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# Health Promotion and Wellness Friday Facts



## NMCPHC HPW Department Welcomes New Staff Member!



NMCPHC HPW Department welcomes Kelly Herron, MPH to its staff. Kelly holds a B.S in Nutrition/Biology and a MPH with a concentration in Health Promotion & Disease Prevention. Before joining NMCPHC, she worked as a National Recruitment Manager with Social & Scientific Systems Inc. (Durham, NC) for the CDC National Hospital Care Survey and as a Clinic Coordinator for Duke University Private Diagnostic (Durham, NC) primary care clinics. As a Health Educator for Harris County Public Health & Environmental Services (Houston, TX) and Case Manager for Louisiana State University- Huey P. Long Medical Center (Alexandria, LA), she provided HIV/STD education in rural and urban communities to underserved populations such as the homeless and incarcerated teens and adults. Welcome aboard Kelly!

## NMCPHC HPW DEPARTMENT HOSTING WEBINAR ON TOBACCO CESSATION: 19 NOVEMBER 2013



On 19 November 2013 (1200-1300 EST), the NMCPHC is sponsoring the webinar: "Tobacco Cessation with Less: Resources and Ideas to Use When Time, Staff and/or Money Are Limited." Join Tricare Management Activity's (TMA) You Can Quit 2/ Quit Tobacco Make Everyone Proud Campaign and the NMCPHC HPW Department to learn about resources, programs, and tools to address tobacco use in an environment with limited resources. The webinar is targeted toward Navy and Marine Corps leaders, health promotion staff and educators, and public health professionals so they can learn more about these resources to create new programming or better existing tobacco programming for Sailors, Marines, and their families. If you are interested in attending, please accept the calendar invite or email [tobacco\\_cessation@nmcpHC.med.navy.mil](mailto:tobacco_cessation@nmcpHC.med.navy.mil).





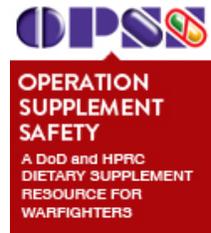
## DOD ADVISES AGAINST USING SUPPLEMENTS LABELED OXYELITE PRO



The Department of Defense is advising all Service members and their families to follow Centers for Disease Control and Prevention (CDC) and Food and Drug Administration (FDA) guidance to stop using any dietary supplement labeled OxyElite Pro. The Department is participating in an investigation with the CDC, FDA and Hawaii Department of Health on the acute hepatitis and liver failure of individuals who may have taken OxyElite Pro. As a precaution, the Department has ordered the removal of all OxyElite Pro products from bases.

Service members and their families who believe they have been harmed by the use of this product should contact their health care provider. Health care providers are asked to report any adverse events related to the use of OxyElite Pro to the FDA’s MedWatch Safety Information and Adverse Reporting Program at [www.fda.gov/MedWatch/report.htm](http://www.fda.gov/MedWatch/report.htm).

To get the facts and learn more about Dietary Supplements, go to the DoD Operation Supplement Safety webpage on the Human Performance Resource Center website at: <http://hprc-online.org/dietary-supplements/opss>.



The Human Performance Resource Center also provides free access to the Natural Medicines Comprehensive Database. The Database provides you with evidence-based answers on thousands of natural medicines and alternative therapies. The Database is updated daily and gives you answers on safety, effectiveness, adverse reactions, drug interactions, and more. To set up an account and gain access to the Database, go to: <http://hprc-online.org/dietary-supplements/natural-medicines-comprehensive-database>.

## SATURDAY, OCTOBER 26, 2013 IS NATIONAL DRUG TAKE BACK DAY



This coming Saturday, October 26, is National Drug Take Back Day, a safe way to dispose of prescription medications so they are not misused or abused. The Navy considers prescription drugs to be inappropriately used when they are used outside of their intended purpose, beyond

the prescribed date, in excess of prescribed dosing regimen, or when you use another person’s prescription medication(s). In addition to avoiding misuse and abuse,



properly disposing of medications also prevents environmental contamination. Sites will be open from 1000-1400. To locate a collection site near you, visit: [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/).

## INTRODUCING “SUICIDE AT A GLANCE” INFOGRAPHIC



The NMCPHC HPW Department is excited to announce our newest suicide awareness and prevention resource. Our suicide infographic provides a quick and clear way to increase knowledge of suicide and suicide-related behaviors including knowledge of risk factors and protective factors, how to help someone at risk for suicide or suicide-related behaviors and where to seek assistance. We encourage you to share this resource with others, especially through your social media outlets. This item is accessible on our suicide prevention webpage at: [http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Suicide\\_Infographic.pdf](http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Suicide_Infographic.pdf).



## USS GEORGE WASHINGTON SEES VALUE IN USING THE FLEET & MARINE CORPS HEALTH RISK ASSESSMENT (FMCHRA) FOR PROGRAM PLANNING PURPOSES

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According to LT Matthew Evan, physical therapist onboard the USS George Washington (CVN 73), having the members of their crew complete the FMCHRA helps their health promotion committee identify health risks and tailor their health promotion program plan to meet the needs of the crew. Read more about how the ship uses the tool for program planning purposes at: [http://www.navy.mil/submit/display.asp?story\\_id=77025](http://www.navy.mil/submit/display.asp?story_id=77025).

Learn more about the FMCHRA at : <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>.

### IN THE NEWS

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- Do Weight Loss Supplements Work? - Health.mil