



May 23, 2014



Health Promotion and Wellness Friday Facts



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BLUE H WEBINARS ANNOUNCED FOR JUNE AND JULY: SAVE THE DATE!



In June and July 2014, the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department will be hosting multiple webinars for those completing the application for the Blue H Award for their command or location. The Navy Surgeon General's Blue H Health Promotion and Wellness Award encourages and rewards the promotion of health in Navy and Marine Corps organizations. The webinars are organized by

different audiences and criteria sets; topics will include the changes in the Blue H Award criteria for 2014, Blue H Award results in 2013, and potential challenges/barriers encountered when applying for the Blue H Award. Scheduled webinars include:

- 3 June 2014, 1200-1300: Blue H NOSC Webinar
- 19 June 2014, 1200-1300: Blue H Medical Webinar
- 18 July 2014, 1200-1300: Blue H Aircraft Carrier and Surface Ship Webinar
- 29 July 2014, 1200-1300: Blue H for Leaders Webinar

Mark your calendars today! Invitations and more information to follow. If you have questions, please contact: michael.r.macdonald@med.navy.mil.

CHANGES TO NAVY SURGEON GENERAL'S BLUE H AWARD-MEDICAL CRITERIA



If you are at a Medical Command and plan to follow the Medical criteria set to submit for the 2014 Blue H Award, please be aware of the following criteria updates:

DELETED: MEDICAL line 25 - "Did your command provide an awareness level activity to promote the National Alcohol Screening Day web-based resources in December or at any time during the year?"

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CHANGED: MEDICAL line 26 from “Did the MTF conduct a community-level awareness level activity to promote the National Alcohol Screening Day web-based resources?” to “Did the command conduct an awareness level activity to promote responsible drinking or alcohol abuse awareness during National Alcohol Screening Day (April) or Impaired Driving Prevention Month (December) or at any other time during the year?”

The NEW Medical criteria , dated 16 May 2014, is downloadable from the NMCPHC Blue H Award homepage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

Questions? Contact Navy and Marine Corps Public Health Center - Blue H Award POC at: michael.r.macdonald@med.navy.mil or 757-953-0974 [DSN 377]

TOBACCO FREE LIVING WEBPAGE RECEIVES OVERHAUL



The NMCPHC HPW Tobacco Free Living webpage has recently been overhauled and reorganized. Key changes include organizing the content by tobacco cessation target audience (i.e. health promoters, fleet, clinicians, etc.) and centralizing resources. These new pages can be viewed at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>.

JUNE IS SUMMER SAFETY MONTH!



The health observance for the month of June is Summer Safety. In Summer 2013, there were 26 fatalities (Sailor and Marine) between Memorial Day and Labor Day, of which 20 were personal motor vehicle (PMV) mishaps (10 motorcycle-related) and four were related to recreational activity such as ATVs and swimming.¹ In addition, five of the fatalities were alcohol-related.² NMCPHC is committed to providing Sailors and Marines with the tools they need to maintain mission readiness by being safe and preventing injury. Check out our [summer safety fact sheets](#)

to get ready for summer.

^{1,2}Naval Safety Center. Summer 2014 Safety Presentation. http://www.public.navy.mil/comnavsafecen/Documents/presentations/seasonal/Summer_2014.pptx. Published March 2014. Accessed 9 April 2014.

HPW DOWNLOADS WEBPAGE PROVIDES ONE-STOP SHOP FOR HPW RESOURCES



The NMCPHC HPW Department strives to provide the latest evidence-based information related to the topics of HPW for our nation’s Sailors and Marines. Now there is a one-stop shop where you can find resources covering all of our HPW topics. Visit the [HPW Downloads webpage](#) to be connected with downloadable fact sheets, articles, infographics, posters, and more! The ready-to-use materials can be printed or shared electronically throughout your command.

WORLD NO TOBACCO DAY



31 May marks the annual World No Tobacco Day (WNTD) with the focus on global tobacco advertising, promotion, and sponsorship. The 2014 World Health Organization (WHO) goals for the WNTD are for governments to increase taxes on tobacco to levels that reduce tobacco consumption; and for individuals and civil society organizations to encourage their governments to increase taxes on tobacco to levels that reduce consumption. According to the World Health Organization almost six million die each year due to tobacco.

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Resources to promote World No Tobacco Day may be found at: DoD's ucanquit2 website at: www.ucanquit2.org; CDC's WNTD website at: <http://www.cdc.gov/Features/WorldNoTobaccoDay/> and WHO's website at: <http://www.who.int/campaigns/no-tobacco-day/2014/event/en/>.

IMPORTANCE OF UNDERSTANDING MILD TRAUMATIC BRAIN INJURY (MTBI) AND POST-TRAUMATIC STRESS DISORDER (PTSD) AND EDUCATING OTHERS



We often hear mTBI, a brain injury also known as concussion, and co-occurring PTSD (a mental health issue) referred to as the “invisible wounds” of our service members who have served in Iraq and Afghanistan. In combat, these wounds are mostly due to IED blast exposure. But what is an “invisible wound,” and how can the nature of these conditions make recovery difficult for our Sailors and Marines?

