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Health Promotion and Wellness

NMCPHC HPW Training Program Catalog of External Opportunities

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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

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Overview

Background and Document Purpose

The purpose of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department's Training Program is to equip Navy and Marine Corps command personnel with the tools, education, and programmatic materials required to deliver best-practice programs and interventions at the local command level. The HPW Training Program is comprised of a combination of in-person courses, online opportunities, and read-ahead and supplemental materials. Specific details on the HPW Training Program, including course descriptions, may be found on the HPW Training Program website.

Some personnel may wish to extend their knowledge of particular topics covered in the NMCPHC HPW Training Program courses. To that end, the HPW Department compiled a list of related learning opportunities, offered via federal agencies free of charge. There may be other training opportunities available that are not listed here, including those from universities, for-profit organizations, and others. Additionally, other trainings listed on the sites referenced below may charge a fee.

- The courses listed in this document include trainings from various Department of Defense (DoD) organizations, other federal government organizations, and Swank HealthCare in partnership with Navy Medicine. Personnel interested in taking any of these trainings should note the following: NMCPHC HPW does not mandate or monitor participation in these courses, nor are these courses pre-requisites or substitutes for any of the courses offered by the NMCPHC HPW Training Program.
- Some of these courses may be taken for continuing education units (CEUs). Contact the course owner for more information or your certifying body/agency.

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NMCPHC HPW Training Program External Training Opportunities

General Health Promotion Trainings

The external training opportunities listed in Table 1 below include content related to general health promotion.

Table 1. General Health Promotion External Trainings

Organization	Course Title	Course Description	Format	Registration	Link to Training
Center for Deployment Psychology	Military Culture: Core Competencies for Health Professionals	Four modules: self-assessment/introduction to military ethos; military organization and roles; stressors and resources; treatment resources and tools.	Online	Requires a TRAIN account; instructions available via Center for Deployment Psychology link	http://deploymentpsych.org/military-culture-course-modules
Centers for Disease Control and Prevention (CDC)	Health Literacy for Public Health Professionals	The goal of Health Literacy for Public Health Professionals is to introduce participants to the fundamentals of health literacy and demonstrate the importance of health literacy within public health practice.	Online	Sign up via CDC Training and Continuing Education Online	http://www2a.cdc.gov/TCEOnline/
CDC	Improving the Health of Communities Through the National Prevention Strategy	Through these seven webinars, participants will learn specific, evidence-based practices that will help align their individual health care practice or community based efforts with the National Prevention Strategy priorities and Affordable Care Act goals of moving our nation to one that is focused on prevention and health.	Online	Sign up via CDC Learning Connection	http://www.cdc.gov/Learning/
CDC	Preventive Medicine and Public Health Issues Series	This is a series of seven webinars on preventive medicine and public health issues. The presentations provide an overview of Health Resources and Services Administration (HRSA) and CDC strategies to integrate public health	Online	Sign up via CDC Learning Connection	http://www.cdc.gov/Learning/

Organization	Course Title	Course Description	Format	Registration	Link to Training
		into primary health care at the national level, and examples of successful strategies carried out by preventive medicine faculty, residents, and HRSA's Bureau of Primary Health Care.			
CDC	Spokesperson Training	Prepares public health professionals to deliver messaging about their activities in communities. The course covers the role of the spokesperson and crafting messages for media opportunities. Participants will learn about current audience research and message testing. Opportunities to practice with new information and put knowledge into context are a core part of the course.	Online	Sign up for via CDC Learning Connection	http://www.cdc.gov/Learning/
CDC	Use of Social Media for Health Promotion	An overview of using social media for health promotion.	Online	Access via CDC Train site	https://cdc.train.org/DesktopShell.aspx
CDC	Health Literacy and Public Health	Introduces the concept of health literacy; provides strategies for considering literacy when creating public health messages for the general public; provides strategies for considering literacy in direct public health services.	Online	Access via CDC Train site	https://cdc.train.org/DesktopShell.aspx

Tobacco Cessation Trainings

The external training opportunities listed in Table 2 below include content to supplement the Tobacco Cessation Facilitator Training course.

Table 2. Tobacco Cessation External Trainings

Organization	Course Title	Course Description	Format	Registration	Link to Training
CDC	Smoking Cessation for Pregnancy and Beyond: A Virtual Clinic	An updated online training, based on the "Virtual Practicum" model. The training is intended for health care professionals who will be assisting their female patients in quitting smoking, in particular, patients who are pregnant or in their child-bearing years.	Online	Sign up for account via CDC Learning Connection	http://www.cdc.gov/Learning/

Organization	Course Title	Course Description	Format	Registration	Link to Training
CDC	Tobacco Awareness for Public Health Professionals	This course provides a foundation for understanding the public health effects and impact of tobacco use and reasons for integrating tobacco use intervention into public health programs.	Online	Access via CDC Train site	https://cdc.train.org/DesktopShell.aspx
CDC	Tobacco Treatment Toolkit/Tobacco Assessment Toolkit	This course is for public health professionals to learn evidence based, public health tobacco treatments. The program provides participants evidenced based clinical treatment interventions toolkit to help people who have decided to stop using tobacco.	Online	Access via CDC Train site	https://cdc.train.org/DesktopShell.aspx

Weight Loss, Weight Management, and Nutrition Trainings

The external training opportunities listed in Table 3 below include content related to the ShipShape Program Facilitator Training course.

