



May 3, 2013



Health Promotion and Wellness Friday Facts



CONTENTS

- Check out the Physical Fitness, Injury Prevention, and other Resources in the HPW Toolbox
- Stop Physical Training and Sports Injuries Now!
- ShipShape Instructor Training on May 29th in Norfolk, Virginia
- CDC Urges the Promotion of Health for Mothers and Children On Mother's Day
- New Study Released on Alternative Tobacco Products and Smoking Cessation
- Make Plans to Attend the HPW Department's "Alcohol Awareness" Webinar on June 4
- Fit Facts Now Available on the NMCPHC's Active Living Webpage
- Don't Forget That May is National Fitness and Sports Month

CHECK OUT THE PHYSICAL FITNESS, INJURY PREVENTION, AND OTHER RESOURCES IN THE HPW TOOLBOX



May is National Fitness and Sports Month; what a great time to check out the changes we have been making to the [Health Promotion and Wellness Toolbox](#). The Toolbox is a great resource to find out which health observance the Navy and Marine Corps Public Health Center is highlighting each month. The health information in the Toolbox is created in-house by our subject matter experts and other credible health sources. There are many new materials to choose from to assist you in your efforts to promote health at any location. In May, gear up for "Fitness and Sports", and in June remind the troops to "Keep What You've Earned" by drinking responsibly.

Our objective is to bring you new materials at least one month in advance of the health observance to have everything you need at the click of a mouse. Some of the highlights of a toolbox month include a message for the commanding officer, activity ideas, fact sheets, guides, posters, and a section called "Learn More" that helps you do exactly that on the month's health topic. Enjoy the ease of use and experience how the new resources make health promotion at your site efficient and effective. If you have any comments, questions or fresh ideas please contact valerie.kirby.ctr@med.navy.mil.

STOP PHYSICAL TRAINING & SPORTS INJURIES NOW!



There has recently been an increase in sports-related injuries within both the active duty population and their children. In light of the May health observance for Physical Fitness and Sports, here are some useful facts and resources regarding sports-related injuries:

1. Sports injuries tie in directly to mission readiness. Injuries impose a greater ongoing negative impact on the health and readiness of the U.S. Armed Forces than any other category of medical complaint during peacetime & combat.¹

Continued on Page 1



2. Physical training and sports injuries are of particular concern. Based on the likelihood of success in decreasing injuries having the greatest impact on military readiness, the Defense Safety Oversight Council (DSOC) recommends that the greatest reduction of lost duty days due to injuries across DoD may be achieved via mitigation efforts focused specifically on sports and physical training related injuries.²

The Navy and Marine Corps Public Health Center has numerous injury prevention resources on our injury prevention website. Resources include a Sports Medicine Guide from The American Orthopaedic Society for Sports Medicine (AOSSM) and the American Academy of Orthopaedic Surgeons (AAOS), which addresses various injury types and how they can be treated and prevented. In addition, due to the increase in sports injuries in children, AOSSM along with the following agencies: American Association of Orthopaedic Surgeons, American Physical Therapy Association, American Academy of Pediatrics, American Medical Society for Sports Medicine, National Athletic Trainers' Association, National Strength and Conditioning Association, and Safe Kids USA, have launched a campaign and website called [STOP Sports Injuries](#), to help youth stay healthy. The guidelines for specific sports events are exceptional, and provide real insight into how to prevent sports-related injuries.

To learn more, check out the resources on the [NMCPHC Injury and Violence Free Living website](#) or the [May HPW Toolbox](#) which covers National Fitness and Sports Month.

SHIPSHAPE INSTRUCTOR TRAINING ON MAY 29 IN NORFOLK, VIRGINIA



The NMCPHC will conduct a special regional training for ShipShape Instructors on May 29th in Norfolk. Applicants for this training should be role models for healthy nutrition and physical activity and can include various clinical health care providers, health educators, command fitness leaders or even lay persons who possess basic knowledge of nutrition and physical activity. They may possess academic training in areas such as nutrition, physical activity or counseling. However, formal training is not a requirement. The training will follow the standard curriculum provided for the ShipShape Program.

Most importantly, applicants should also feel comfortable interacting with individuals and groups in the role of a counselor or coach. The training will review the basic subject matter content, group facilitation, and administrative issues to prepare our Instructors to go into the field and promote active living, healthy eating, and healthy weight management strategies. If you are interested in attending, reply to [or nmcpchpts-ShipShape@med.navy.mil](mailto:nmcpchpts-ShipShape@med.navy.mil) or call (757) 953-0962 to speak with the program manager.

