



May 17, 2013



CONTENTS

- June Webinar Focuses on “Drink Responsibly Month”
- Navy Fitness Program Transforms Training on Submarines
- New NOFFS Workouts and Fueling Strategies
- Active Living Bloggers Roundtable Recap
- Let the NMCPHC Help You Continue to Promote Physical Fitness and Sports Month
- E-Cards - An Innovative Approach to Promoting Healthy Living
- Naval Safety Center Launches Summer Campaign
- Highlighting the 2013 Warrior Games
- Visit the NMCPHC Reproducible Materials Page!
- TRICARE Adds Additional Coverage on Tobacco Cessation Medications

Health Promotion and Wellness Friday Facts

JUNE WEBINAR FOCUSES ON “DRINK RESPONSIBLY MONTH”



The Navy & Marine Corps Public Health Center (NMCPHC) is partnering with Navy Alcohol and Drug Abuse Prevention (NADAP) (OPNAV 135F) to kick-off the observance of Drink Responsibly Month in June. Please join us on Tuesday, June 4, 2013 from 1200-1300 EST for a webinar promoting responsible, healthy, and safe decision-making regarding alcohol consumption, as well as increasing awareness on alcohol consumption and how responsible alcohol campaigns can be implemented within commands and installations. The webinar will be geared toward Navy and Marine Corps Leaders, health promotion staff and educators, public health professionals, chaplains, counselors, Alcohol and Drug Control Officers (ADCOs), and Drug and Alcohol Program Advisors (DAPAs).

Webinar Facilitators:

- Ms. Brandi Alford, MPH, CHES, NMCPHC
- Ms. Sara Geer, Marketing and Information Specialist, NADAP

Webinar Moderator:

- Ms. Dawn Whiting, BSN, MS, NMCPHC

Objectives:

- Describe the prevalence of alcohol use among active duty Sailors and Marines
- Explain characteristics of alcohol consumption (moderate drinking, heavy drinking, binge drinking) and health effects associated with irresponsible alcohol consumption
- Identify ways to consume alcohol responsibly
- Explain Navy-wide research findings with young, enlisted Sailors regarding alcohol use
- Communicate and explain the Navy’s new responsible drinking campaign, “Keep What You’ve Earned” (KWYE)
- Illustrate how the KWYE campaign can be implemented within commands and installations

Continued on Page 1





To register for the event visit: <http://www.eventbrite.com/event/6531980329>

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://connect.dco.dod.mil/r3ar2inmjull>

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

Also, for more information and resources on responsible drinking please visit the HPW Preventing Drug Abuse and Excessive Alcohol Use page at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/preventing-drug-alcohol-abuse/Pages/preventing-drug-alcohol-abuse.aspx>

NAVY'S NEW HIGH TECH FITNESS PROGRAM TRANSFORMS PHYSICAL TRAINING PRACTICES ABOARD SUBMARINES



NMCPHC and CPPD authored a 4 page article on the Navy Operational Fitness and Fueling System (NOFFS) for Submariners in the latest edition of Undersea Warfare Magazine. The article emphasized specifically how the submarine community is executing and delivering NOFFS throughout their enterprise. Over 15 interviews were conducted/referenced by NMCPHC HPW throughout the development of the article. The NOFFS article represents a “team approach” from all primary BSO’s Navy-wide in successfully implementing the performance system throughout the Submarine community. As a part of the 21st Century Sailor and Marine Initiative, Secretary of the Navy Ray Mabus introduced NOFFS in March 2012 as the U.S. Navy’s performance training system. NOFFS has enabled the Navy to provide

standardized, evidence-based exercise performance and nutrition information to more than 425,000 Sailors world-wide. To view the article, visit the NMCPHC Active Living Page – NOFFS Section:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/active-living/USW-Winter-2013.pdf>

NOFFS ADDS NEW NAVY WORKOUTS & FUELING STRATEGIES



08 May 2013 – Athletic Business Magazine: The Navy will roll out two enhancements to its **Navy Operational Fitness and Fueling System (NOFFS)** in the coming months, first with a technological enhancement in May and then three new workout series in the summer. The process will also include training for MWR fitness professionals as well as a focused promotional and marketing effort to support individual fitness facilities. To read the full article on NOFFS visit <http://www.athleticbusiness.com/> and search “NOFFS”.

For additional Navy Active Living Resources, visit the NMCPHC Active Living Website:

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

ACTIVE LIVING BLOGGERS ROUNDTABLE FOR NATIONAL PHYSICAL FITNESS & SPORTS MONTH



On May 7th NMCPHC, CPPD, and CNIC potentially reached at least 166,000 service members, military leaders, military health educators and military families with key Active Living, Health Promotion and Wellness and NOFFS messages and resources. A one hour bloggers roundtable was conducted in recognition of National Physical Fitness and Sports Month. During the live roundtable, Active Living resources were shared, the importance of physical fitness and its impact on readiness was conveyed, and an overview of the NOFFS and NOFFS 2.0 were provided. MilitaryAvenue.com published an article on the Active Living Bloggers Roundtable. To read the entire post, visit:

<http://militaryblog.militaryavenue.com/2013/05/active-living-in-us-navy-even-has.html>

The article references the Active Living sub-campaign, NOFFS, the NOFFS iPhone application and the anticipated release of NOFFS 2.0, and links back to the following websites:

CNIC Navy Fitness Webpage: <http://www.navyfitness.org/fitness/noffs>

NOFFS iPhone/iPad App: http://www.navyfitness.org/fitness/noffs/iPhone_App/

DoDLive also posted a summary of the event: <http://www.dodlive.mil/index.php/2013/05/dodlive-bloggers-roundtable-physical-fitness-month/>

