



September 12, 2014



Health Promotion and Wellness Friday Facts



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CONNECTING THE DOTS: NEW AND UPDATED RESOURCES FOR TAILORED SUICIDE PREVENTION EFFORTS WEBINAR - 15 SEPTEMBER 2014



In collaboration with the Navy Suicide Prevention Branch (OPNAV N171), the NMCPHC Health Promotion and Wellness Department will host a webinar to discuss new and updated suicide prevention resources. This webinar is targeted to a wide audience including command suicide prevention coordinators, transient personnel unit staff, chaplains, first responders, primary care and behavioral health providers, and Navy and Marine Corps health professionals, health educators and health promotion coordinators.

The webinar will be presented by:

- Mr. Steve Holton, Deputy Director, OPNAV N171
- CAPT Julie Miller, Ph.D., Medical SME/Technical Consultant, OPNAV N171
- Ms. Caroline Miles, MSc., Strategic Communications, OPNAV N171
- Dr. Mark Long, Ed.D., Health Promotion and Wellness Department, NMCPHC

The webinar will be moderated by:

- Ms. Kaleena Huggins, MPH, Public Health Educator, Health Promotion and Wellness Department, NMCPHC

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Objectives:

- Understand the public health approach to suicide prevention
- Understand the “connecting the dots” concept and how it applies to “Every Sailor, Every Day”
- Provide an overview of the Department of Veterans Affairs Safety Plan and the Columbia Suicide Severity Rating Scale as evidence-based suicide prevention tools and training
- Discuss strategies for enhancing your command’s suicide prevention program

To register for the event, please email Danielle Garfield at Danielle.Garfield.ctr@med.navy.mil and Kate Geusic at Kate.Geusic.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/r5gqvevou2a/>.

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH.

WEBINAR: SUICIDE IN MILITARY AND VETERAN POPULATIONS: IMPLICATIONS FOR CHAPLAINS, HEALTH CARE PROVIDERS AND LEADERS SEPTEMBER 25, 2014; 1-2:30 P.M. (EDT)

Suicide is the 10th leading cause of death in the United States and accounts for nearly 40,000 deaths each year, according to the most recent statistics from [Centers for Disease Control and Prevention](http://www.cdc.gov). In the military and veteran populations, individuals may seek care from chaplains and mental health professionals.

This webinar presentation will begin with a description of the epidemiology of suicide in the United States, with a specific focus on suicide among service members and veterans. An epidemiologic foundation of suicide provides context to understanding how current research relates to a variety of prevention strategies.

The discussion will include the role and approach of chaplains to suicide prevention in the military. Using data from a survey of chaplains in the Army, this overview will review suicide prevention efforts and factors that may enhance or constrain effective support. The presentation will conclude with recommendations from policy and research perspectives on how the military and civilian communities can bolster suicide prevention efforts.

During this webinar, participants will learn to:

- Quantify the burden of suicide and explain the impact on military and veteran populations
- Describe the research evidence of suicide prevention and the relevancy to the military chaplain community
- Examine chaplain encounters with suicidality in the military and VA and their preparation to support the health care team
- Recognize the benefit of incorporating chaplains into addressing suicide throughout the suicide cycle

Presenters

- Jason Nieuwsma, Ph.D.
Associate Director, VA Mental Health and Chaplaincy
Assistant Professor, Duke University Medical Center, Veterans Integrated Service Network (VISN) 6 Mental Illness Research, Education and Clinical Center (MIRECC)
Durham, N.C.
- Rajeev Ramchand, Ph.D.
Senior Behavioral Scientist, RAND Corporation
Faculty, Pardee RAND Graduate School
Arlington, Va.

Moderator

- Dr. Jeffrey E. Rhodes, D.Min.
Contract Support, Psychological Health Promotion, Deployment Health Clinical Center
Bethesda, Md.

Continuing Education

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Continuing education credit is available from Duke Medicine. You must register on or before September 25, 2014, at 3 p.m. (EDT) to qualify for the receipt of continuing education credit.

