



November 7, 2014



Health Promotion and Wellness Friday Facts



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NOVEMBER IS TOBACCO FREE LIVING MONTH!



The NMCPHC HPW Department is celebrating Tobacco Free Living Month in November. This includes preventing initiation of tobacco use, reducing secondhand smoke exposure and supporting those who want to quit any form of tobacco. Remember, there is no safe level of tobacco use. Check out the [November HP Toolbox](#) for tools and information. This includes a reproducible material that debunks the [myths on e-cigarettes](#) and updated [activities](#) and [plan of the day](#) notes.

NMCPHC HOSTING A TOBACCO WEBINAR 12 NOV 14

In collaboration with the U.S. Air Force and the U.S. Marine Corps, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center (NMCPHC) will host a webinar entitled "Addressing Tobacco on a Military Installation: A Collaborative Approach to Reducing Use" in support of Tobacco Free Living Month. On 12 November 2014, from 1200-1300ET, join NMCPHC and guest speakers to discuss various methods to address tobacco use on military installations.



The webinar will be presented by:

- Dr. Mark Long, Ed.D., Health Promotion and Wellness Department, NMCPHC
- Col John Oh, USAF, MC, SFS, Chief, Health Promotion, Air Force Medical Support Agency
- Cathy Ficadenti, M.S., Branch Head, Semper Fit & Recreation, HQMC M&RA, Marine & Family Programs Division
- Anita Roberson, Branch Head, Merchandising, Marine Corps Exchange, HQ, NAF Business and Support Services
- Gary Miller, Advertising and Marketing Manager, Marine Corps Exchange, HQ, NAF Business and Support Services

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To register for the event, please email Melissa Cazaux at Melisaa.Cazaux.ctr@med.navy.mil. To view the webinar on the day of the event, click on or copy and paste the following link: <https://connect.dco.dod.mil/tobaccofreeliving/>.

GREAT AMERICAN SMOKEOUT CELEBRATED ON 20 NOV 14!



This year's Great American Smokeout is being held on 20 November. A variety of information and tools are available to encourage or support the quit. Check out the [Support the Quit Activity](#) on the Planning Ahead section of the November toolbox, which is a quitting competition for Sailors and Marines who wish to quit using tobacco. The contest asks tobacco users to quit for the day, week, or month. The graphics are intended to be used by the Sailors and Marines who choose to quit, or by colleagues, friends, or family

who'd like to support them. The graphics can be shared via social media channels, email, or by print out. The winning team earns special bragging rights and a certificate of accomplishment from the command. Other information and materials are available from the [American Cancer Society](#) and [Quit Tobacco- Make Everyone Proud](#).



THE CDC RELEASES NEW REPORT ASSESSING THE STATE OF THE NATION'S HEALTH

The [Centers for Disease Control and Prevention](#) (CDC) has published the [CDC National Health Report: Leading Sources of Morbidity, Mortality, and Associated Behavioral Risk and Protective Factors-United States, 2005-2013](#) as an addition to the [CDC Morbidity and Mortality Weekly Report](#) (MMWR). According to the CDC, the report "provides a concise review of the health of the U.S. population, with indicators that give a quick assessment on how well the United States is succeeding in addressing high-priority health issues. The report provides data on the 10 leading causes of death in the United States and discusses associated risk and protective factors."

VA CAREGIVER SUPPORT LINE WILL BE HOSTING "LIVE" BRIEF MEDITATION ACTIVITIES FOR NATIONAL FAMILY CAREGIVERS MONTH

In recognition of National Family Caregivers Month, the [VA Caregiver Support Line](#) is hosting "live" brief meditation activities via telephone throughout the month of November. This is a great opportunity for caregivers to take 10 minutes out of their busy schedules to focus on relaxing their mind and body. Every Wednesday at 8am, 12pm and 8pm Eastern Time, Caregivers are invited to call toll free 1-800-767-1750. When prompted, enter access code 73687 then press the # key. If you or someone you know could benefit from these events, please pass this information along.

DECEMBER IS IMPAIRED DRIVING PREVENTION MONTH!



The upcoming health observance for December will be Impaired Driving Prevention Month. In the coming weeks, check out the [December HP Toolbox](#) for new resources and tools; it's never too early to start planning. You can work with your local DAPA or safety office to promote responsible drinking and medication use and responsible decision-making.

IN THE NEWS

[Wounded Warriors Show Strength During Warrior Care Month](#) - Health.mil

[Army Develops App to Determine Body's Water Needs](#) - Health.mil