To listen to the Roundtable in its entirety, click here : http://www.dvidshub.net/podcast/download/17346/DOD_100813171.mp3

LET THE NMCPHC HELP YOU CONTINUE TO PROMOTE PHYSICAL FITNESS & SPORTS MONTH IN MAY

Continue to promote Physical Fitness and Sports Month at your command! The NMCPHC May Toolbox offers a wide variety of resources that can be readily used for promoting this National Health Observance. Resources include a message for Commanding Officers (Navy specific overview of the importance of physical fitness for Sailors), Plan of the Week Notes, Posters, Fact Sheets, Brochures and Guides, and several key websites that provide additional relevant information for Physical Fitness and Sports Month. For additional information on Physical Fitness and Sports, visit:

The HPW Toolbox: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-may.aspx>

The NMCPHC Active Living Website:

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

E-CARDS - AN INNOVATIVE APPROACH TO PROMOTING HEALTHY LIVING



On May 9th, the NMCPHC & NKO Active Living Downloads page began offering E-cards for Active and Healthy Living topics. Website visitors may easily fill out the information on the E-cards to personalize and then send to service members throughout their command or to friends and family. The primary goal of the E-cards is to improve the awareness of the importance of moderate level physical activity & healthy living. To view these E-Cards visit:

The NMCPHC Active Living Downloads Page:

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

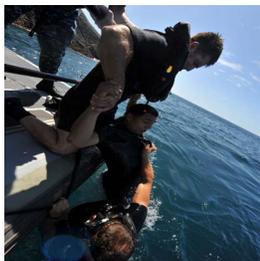
For additional resources you can also visit the NMCPHC Active Living website:

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

The May Physical Fitness and Sports Month Toolbox Website:

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

NAVAL SAFETY CENTER LAUNCHES SUMMER CAMPAIGN



The Naval Safety Center has launched their updated safety campaign for Summer 2013, entitled 'Live to Play, Play to Live'. During Summer 2012, 33 Sailors and Marines lost their lives between Memorial Day and Labor Day in personal motor vehicle accidents, drownings, pedestrian fatalities, and other recreational activities. 2013's summer safety campaign focuses on personal motor vehicles, alcohol awareness, water safety, sexual assault, and suicide awareness. For more information and materials, go to the following sites:

Navy Safety Center 'Live to Play, Play to Live':

<http://www.public.navy.mil/navsafecen/Pages/media/seasonal/index.aspx>

The NMCPHC Injury and Violence-Free Living website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

HIGHLIGHTING THE 2013 WARRIOR GAMES



Last week began the 3rd annual Warrior Games at Peterson Air Force Base in Colorado Springs. The 2013 games are designed for Wounded Warriors from around the world to gather and engage in activities and competition. The games provide a variety of positive psychological and physical benefits. Not only do these men and women experience an element of competition, but they are provided with the motivation to focus on resiliency and recovery. Since the warrior games began, roughly 200+ wounded, ill and injured service members and veterans have competed. This event is sponsored by the Department of Defense and the US Paralympic Military.

This past weekend, the Warrior Games were honored to be visited by a prominent British warrior, Prince Harry. As a combat helicopter pilot, Prince Harry knows firsthand the sacrifices required of those serving in the military. He participated in many of the events showing support and appreciation to these wounded ill and injured service members.

To check out the Navy All-Hands article on the Warrior Games please visit:

http://www.navy.mil/ah_online/index.asp

For more information on programs and services for the wounded, ill and injured personnel explore the following link to the NMCPHC HPW WII website:

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

NEED AN IDEA FOR AN ARTICLE? VISIT OUR REPRODUCIBLE MATERIALS PAGE!

The NMCPHC Health Promotion and Wellness Department has redesigned the reproducible materials webpage, making it even easier for health promotion coordinators and health educators to find ready-to-use health promotion materials to disseminate to their customers. The page includes reproducible articles on a variety of health promotion topics, each of which may be reproduced as needed. The articles may be reproduced either in their entirety or in smaller sections and can be helpful in developing content for e-mail newsletters, fliers, handouts, Plans of the Day notes, blog posts or social media messages. There are also brochures, posters and fact sheets ready to be downloaded and printed for distribution and displayed throughout the command. Follow the link below to visit the page:

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

TRICARE ADDS ADDITIONAL COVERAGE ON TOBACCO CESSATION MEDICATIONS



TRICARE recently announced some changes to their tobacco cessation benefits, including the addition of coverage for prescription and over-the-counter medications. These medications are available at no cost at local military treatment facility (MTF) pharmacies and the TRICARE Pharmacy Home Delivery; however, the coverage of these medications is not available at regular retail pharmacies. You must have a prescription for any of these medications from your TRICARE-authorized provider including those that are over-the-counter. Please check with your TRICARE-authorized provider, your local MTF pharmacy, or the TRICARE Pharmacy Home Delivery for more information on coverage limitations and to check the availability of medications. In addition, you can receive assistance with your quit attempt by utilizing TRICARE's toll-free Smoking Quitline, which is available 24/7, including holidays. Quitlines exist for each TRICARE region.

TRICARE West: 1-888-713-4597

TRICARE South: 1-877-414-9949

TRICARE North: 1-866-459-8766

For more information on quitting tobacco, visit the NMCPHC Tobacco-Free Living webpage:

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

Also visit the TRICARE website:

<http://www.tricare.mil/quittobacco>

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 are not currently a subscriber to Friday Facts please send an email to :

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