To qualify for receipt of continuing education credit for applicable webinars, eligible participants must create a profile in the Duke Medicine Learning Management System and register for the event on, or before, the event registration deadline. Complete responses to all pre-registration questions are required to be eligible to receive credit for attending this event. For guidance on creating a user account and event registration in the Duke Medicine Learning Management System site, please visit https://www.dcri.org/cee/education/ethosce-learning-center/EthosCE_Fundamentals.pdf.

DCoE's awarding of continuing education credit is limited in scope to health care providers who actively provide psychological health and traumatic brain injury care to U.S. active-duty service members, reservists, National Guardsmen, military veterans and/or their families.

For additional details, please visit <http://www.dcoe.mil/Libraries/Documents/DCoE-Monthly-Webinar-Series-Continuing-Education-Accreditation-April-2014.pdf>.

Registration

Sign up for the webinar at <http://continuingeducation.dcri.duke.edu/suicide-military-and-veteran-populations-implications-chaplains-health-care-providers-and-leaders>.

COMMUNITY PREVENTIVE SERVICES TASK FORCE (TASK FORCE) RELEASES NEW RECOMMENDATION REGARDING PREDIABETES

The Community Preventive Services Task Force (Task Force) released the following findings on: [Diabetes Prevention and Control: Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes among People at Increased Risk](#):

The Task Force [recommends](#) combined diet and physical activity promotion programs for people at increased risk of type 2 diabetes based on strong evidence of effectiveness in reducing new-onset diabetes. Combined diet and physical activity promotion programs also increase the likelihood of reverting to normal blood sugar levels and improve diabetes and cardiovascular disease risk factors, including overweight, high blood glucose, high blood pressure, and abnormal lipid profile.

The number of people with diabetes and prediabetes continues to increase. It is critical that new cases of diabetes are prevented. The current facts are clear (CDC):

- 29 million Americans have diabetes; 8.1 million (27.8%) of whom don't know they have it.
- 86 million Americans have prediabetes, but only 11% know they have it.
- Diabetes can lead to other serious health complications including heart disease, stroke, blindness, kidney failure, and lower extremity amputations
- Diabetes is the seventh leading cause of death in the U.S.
- Recent estimates show that direct and indirect costs for diabetes in the U.S. were \$245 billion in 2012

Go to: <http://www.thecommunityguide.org/news/2014/diabetes-DietPA.html> to learn more about the Task Force recommendation.

PREDIABETES: ARE YOU AT RISK?

The Centers for Disease Control and Prevention (CDC) estimates that 1 of every 3 American adults had prediabetes in 2010. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.

Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58% in people with prediabetes. Modest weight loss means 5% to 7% of body weight, which is 10

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to 14

pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important.

The lifestyle change program offered through the [National Diabetes Prevention Program](#)—led by CDC—can help participants adopt the healthy habits needed to prevent type 2 diabetes. Trained lifestyle coaches lead classes to help participants improve their food choices, increase physical activity, and learn coping skills to maintain weight loss and healthy lifestyle changes.

Find out what the risk factors are for prediabetes and learn more about the CDC’s National Diabetes Prevention Program at: <http://www.cdc.gov/diabetes/prevention/prediabetes.htm>.

IN THE NEWS

[Army Dentists Fight Uphill Battle Against Sugar](#) - ArmyMedicine.mil

[Exercise Can Enhance Mental Health](#) - Health.mil

[You Are Virtually Invited](#) - DCoE.mil

[Part 1 of a Series: Navy Petty Officer Considers Suicide](#) - Defense.gov

[Marine Hotline Helps Battle Buddies Overcome Crises](#) - Health.mil

[DoD to Increase Childhood Obesity Prevention Effort](#) - Health.mil

[Signs of Suicide: How to Help](#) - DCoE.mil

[Suicide Prevention Means Watching Out for Each Other](#) - Health.mil

[Outreach Center Connects Warfighters with TBI Resources](#) - Health.mil