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Health Promotion and Wellness Friday Facts



SUICIDE PREVENTION MONTH RESOURCES



September is recognized by the DoD and the Navy as Suicide Prevention Month. This observance provides an opportunity for health promotion coordinators and educators to increase suicide prevention awareness among the Sailors and Marines whom they serve. This year's theme, "Thrive in Your Community," emphasizes the importance of a community approach to addressing the issue of suicide and the role each of us can play in helping a service member in distress.

Feeling connected to a group can serve as a protective factor against suicide. Involvement in one's community can improve an individual's sense of purpose by allowing one to contribute to the greater good. It also allows community members to assist those who may be in need of a helping hand. Help your Sailors and Marines thrive by giving them the tools to build a stable, supportive community as well as encourage community involvement through activities such as volunteering, coaching, local recreation leagues or faith-based groups.

For more information on how you or someone you know can Thrive in Your Community, visit the [Navy Suicide Prevention webpage](#).

For additional suicide prevention and awareness and psychological and emotional well-being resources, visit the NMCPHC [Psychological and Emotional Well-Being webpage](#).

IN THE NEWS

- [Message from Secretary Hagel on Suicide Prevention Month](#)
- [Defense Department Releases Crisis Support Guide for Families](#)
- [How to Answer Security Clearance Question on Psychological Health](#)
- [Lunches with Punch: Packing Healthy, Energizing Back-to-School Meals](#)

BLUE H NEWS: WEB-BASED HEALTH INTEREST QUESTIONNAIRE (HIQ) IS NO LONGER AVAILABLE



As you know, there is a Blue H criterion which rewards you for assessing what health promotion programs and activities your people are interested in. It's called the Health Interest Questionnaire (HIQ) [not to be confused with the Health Risk Assessment (HRA)]. Commands which collect HIQ responses from at least 25% of their staff/crew during a year, earn Blue H points for that year.

To help you perform this task and easily analyze your results, NMCPHC has historically offered two tools -- a web-based HIQ on Survey Monkey and a paper version of that tool. Another option has also been, of course, to design your own tool and mechanism for analyzing your results.

We have recently been informed that web-based tools, such as those developed on Survey Monkey, may no longer be used, and the tool have been disabled. If you have already begun collecting responses during 2013 using the HIQ web-based tool, we can still send a report your results to date.

The paper-based tool is still available at: http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/general-tools-and-programs/Health_Interest_Questionnaire_form.pdf

BLUE H NEWS: WHY ARE SOME WORKSHEET CELLS LOCKED? THE BLUE H WORKSHEET HAS A NEW FEATURE FOR 2013



Some cells in column C ("max score") are colored GREEN and locked at zero - these are the military-only criteria. The cell beside these green cells (in column D - "my score") are locked at zero until you enter your military staff-size in cell F4. For commands with 10 or fewer military staff, the spreadsheet locks and disregards all "green" criteria when computing the Blue H score. If a command enters the value 11 (or more) for military staff size in cell F4, the spreadsheet auto-enters a value for "max score" in all green cells and unlocks the cell "my score" for those criteria. They are now "live" and counted toward your Blue H score.

Similarly, you may notice some cells in column C are colored BLUE and locked at zero. These are the civilian-only criteria. These cells are locked until you enter the size of your civilian staff in cell F5. For commands with 10 or fewer civilian staff, the spreadsheet locks and disregards the "blue" criteria when computing the Blue H score. If a command enters the value 11 (or more) for civilian staff-size in cell F5, the spreadsheet auto-enters a value for "max score" in all blue cells and unlocks the cell "my score" for those criteria. They are now "live" and counted toward your Blue H score.

This system was established to avoid penalizing commands with zero military staff (or zero civilian staff), since these commands cannot possibly score any Blue H points for those military-only (or civilian-only) criteria. Furthermore, in commands with a very small (<11) military staff (or civilian staff), members may be reluctant to complete the HRA fearing loss of anonymity, resulting in missed Blue H points.

We hope this information is helpful. Thank you for promoting and protecting the health of our people.

For more information visit the [Blue H homepage](#).





MOVING FORWARD-OVERCOMING LIFE'S OBSTACLES



Moving Forward, a self-help web course at www.StartMovingForward.org, is a joint development of the Department of Defense and Veterans Affairs to teach skills for overcoming life problems. The site, launched in November, 2012, was designed for military service members, veterans and their families. The interactive training course has eight modules that progressively teach the visitor a step-by-step method to solve problems. It helps a person better understand their own problem-solving abilities and teaches new skills to overcome the challenges of solving things from daily nuisances to making major

decisions. The training program features first-person stories, video exercises, surveys and resources to help anyone understand the importance of problem-solving skills.

The course can be used on a mobile tablet but is not optimized for a smart phone. A companion mobile application, planned for release in early 2014, will provide quick, streamlined access to the training and tools of the web course.

The website is a collaborative effort of the Department of Defense National Center for Telehealth and Technology and the Department of Veterans Affairs Mental Health Informatics Section. The site was developed as part of the Integrated Mental Health Strategy, a joint initiative of the two departments.

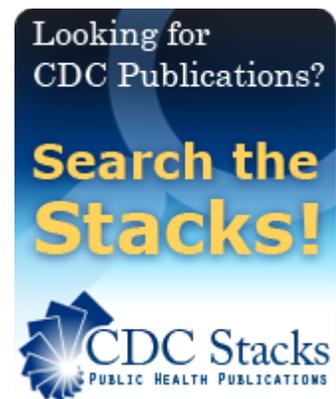
RESOURCES FROM THE CENTERS FOR DISEASE CONTROL (CDC)



1. The [CDC Learning Connection](#) provides free access to learning products and training resources from across the public health community. Users can browse monthly spotlights on public health topics and mobile lessons on the go, and access CDC TRAIN, the most comprehensive catalog of public health learning products in the nation. Health professionals can sign up for a free CDC TRAIN account and search through thousands of online courses, including continuing education courses.

2. [CDC Stacks](#) is a free, digital library of CDC scientific research and literature, compiling more than 10,000 publications on a range of public health topics. Users can narrow their search by browsing one of the [collections](#), such as MMWR:The First 30 Years, Open Access Articles, and others. The Guidelines and Recommendations collection is a one-stop shop for the latest clinical and public health guidelines.

3. Check out the [FNCS Recipe Box](#), the CDC's new webpage full of quick, delicious, cost-effective recipes for every type of cook. You'll find a wealth of nutrition information at the [Recipe Box](#). It consolidates the nutritious (and tasty) know-how of USDA's Food Nutrition and Consumer Services agencies, Food and Nutrition Service, and the Center for Nutrition Policy and Promotion.



From one central location, the new webpage greatly improves access to healthy nutrition information already available from USDA, by offering it in one central location. Hundreds of low-cost recipes are available on the site, plus state-of-the-art nutrition guidance – including a host of kid-friendly recipe ideas developed during the First Lady's Let's Move! Recipes for Healthy Kids Challenge.

Encouraging Americans of all ages to make healthy nutrition choices is a key focus of [USDA's Food and Nutrition Service](#) and the [Center for Nutrition Policy and Promotion](#).