch/online-resource/index.htm>.