

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

JANUARY 27, 2012



FRIDAY FACTS

2012 Armed Forces Public Health Conference Cancelled!



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The Armed Forces Public Health Conference (AFPHC) that was to be held 1-8 June 2012 at the Town & Country Resort in San Diego, CA has been cancelled due to funding constraints. Currently, the plan is to reconvene the Armed Forces Public Health Conference in 2013. We will continue to update our conference web-page (http://www.nmcphc.med.navy.mil/Public_Health_Conference/) with updates and details as information on 2013 is made available.

Navy Health Promotion Training Scheduled in San Diego, CA, 27 February-2 March 2012

The Navy and Marine Corps Public Health Center will be sponsoring a full week of Health Promotion Training at the Navy Environmental and Preventive Medicine Unit Five, Naval Station San Diego, CA. Training will commence on Monday, 27 Feb. 2012 and end on Friday, 2 March. All courses will begin promptly at 0800. The training will include:

Navy Health Promotion Basics Course, Level II- Monday, 27 Feb.: This "hands-on" Level II course is for those individuals who have completed the prerequisite online Navy Health Promotion Basics Course, Level I available on NKO. Completing both the Level I and Level II Navy Health Promotion Basics Courses prepares the students to coordinate the process of planning, implementing, and evaluating an effective Health Promotion Program at their command. Learn more about this training at:

http://www.nmcphc.med.navy.mil/Healthy_Living/Training/healthpromotion_basics_course.aspx

Target audience: anyone who has been assigned as the HP Coordinator for their command.



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Choose Healthy Options for Wellness (CHOW) Course – Tuesday, 28 Feb.: This course covers various topics related to nutrition, including basics nutrition, functional nutrition, dietary supplements, performance nutrition, strategies to change eating behaviors and additional resources.

Target audience: HP Coordinators, CFLs, and anyone interested in learning more about the nutrition topics covered in the course.

Tobacco Cessation Facilitator Training – Wednesday, 29 Feb.: Prepares attendees to facilitate Tobacco Cessation Programs at their commands.

Target audience: HP Coordinators, CFLs, and anyone interested in being trained to facilitate a 4-session Tobacco Cessation Program at their command. Attendees must be tobacco free to attend this training.

ShipShape Facilitator Training- Thursday, 1 March: The ShipShape Program is the BUMED-approved weight management program. The facilitator training is for those individuals who have been assigned as ShipShape Program Facilitators and who can commit to offering the program at least twice per year for their command. This training is required to facilitate the ShipShape Program.

Target audience: Command HP Coordinators, CFLs and others assigned to facilitate the ShipShape Program at their command.

Patient-centered Prevention Counseling –Friday, 2 March: This half-day course prepares the attendees to deliver effective prevention counseling that focuses on the specific needs and interests of the patient or client, effectively assisting them in making healthy lifestyle changes.

Target audience: Anyone providing one-on-one counseling for patients or clients focusing on healthy behavior change, e.g., PHA counselors, disease managers, primary care managers, Medical Home Port nursing staff, registered dietitians, etc.

For further information and/or to request a Quota Request Form to attend any of this training, send an E-mail to: HP-Training@NEHC.mar.med.navy.mil.

Deadline to request a quota is Friday, 10 February 2012.

2012 Crews into Shape Challenge is Underway!



Time to start your local marketing effort for the 2012 Crews into Shape Challenge.

The Crews into Shape Challenge, held every March in conjunction with National Nutrition Month®, is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC). The goals of the challenge are to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DoD family. The 12th annual challenge will run from 4-31 March 2012.

Registration forms are web-based. Crew leaders receive frequent “Crews Notes” during the campaign to encourage their crew members. Crew names and locations are posted on the web.

