

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

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FRIDAY FACTS

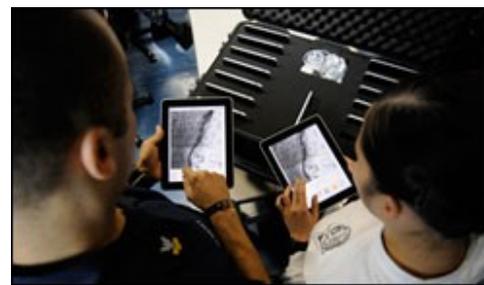
NMCPHC Provides Updates to Healthy Living/Weight Management Website

 NMCPHC has recently revised its Weight Management options on the Healthy Living website. While the ShipShape Program remains the Navy's official intensive weight management program, beneficiaries may find other approaches helpful. For example, the Coaching for Healthy Weight program available from Military OneSource is an alternative resource for those who can't attend ShipShape or who don't feel comfortable with a group approach.

The website also provides the evidence-based criteria for healthcare professionals who provide person-to-person counseling. The key assumption remains that, regardless of the particular program, the most effective weight loss interventions will provide longer-term support and tailored approaches for each individual. Additional links have also been added to credible resources for individuals who want to explore weight management tools on their own. Find the updated website at: http://www-nmcphc.med.navy.mil/Healthy_Living/

Navy Fitness Introduces the Navy Operation Fitness and Fueling System (NOFFS) APP

The NOFFS provides the Navy with "Best in class" physical fitness and nutrition information. It will assist in maintaining peak physical readiness, hone the most effective naval force in history and is consistent with the theme of our 21st Century Sailor and Marine initiative. NOFFS provides Sailors with an evidence-based performance tool that will address injury prevention by physically training the movement patterns of operational tasks. The NOFFS phone app provides the complete NOFFS program in a convenient format that is readily accessible to Sailors and is portable anywhere in the world, allowing our Navy to maintain peak physical readiness condition regardless of the environment or location.



The NOFFS phone app is now available for download from the app store for I-Phone and I-Touch. The program is currently being developed in other software packages and will be available for Windows and Android-based Smart phones at a later date. The program is, however, available via the NOFFS website located at: www.navyfitness.org/NOFFS and can be downloaded in it's entirety to any computer and reproduced in hard copy.

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New Mobile App Offers “Jackpot” of Stress-relieving Activities



The newest mobile application from [National Center for Telehealth and Technology](#) (T2) encourages you to get moving.

Designed for those experiencing post-combat stress, “[Positive Activity Jackpot](#),” available for Android systems, helps users creatively plan fun activities using “pleasant events scheduling,” a behavioral health therapy used to help regulate emotions and cope with stress.

The app offers many ways to find activities in the community using the phone’s GPS navigation feature. Users can use a step-by-step search function to choose an activity based on its distance, cost or one that just suits their current mood. They can also search through the app’s “Jackpot!” game-like feature where users can pull a lever on a slot-machine screen to flip through a random list of local activities in their area found by the GPS.

After they participate in an activity, one can rate it to record how it helped their mood. If they don’t want to partake in an activity at the moment, users can schedule a future event on the app’s calendar. The app also links directly to contact information for the 24/7 [National Suicide Prevention Lifeline](#) in case a user wants to talk to a trained professional.

While the app isn’t intended to replace provider treatment, it encourages positive thinking and promotes resilience by being proactive.

The app is the latest [mobile resource](#) that T2, a [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury](#) center, developed using unique technology to advance psychological health in the military community. These apps not only make resources more accessible, they encourage help-seeking behavior.

Institutes of Medicine (IOM) Releases Report: “Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation”

At the recent CDC-hosted Weight of the Nation Conference, participants were informed that two-thirds of adults and one-third of children are overweight or obese. Currently 11% of Americans now have type II diabetes, and 37% have pre-diabetes. Left unchecked, obesity’s effects on health, health care costs, and our productivity as a nation could become catastrophic.

The staggering human toll of obesity-related chronic disease and disability, and an annual cost of \$190.2 billion for treating obesity-related illness, underscore the urgent need to strengthen prevention efforts in the United States. The Robert Wood Johnson Foundation asked the IOM to identify catalysts that could speed progress in obesity prevention.

The IOM evaluated prior obesity prevention strategies and identified recommendations to meet the following goals and accelerate progress:

- Integrate physical activity every day in every way
- Market what matters for a healthy life
- Make healthy foods and beverages available everywhere
- Activate employers and health care professionals
- Strengthen schools as the heart of health

For more details of the IOM Report and their recommendations, log on to: <http://www.iom.edu/Reports/2012/Accelerating-Progress-in-Obesity-Prevention.aspx>

U.S. Surgeon General's Healthy Apps Challenge: About the Winners

The results of the Surgeon General's Healthy App Challenge highlight the ability of innovative new technologies to provide health information tailored to the needs of the user, and empower the public to regularly engage in and enjoy health-promoting behaviors.

The applications were assessed against a number of criteria including: usefulness; innovativeness; the quality of the evidence base underpinning the approach to healthy behaviors; usability; the ability to tailor and download personal data; and whether or not there was a "fun" factor. All submissions were required to be available on readily accessible platforms, free for consumer use, and fully operational without the purchase of additional products.

You can access all of the winning apps for free at: <http://sghealthyapps.challenge.gov> or <http://www.surgeongeneral.gov/>



Navy Surgeon General Announces 2011 Health Promotion & Wellness Blue H Award Recipients

In an official Navy message released on 3 May, 2012 the Navy Surgeon General announced the 243 commands that were the recipients of the 2011 Navy Surgeon General's Health Promotion & Wellness Blue H award. The Blue H award is available to Medical commands, Fleet commands and Semper Fit Centers on three different levels, Bronze, Silver and Gold. The complete list of 2011 Blue H award recipients can be found on the NMCPHC/Healthy Living website at: http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_win2011.aspx

