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CONTENTS

- Navy Surgeon General Announces Recipients of 2012 Blue H Award
- Health Promotion and Wellness (HPW) Training Opportunities
- Free Publications from the Food and Drug Administration (FDA)

Health Promotion and Wellness Friday Facts



NAVY SURGEON GENERAL ANNOUNCES RECIPIENTS OF 2012 BLUE H AWARD



In an official Navy message released on 9 May 2013, the Navy Surgeon General announced the winners of the 2012 Blue H Health Promotion and Wellness Awards. For CY2012, 271 organizations applied for the Blue H. This was an increase from CY2011 when 245 organizations applied. Applicants included 42 surface ships/surface force commands including 10 of 11 aircraft carriers; 22 Navy flying squadrons; nine of 16 USMC Semper Fit Centers; 100 Navy reserve commands, and 42 Navy medical treatment facilities. View the message at:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2012-blue-h-navysg-message.pdf>

Mail-out of the Blue H pennants and streamers, scheduled to begin last week, has, unfortunately, been delayed because of a defect in the Fleet and Medical streamers. Semper Fit streamers are being mailed out now. Fleet and Medical streamers are being corrected by the contractor and will be mailed out as soon as possible. We greatly regret and apologize for this delay, and will keep you informed.

The Blue H encourages and rewards the promotion of health in Navy and Marine Corps organizations. All Navy commands and USMC Semper Fit Centers are eligible. The 2013 criteria and instructions are posted on the Blue H homepage: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

HEALTH PROMOTION AND WELLNESS (HPW) TRAINING OPPORTUNITIES



The NMCPhC recently updated their HPW Training Schedule to include dates through the end of FY13. You can view the entire HPW Training Schedule at:

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

A link is provided on the HPW Training Schedule to request a quota to attend the training during one of the two full weeks of HPW Training, including:

Continued on Page 1



I. 5-9 August HPW Training at NEPMU5, Naval Station San Diego to include:

- Navy HP & Wellness Course (5-7 August)
- Tobacco Cessation Facilitator Training (8 August)
- ShipShape Program Facilitator Training (9 August)

II. 12-16 August HP at the Deckplate Training at NEPMU2, Norfolk Naval Station to include:

- CHOW Course (12 August)
- ShipShape Facilitator Training (13 August)
- Tobacco Cessation Facilitator Training (14 August)
- Navy HP Basics Course (15 August)
- Patient-centered Prevention Counseling (16 August)

FREE PUBLICATIONS FROM THE FOOD AND DRUG ADMINISTRATION (FDA)



Looking for booklets, fact sheets and brochures to provide to your target audience? The FDA has free publications available on various topics such as dietary supplements, sleep, sunscreens and tanning, etc. You'll find them at:

<http://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/ucm116718.htm>

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>

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