



November 8, 2013



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Health Promotion and Wellness Friday Facts



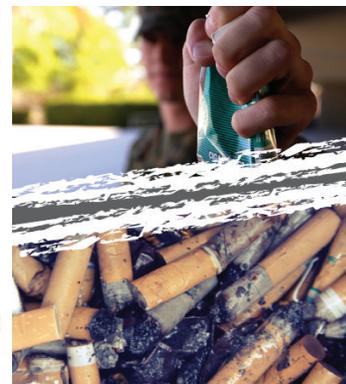
NOVEMBER IS TOBACCO FREE LIVING MONTH!



November is Tobacco Free Living Month and there are resources available to support your efforts to promote the month in the Health Promotion Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-november.aspx>

and the NMCPHC HPW Tobacco Free Living website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>

Also, Wounded, Ill and Injured Tobacco Resources may be found at: <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/tobacco.aspx>



GREAT AMERICAN SMOKEOUT 21 NOVEMBER!



The Great American Smokeout 2013 is almost here! Are you ready? Help Sailors and Marines access the resources and tools that will help them take the steps to successfully quit smoking and tobacco use or make a plan to quit smoking

by recognizing and participating with the Great American Smokeout on 21 November 2013.

During the Great American Smokeout, the Navy and Marine Corps, DoD and the American Cancer Society encourages smokers to quit smoking, if even for one day. More



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information, resources, and support to help smokers and tobacco users quit is available through the American Cancer Society's Great American Smokeout webpage at: <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/> and the DoD Quit Tobacco Make Everyone Proud campaign at: <http://www.ucanquit2.org/facts/gaso/default.aspx>.

NMCPHC is committed to providing Sailors, Marines, civilians and beneficiaries with the tools they need to quit tobacco. For smokers or other tobacco users who are ready to quit, NMCPHC provides tobacco cessation resources at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/ready-to-quit-tobacco.aspx>.



BLUE H NEWS - SCORE TOBACCO POINTS IN NOVEMBER



November is Tobacco Free Living Month. Score Blue H points using these resources:

- NMCPHC Tobacco website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>
- November HP Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-november.aspx>
- QTMEP at: www.ucanquit2.org
- Be Tobacco Free at: <http://betobaccofree.hhs.gov/>

For more information about the Navy Surgeon General's Blue H Award, go to: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

TRI-SERVICE "M-NEAT TRAINING" WEBINAR 11 DECEMBER 2013



The Navy and Marine Corps Public Health Center (NMCPHC) is co-sponsoring, with the U.S. Army Public Health Command (USAPHC) and the Air Force Medical Operations Agency (AFMOA), the webinar: "m-NEAT Training". Join us on 11 December 2013 from 1100-1230 EST to learn more about how to implement the Military Nutrition Environment Assessment Tool (m-NEAT) and how to use the results to develop a local action plan to make healthier food options available in your community.

We invite all DoD health promotion professionals, dietitians, food operators, commanding officers and other stakeholders who are interested in learning about how they can assess their environment to then make healthier food choices available in their community to attend the webinar.

Learning Objectives:

- 1) Describe how to access the m-NEAT
- 2) List the 3 phases of implementing the m-NEAT
- 3) Describe how to use the m-NEAT results

Webinar speakers include:

- Sally Vickers, MS, CHES, NMCPHC
- LTC Keelin, MS, RD, LDN, USAPHC
- Wendi Knowles, RD/LD, HAWC, Tinker AFB

Moderated by: Kelly Herron, MPH, NMCPHC

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1.5 Category 1 CECH. To register, visit: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>.



DISTRACTION, RELAXATION, LIFE SATISFACTION...



Learn the basics about each in NMCPHC's New Guide for Psychological Health and Emotional Well-being - "Helping Sailors and Marines Withstand, Recover and Grow."

This new Psychological Health booklet provides a basic roadmap for navigating life challenges beginning with a checklist of signs and symptoms of psychological health. This is followed by terms and concepts related to stress, a brief overview of the Operational Stress Control Zones, and then journeying on to a section on how mental and physical fitness impact resilience. The guide closes with tips for improving resilience and strategies for self-care, sleep, relaxation, and recovery. It is easy to read and an informative resource that can easily be adapted to a short presentation (perhaps, at this time of year, on holiday stress) or at a screening event. Be creative with it; highlight a section of interest at your command; use it for the plan of the day notes; and offer examples to go along with any section. [Click here to view.](#)

IN THE NEWS

- [Prevent Tobacco Use Before It Begins](#) - [Health.mil](#)