



October 10, 2014



Health Promotion and Wellness Friday Facts



NMCPHC HEALTH PROMOTION AND WELLNESS (HPW) ANNOUNCES FY15 HPW TRAINING OPPORTUNITIES



The NMCPHC HPW Dept. has posted the FY15 HPW Training Schedule on the NMCPHC HPW Training website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx> (click on HPW Training at the end of the first paragraph). The initial two full-weeks of training include:

Location: NEPMU5, San Diego, CA. (23-27 Feb. 2015)

- 23 Feb.: Navy HP Basics Course, Level II- for individual assigned as the HP Coordinator at smaller Fleet and Reserve Component commands. **The 8.0 hour online Navy HP Basics Course, Level I on NKO is the required prerequisite training to attend the Level II course. Information on how to access the Level I course on NKO can be found at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx>.**
- 24 Feb.: Choose Healthy Options for Wellness (CHOW) Course- full-day training, providing students with information on basic as well as more advanced nutrition topics.
- 25 Feb.: ShipShape Program Facilitator Training- Attendees must be at least an E-5 or civilian equivalent, be a non-tobacco user and serve as a role model for program participants. Active-duty attendees must be within BCA standards and have scored an excellent or above on the most recent PRT. **Additionally, attendance at either the NMCPHC CHOW Course or the Mission Nutrition training offered by Navy Fitness MWR staff are required prerequisite training to attend the ShipShape Facilitator Training, except for individuals who can provide evidence of a degree in nutrition.**
- 26 Feb.: Tobacco Cessation Facilitator Training: Attendees must be at least an E-4 and tobacco free for at least 6 months prior to attending.
- 27 Feb. (Half-day): Coaching for Healthy Behavior Change (previously “Patient-centered Prevention Counseling”): prepares students to deliver health behavior counseling that is focused on the patient’s needs and interests.

Continued on page 1

CONTENTS

- NMCPHC Health Promotion and Wellness (HPW) Announces FY15 HPW Training Opportunities
- National Depression Education and Awareness Month
- Coping with Loss After Suicide
- Save the Date: Webinar “ Addressing Tobacco on a Military Installation: A Collaborative Approach to Reducing Use” 12 November!
- Sleep Resources
- In The News

Continued from cover



Location: NEPMU2, Norfolk, VA (16-20 March 2015)

- 16-18 March: Navy HP & Wellness Course- for E-6s and above or civilians GS-9 and above. Seats in the course are limited, with priority given to HP & Wellness staff at the Navy MTFs and others in leadership positions at larger fleet or operational commands (aircraft carriers, CNIC, NPC, etc.), Semper Fit Coordinators and Navy Reserve Component OHSU HP and Wellness Directors.
- 19 March: Tobacco Cessation Facilitator Training- see attendee requirements above.
- 19 March: Choose Healthy Options for Wellness (CHOW) Course- see description above.
- 20 March: ShipShape Program Facilitator Training- see attendee requirements above.

For further information and/or to request a Quota Request Form to attend any of this training, send an E-mail to: HP-Training@NEHC.mar.med.navy.mil.

NATIONAL DEPRESSION EDUCATION AND AWARENESS MONTH



October is National Depression Education and Awareness Month. To support this health observance, inform those you serve about the potential causes, signs, symptoms, and treatment options for depression as well as the helping resources that are available. Individuals can click [here](#) to take an anonymous depression self-assessment which can be the first step in acknowledging that one should reach out for help. To learn more about depression, visit [afterdeployment](#) and the [Real Warriors Campaign](#). Depression resources are also available on the NMCPHC [HPW Psychological and Emotional Well-being Web page](#).

COPING WITH LOSS AFTER SUICIDE

The DoD and DoN observed September as Suicide Prevention Month. While promoting suicide prevention resources and messaging is important throughout the year, it is also important to remember that there are those who may be coping with the loss of a family member, friend, peer, or patient who died by suicide. Please access our [Coping with Loss After Suicide](#) article which talks about coping with loss, grief, and the helping resources available to assist those who are in need of support.

SAVE THE DATE: WEBINAR “ ADDRESSING TOBACCO ON A MILITARY INSTALLATION: A COLLABORATIVE APPROACH TO REDUCING USE” 12 NOVEMBER!



In collaboration with the United States Air Force and the United States Marine Corps, the Health Promotion and Wellness Department at the Navy and Marine Corps Public Health Center will host a webinar entitled “Addressing Tobacco on a Military Installation: A Collaborative Approach to Reducing Use” during November, Tobacco Free Living Month. On 12 November 2014, from 1200-1300 EST, join the NMCPHC and guest speakers Col John Oh of the USAF and Gary Miller, Anita Roberson and Cathy Ficadenti of the USMC to discuss various methods of reducing tobacco use on military Installations. Information regarding registration for the webinar will be posted, when available, at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>

SLEEP RESOURCES



Do you get enough shut eye every night? Having trouble getting to sleep or staying asleep? Do you address sleep as a concern for those you serve? Take a look at the NMCPHC Sleep webpage to find audio resources, handouts, posters, and materials that you may use. You'll find them at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/sleep.aspx>.

IN THE NEWS



[Hard-Hitting Impacts of Smoking on Women](#) - Health.mil

[How to Protect Yourself from the Human Papillomavirus](#) - Health.mil

Continued on page 2