



September 26, 2014



Health Promotion and Wellness Friday Facts



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CDC MILLION HEARTS® OFFERS RECOGNITION FOR HYPERTENSION CONTROL RATES!

High blood pressure is out of control for too many Americans. The latest data show that nearly 1 in 3 American adults—approximately 70 million—has high blood pressure, and more than half don’t have it under control. The CDC Million Hearts® is recognizing Hypertension Control Champions for their success in achieving hypertension control among their patient populations with high blood pressure. Is your MTF a Champion? Clinicians, practices, and health systems that provide primary care and have achieved hypertension control rates greater than 70% are eligible to enter. Contact NMCPHC-HTNChamps@med.navy.mil to share your success working with patients and we will calculate your hypertension control rate and assist with your submission!

“EXPRESSIONS OF GRATITUDE GO A LONG WAY” BLOG POST ON NAVY MEDICINE LIVE

Gratitude can go a long way to enhancing well-being and getting through daily life. Check out this article from Navy Medicine Live by LT Jay Morrison from Naval Hospital Guam: <http://navymedicine.navylive.dodlive.mil/archives/7135>

THAT GUY CAMPAIGN ANNOUNCES NEW AND IMPROVED WEBSITE

The That Guy Campaign announced the launch of its new and improved That Guy website: www.ThatGuy.com! It has exciting new content and features and the redesigned website brings the consequences of being That Guy or That Girl to life with a variety of interactive and social media experiences.





CDC'S CLINICAL PREVENTIVE SERVICES INFOGRAPHIC FOR PARENTS



Looking for something to encourage parents (and providers) to promote early clinical screening? CDC has created this new Infographic that provides information on effective screening for children and adolescents: <http://www.cdc.gov/childpreventiveservices/infographic-parents.html>.

THIS SATURDAY, 27 SEPTEMBER 2014, IS NATIONAL TAKE-BACK DAY

Don't forget to turn in your unused or expired meds free of charge on September 27 from 1000 to 1400 at participating Navy Medicine facilities and local pharmacies. Visit www.dea.gov and click on the "Got Drugs?" banner at the top of the home page to find a participating location near you. For more information visit: http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.



IN THE NEWS

[Clean Out Your Medicine Cabinet for Medication Take Back Day](#) - Health.mil

[DCoE Team Member Opens Up About Loss of Loved One to Suicide: 'This Year, I'm Not Crying.'](#) - DCoE.mil

[In Case You Missed It: TBI Global Synapse Highlights](#) - DCoE.mil

[Stay Healthy By Eating Right, Exercising More and Getting Restful Sleep](#) - DCoE.mil

[Part 2 of a Series: Navy Petty Officer Considers Suicide](#) - Defense.gov

[Part 3 of a Series: Navy Petty Officer Considers Suicide](#) - Defense.gov

[Studies Link Lack of Sleep to Greater Suicide Risk](#) - Health.mil

[TRICARE Shines Light on Suicide Prevention](#) - Health.mil

[Peer Support Network Ignites Calls for Expansion](#) - Health.mil

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