While two separate conditions, there can be overlapping symptoms for those who sustain mTBI (mainly those experiencing chronic and persistent post concussive symptoms) and PTSD that include cognitive changes (e.g. ability to remember, concentrate, or speak), depression, anxiety, insomnia, and fatigue. There are also signs and symptoms distinct for each condition. Whether due to their perceived stigma about seeking treatment or worry about consequences for their careers, some Sailors or Marines may delay in seeking treatment. If a Sailor or Marine remains silent about their symptoms or others are not educated about the importance of encouraging seeking professional assistance, treatment can be delayed further. It is important to encourage the service members you serve to seek treatment when it is needed and educate others including leaders about promoting help-seeking behavior.

For more information about the overlapping symptoms of co-occurring mTBI and PTSD, visit brainlinemilitary.org. To read a story about how one service member reached out for help after sustaining multiple blast exposure mTBIs and developing PTSD, visit [Real Warriors](#) and the [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury](#). For Psychological Health resources visit [NMCPhC's HPW Web page](#).

OPERATION LIVE WELL (OLW) UPDATES

OLW's “Call for Recipes”-

Are you interested in the chance to get your own healthy recipe published in a cookbook featuring contributions from the U.S. military community? In celebration of OLW's 1st Anniversary, they are sponsoring a “Call for Recipes”.

To have your recipe considered for publication, please adhere to the following guidelines:

- Recipes must be either original, from a government source or adapted from an existing recipe with the original source cited. They cannot accept recipes published in commercial sources.
- Recipes must be accompanied by nutritional content. To determine nutritional content, please visit <http://www.myfitnesspal.com/recipe/calculator>.
- Recipes must be accompanied by a clear, self-taken photograph of the final product in an attractive setting. The image should be a JPG, TIFF or PNG file of at least 960 x 960 pixels and no larger than 10 MB. They cannot accept pictures from a cookbook or other source.
- Recipes should be typewritten and submitted to the Operation Live Well team at operationlivewell@dha.mil by no later than June 15, 2014. Please include whether you are a Service member, spouse, or DoD Civilian; your name; your Service affiliation and installation, or DoD organization or branch retired from; and your phone number in case they have questions.





- Submitting a recipe does not guarantee publication in the OLV cookbook. A DoD registered dietitian will review the submissions for nutritional content, and final inclusion is at the discretion of the publisher.
- When compiling the OLV cookbook, they will include your first name and your Service affiliation/installation, DoD organization or branch retired from with the recipe, but no additional contact information.
- Upon submitting a recipe and photo, DoD reserves the right to use it in future cookbooks, printed materials or social media sites.

OLW's Meal Planner-

Operation Live Well has put together a week's worth of healthy meals and a grocery store shopping list for them. The meal planner features recipes from their "Eat Well to Live Well" e-book. You can swap out any recipe you don't like for another e-book recipe. You'll find the meal planner at: <http://www.health.mil/~media/MHS/General%20Files/Operation%20Live%20Well/Tool%20Kit/OLWweeklymealplanner.ashx>.

Healthy Living Tools and Apps Posted on OLV Website-

A complete list of online tools and mobile applications that can help guide, track and measure a person's journey to wellness can now be found on the OLV website at: <http://health.mil/Military-Health-Topics/Operation-Live-Well/Health-Tools>.

For further information or questions regarding any of these OLV updates, please contact: operationlivewell@dha.mil.

NATIONAL DIABETES PREVENTION PROGRAM TRAINING CURRICULUM



The National Diabetes Prevention Program lifestyle training curriculum is based on the Diabetes Prevention Program (DPP). The DPP was a clinical research study led by the National Institutes of Health and supported by the Centers for Disease Control and Prevention. Studies subsequent to the DPP determined how best to implement the program where people live and work.

This curriculum, available in both English and Spanish, is for lifestyle coaches and organizations that will deliver a lifestyle change program in their community that focuses on the prevention of diabetes. The Facilitation Guide and Handouts for the Core Sessions and Post-Core Sessions are downloadable from the National Diabetes Prevention Program website at: <http://www.cdc.gov/diabetes/prevention/recognition/curriculum.htm>.

IN THE NEWS

[Mental Health Support is at Your Fingertips](#) - Health.mil

[Symposium Addresses Critical Issues Female Service Members Face in Combat](#) - DCoE

[Defense Health Agency Leaders Set Healthy Living Example](#) - Health.mil

[DoD Initiatives Counter Mental Health Issues](#) - DoDLive

[Flavor Enhancers May Spur Overeating](#) - Health.mil

[Cycling for All-Around Health and Fun](#) - Health.mil

[Mental Health Essential to Overall Fitness](#) - Health.mil

[Eat Right to Improve Your Mental Health](#) - DoDLive