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# Health Promotion and Wellness Friday Facts



## NMCPHC HPW DEPARTMENT'S OCTOBER WEBINAR: TOOLS TO ENHANCE PSYCHOLOGICAL AND EMOTIONAL WELL-BEING



The Navy and Marine Corps Public Health Center (NMCPHC) is sponsoring the webinar: "Tools to Enhance Psychological and Emotional Well-being." Join us on Tuesday, 8 October 2013 from 1200-1300 EST when the National Center for Telehealth and Technology (T2) and NMCPHC Health Promotion and Wellness (HPW) Department will present mobile applications and web-based programs available to Sailors and Marines that assist in the development and increased use of

positive coping skills.

During October's webinar, T2 and NMCPHC's HPW Department will highlight the psychological and emotional well-being enhancement tools and resources available to Sailors and Marines. The panel will discuss the target audiences for these tools and resources, and how the programs can enhance the use of positive coping skills. The panel will also conduct a demonstration of the tools that showcase their features and operation. We invite Navy and Marine Corps leaders, health promotion staff and educators, and public health professionals to participate in this webinar so they can learn more about these resources and share them with the Sailors, Marines and beneficiaries they support.

Webinar speakers include:

- Dr. David Cooper, Ph.D., National Center for Telehealth and Technology
- Dr. Mark Long, Ed.D., Health Promotion and Wellness Dept., NMCPHC
- Brandi Alford, MPH, CHES, Health Promotion and Wellness Dept., NMCPHC
- Valerie Kirby, MS, Health Promotion and Wellness Dept., NMCPHC
- Moderated by: Ms. Kaleena Huggins, MPH, NMCPHC Public Health Educator

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH. To register for the event, email Melinda Lockhart at [Melinda.Lockhart.ctr@med.navy.mil](mailto:Melinda.Lockhart.ctr@med.navy.mil).

## NMCPHC ANNOUNCES FY14 HEALTH PROMOTION AND WELLNESS (HPW) TRAINING CALENDAR

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The calendar of scheduled HPW Training that will be offered by the NMCPHC has been posted on the NMCPHC HPW website. The HPW Training Calendar includes dates for general HP Training, such as the one-day Navy HP Basics Course, Level II and the three-day Navy HP & Wellness Course, as well as training for specific program areas, such as Tobacco Cessation Facilitator Training, ShipShape Program Facilitator Training, the CHOW nutrition course and Patient-centered Prevention Counseling.

Find the NMCPHC HPW Training Calendar at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training>

For information, send an E-mail to: [HP-Training@nehc.mar.med.navy.mil](mailto:HP-Training@nehc.mar.med.navy.mil)

## RAISING AWARENESS OF SLEEP AS A HEALTHY BEHAVIOR

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The CDC recently published an article in their “Preventing Chronic Disease” describing sleep as an essential component of health, and stating that its timing, duration, and quality are critical determinants of health. The article includes information about how much sleep is needed, why sleep is a public health issue, strategies to improve awareness of this public health issue and finally a Call to Action. Read the entire article at: [http://www.cdc.gov/pcd/issues/2013/13\\_0081](http://www.cdc.gov/pcd/issues/2013/13_0081).

For resources regarding sleep, go to:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/sleep>

or

<http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/sleep>

## MHS BLOG ADDRESSES HEALTHY BASE INITIATIVE

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Don't miss this blog that describes the MHS Healthy Base Initiative, the Healthy Lifestyle Program targeting the military community at: [http://www.health.mil/blog/13-09-09/Healthy\\_Lifestyle\\_Program\\_Targets\\_Military\\_Community](http://www.health.mil/blog/13-09-09/Healthy_Lifestyle_Program_Targets_Military_Community)

## IN THE NEWS

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- Sleep Disorders Common in Service Members, Treatment Available - **Health.mil**
- Defense Department Conducting Review of Suicide Prevention Efforts - **Health.mil**