Register your crew of 2-10 people by 4 March 2012 and obtain all forms and supporting materials for the Crews into Shape Challenge at: http://www-nmcpHC.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx

Centers for Disease Control and Prevention (CDC) Updates

THE WEIGHT OF THE NATION, a Multi-part, Multi-platform Series Addressing the National Obesity Epidemic, Debuts in May on HBO

In the U.S., 68% of adults age 20 and over are overweight or obese, while 31.7% of the nation's children and adolescents age two to 19 are overweight or obese. Obesity contributes to six of the ten leading causes of death in America, including heart disease, type 2 diabetes, certain cancers and high blood pressure. "Obesity-related health care costs about \$147 billion annually, and, on average, someone who is obese costs \$1400 more a year to care for," notes Dr. Thomas R. Frieden, M.D., M.P.H., director of the Centers for Disease Control and Prevention.

Bringing together the nation's leading research institutions, THE WEIGHT OF THE NATION is being developed in partnership with the Institute of Medicine (IOM), in association with the Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), the Michael & Susan Dell Foundation and Kaiser Permanente. The multi-part, multiplatform series debuts in May, exclusively on HBO.

Three years in the making, THE WEIGHT OF THE NATION is comprised of four documentary films, a three-part HBO Family series, 14 bonus shorts, a social media campaign, a book published by St. Martin's Press and a nationwide community-based outreach campaign to support the initiative.

The four-part series debuts MONDAY, MAY 14 and TUESDAY, MAY 15, on HBO, with two films airing back-to-back each night. The three-part HBO Family series debuts WEDNESDAY, MAY 16.

HBO Family's "The Weight of the Nation for Kids," a series of three half-hour films, looks at children who have taken action to prevent obesity in their own lives and communities. From the Rethinkers, a group of New Orleans students, to the heartwarming story of a Goldsboro, NC high school student, the films offer inspiring examples of kids who have made a difference.

In conjunction with the launch of THE WEIGHT OF THE NATION films, the IOM will feature a new report at the CDC's Weight of the Nation™ conference, May 7-9, which reviews the progress made to date in curbing obesity and recommends selected strategies and actions that can accelerate progress in the near future. For information about the Weight of the Nation™ conference, go to: <http://www.weightofthenation.org/>



CDC Develops New Initiative to Encourage Health Care Providers to Counsel Patients on Sodium Reduction



In early January, a CDC-authored article, “Primary health care providers’ attitudes and counseling behaviors related to dietary sodium reduction <<http://archinte.ama-assn.org/cgi/reprint/172/1/76>>,” was published in the Archives of Internal Medicine. According to the article, the majority of primary health care providers agreed their patients should reduce sodium intake. However, most providers also indicated they advise patients to remove the salt shaker from the table or add less salt during cooking, even though current knowledge indicates that for most people these behaviors are unlikely to result in major salt reduction.

The findings from this article indicate that more effort is required to inform health care providers about the need to reduce sodium intake according to current Dietary Guidelines for Americans. To support this important public health effort, as well as the Million Hearts <<http://millionhearts.hhs.gov/>> initiative, two additional resources were developed and made available. The intended audiences and scope for the two resources are:

- Letter to Primary care providers. This letter contains information regarding the importance of counseling patients about excess sodium intake and means for reduction.
- Patient Handout. This handout offers practical tips for reducing sodium intake and is intended for distribution to patients in the primary care setting.

Both of these resources are posted and can be found on the NMPHC/Healthy Living/Nutrition website at: http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/general.aspx

National Cancer Institute Launches New Smoking Cessation Initiative Targeting Teenagers

Establishing healthy behaviors in youth can help to prevent chronic health problems later on in life which are attributable to cigarette smoking, poor nutrition and sedentary lifestyles.

The National Cancer Institute (NCI) launched a new smoking cessation initiative which targets teenagers. Smokefree TXT is a free 24/7 mobile application which provides advice and encouragement to aid teenagers with smoking cessation.

To learn more, visit: <http://www.nih.gov/news/health/dec2011/nci-05.htm>