Table 3. Weight Loss, Weight Management, and Nutrition-Related External Trainings

Organization	Course	Description	Format	Registration	Link to Training
CDC	Making the 5As Work in Your Health Center	This Quick Learn lesson will take approximately 15 to 20 minutes to complete. When you are finished, you will be able to identify the components of the "5As" as a program that could help women become healthy.	Online	Access via CDC Train site	https://cdc.train.org/DesktopShell.aspx
CDC	National Association of Chronic Disease Directors (NACDD) General Member Webinar: Healthy Restaurant Meals and Practices	NACDD's General Member Webinars provide technical assistance, training and continuing education within 1 or more of each chronic disease domains.	Online	Sign up for via CDC Learning Connection	http://www.cdc.gov/Learning/

Organization	Course	Description	Format	Registration	Link to Training
Swank HealthCare	Nutrition and Bone Health	Describe osteoporosis, what causes the low bone mass, and ways to diagnosis a patient's bone health. Recognize ways to manage the disorder through proper nutrition, intake of vitamin D and calcium along with other dietary sources. Identify bone fracture risks, patients who should be screened, and other nutrients to prevent osteoporosis including the effects from drinking tea on bones.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	Setting Goals and Decision-Making for the Dietician	Discusses the elements of goal setting and efficiency for the dietician. Includes a list of the myths associated with time management, the truth about multitasking, and an overview of goal setting, prioritizing, planning, and evaluation in practice.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	Dietary Antioxidants and Supplements	Discusses the use of dietary antioxidants in human health, the effects of specific antioxidants, use of the Biophotonic Antioxidant Laser Scanner for antioxidant assessments, as well as foods and supplements that enhance antioxidant levels.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	Tips for Eating Healthy When Eating Out	Discuss how to maintain healthy eating while eating out and avoid large portion sizes.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	New US. Food and Drug Administration Food	This document explains how to consume fewer calories, make informed food choices, be	Online	Log-in instructions for	https://navy.swankhealth.com/

Organization	Course	Description	Format	Registration	Link to Training
	Plate Guidelines	physically active to attain and maintain a healthy weight, reduce risk of chronic disease and promote overall health.		BUMED/Non-BUMED Personnel available on Swank Healthcare site	

Other Relevant External Training

The external training opportunities listed in Table 4 below include content that may be relevant for health promotion professionals.

Table 4. Other Relevant External Trainings

Organization	Course	Description	Format	Registration	Link to Training
Swank HealthCare	Motivational Interviewing	Discusses the purpose and rationale of motivational interviewing (MI), and the key concepts of MI; identifies principles of MI and the role of language, as well as the importance of patient self-interest to the process of effective healthcare.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	Diabetes Self-Management	Identifies diabetes risk factors, types of diabetes mellitus (DM), the physical processes involved in developing diabetes, signs and symptoms, complications, preventive lifestyle choices, as well as DM management strategies, including regular medical monitoring of blood pressure, nerve sensations in the feet or hands, cholesterol and blood sugar levels, and eye	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/

Organization	Course	Description	Format	Registration	Link to Training
		exams.			
Swank HealthCare	A Look at the Diabetes Process	Explains the disease process of diabetes, how diabetes affects the world including Americans, and the various types of diabetes.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	Cut Down on Drinking	This document helps the patient assess drinking patterns, identify the need to reduce or eliminate drinking alcohol, and steps to modify and monitor drinking behaviors.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	Understanding Heart Disease	This document explains heart disease, heart attack symptoms, medical tests for heart-related issues, treatment options, risk factors for heart disease, and strategies to address modifiable risk factors.	Online	Log-in instructions for BUMED/Non-BUMED Personnel available on Swank Healthcare site	https://navy.swankhealth.com/
Swank HealthCare	Legal Issues: Professional Standards and Social Media	Examines professional standards for healthcare teams, and legal issues related to social media in the healthcare setting. Addresses patient confidentiality and privacy protections, and	Online	Log-in instructions for BUMED/Non-BUMED	https://navy.swankhealth.com/

Organization	Course	Description	Format	Registration	Link to Training
		common myths and misunderstandings about social media, as well as avoiding legal problems related to confidentiality and privacy breaches via social media used by healthcare providers.		Personnel available on Swank Healthcare site	