CDC URGES PROMOTION OF HEALTH FOR MOTHERS AND CHILDREN ON MOTHER'S DAY



Mothers want to do everything possible to help their children develop into healthy adults. This month, the Centers for Disease Control (CDC) urges mothers to protect themselves and their children from the dangers of smoking and exposure to secondhand smoke and also encourages family members to support moms in maintaining a tobacco-free life. The Office of Smoking and Health has planned communications activities beginning the week before Mother's Day (6-12 May 2013) that will help mothers protect themselves and their loved ones from the harms of tobacco use and exposure to secondhand smoke. Check out the link below for more information:

<http://www.cdc.gov/Features/SmokeFreeMoms/>

1. Jones BH, Hansen BC, AJPM Military/Injury Supplement, January 2010.
2. DSOC, DoD Military Injury Prevention Priorities Working Group: Leading Injuries, Causes, and Mitigation Recommendations, Feb.2006.

NEW STUDY RELEASED ON ALTERNATIVE TOBACCO PRODUCTS AND SMOKING CESSATION



A recent study in the May 2013 American Journal of Public Health investigated the use of alternative tobacco products (loose leaf, moist snuff, snus, dissolvables, and e-cigarettes) by smokers in quit attempts.³ The study showed that e-cigarettes were the most frequently used product among the smokers but that the use of alternative tobacco products did not actually promote cessation. While tobacco company marketing campaigns have billed these alternative tobacco products as reducing harm or promoting cessation, there are significant health issues associated with the dual use of these

alternative products and cigarettes. The efficacy of e-cigarettes for smoking cessation has not been shown and e-cigarettes are not approved for smoking cessation. For more information on e-cigarettes, go to:

http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Frequent_Questions_about_Electronic_Cigarettes_March_2013.pdf

MAKE PLANS TO ATTEND THE HPW DEPARTMENT'S "ALCOHOL AWARENESS" WEBINAR ON JUNE 4

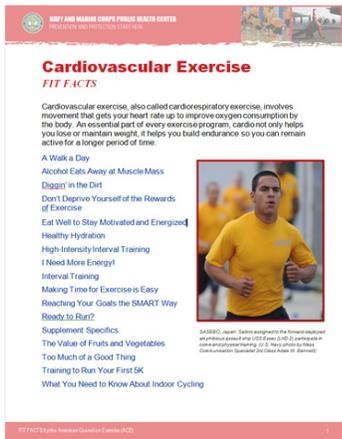


The Navy and Marine Corps Public Health Center (NMCPHC) is partnering with Navy Alcohol and Drug Abuse Prevention (NADAP) (OPNAV 135F) to kick-off the observance of Drink Responsibly Month. Please join us on Tuesday, June 4, 2013 from 1200-1300 EST for a webinar promoting responsible, healthy, and safe 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. If you do not have a

Defense Connect Online (DCO) account, we would strongly recommend creating one prior to the event. To do so visit <https://www.dco.dod.mil/>

To register for this event please use the following link: <http://www.eventbrite.com/event/6531980329>

FIT FACTS NOW AVAILABLE ON THE NMCPHC'S ACTIVE LIVING WEBPAGE



NMCPHC offers 49 Fit Facts on their Active Living Downloads page. The Fit Facts are developed by the American Council on Exercise (ACE) - a leading national performance training organization that provides exercise related certifications through the National Commission for Certifying Agencies (NCCA). Health and fitness professionals and Sailors now have direct access to evidence-based facts on popular health and fitness topics in a concise, one-page format. ACE Fit Facts contain valuable information on a wide range of subjects, from nutrition to exercising outdoors, strength training, getting started with exercise, weight management, workplace wellness and more. This new resource offered collaboratively through NMCPHC & CPPD will provide Navy and Marine Corps health fitness professionals and service members with trusted, unbiased facts. Fit Facts can be downloaded and reproduced at no cost. For direct access to the ACE Fit Facts, visit the NMCPHC Active Living Downloads Page: <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living-downloads.aspx>

DON'T FORGET MAY IS NATIONAL FITNESS AND SPORTS MONTH



Celebrate Physical Fitness and Sports Month by promoting active living practices and initiatives at your command! The NMCPHC is prepared to provide you with the information and resources you need to help yourself and those around you be active and fit. For a complete listing of resources visit the [NMCPHC Active Living Page](#) and the [May HPW Toolbox for Physical Fitness and Sports!](#)

3. Popova L, Ling PM. Alternative Tobacco Product Use and Smoking Cessation: A National Study. Am J Public Health. 2013;103(5):923-930.