

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

JUNE 15, 2012



FRIDAY FACTS

Navy Health Promotion Deckplate Training Scheduled in Norfolk, VA. 17-21 September 2012

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The Navy Environmental and Preventive Medicine Unit Two (NEPMU-2) and the Navy and Marine Corps Public Health Center are co-sponsoring a full week of Navy Health Promotion Program Training 17-21 September. This training will be located at the NEPMU-2, Naval Station Norfolk. Courses will begin promptly at 0800 daily and run until 1630 except Friday, which will be from 0800-1200. CEUs have been approved from the ANA for Nurses. CEUs have also been approved for IDCs and CHES. The training will include:



Navy Health Promotion Basics Course, Level II- Monday, 17 Sept.: 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.

Tobacco Cessation Facilitator Training – Tuesday, 18 Sept.: 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 at least E-4 and tobacco free to attend this training.

Choose Healthy Options for Wellness (CHOW) Course – Wednesday, 19 Sept.: This course covers an array of information regarding nutrition, including basics nutrition, functional nutrition, performance nutrition, strategies to change eating behaviors, making environmental changes to improve food options and additional resources.

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

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ShipShape Facilitator Training- Thursday, 20 Sept.: 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, 21 Sept.: This 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, chaplains, etc.

For further information and/or to request a Quota Request Form to attend any of this training, send an E-mail Nancy Von Tersch at: nancy.vontersch@med.navy.mil

Deadline to request a quota is Wednesday, 29 August 2012.

New CHES Staff Member on NMCPHC Health Promotion & Wellness Dept. Staff!

Congratulations to Cindy Richards-Myles who recently passed the certification exam to become a Certified Health Education Specialist (CHES). Cindy is a Public Health Educator with the Wounded, Ill and Injured (WII) Team in the Health Promotion and Wellness Dept. at the NMCPHC.

Certified Health Education Specialists (CHES) are those individuals who have met the standards of competence established by the National Commission for Health Education Credentialing Inc. (NCHEC) and have successfully passed the CHES exam. To be eligible to take the CHES exam, an individual must have a bachelor's, master's or doctoral degree from an accredited institution of higher education; AND one of the following:

- 1) An official transcript (including course titles) that clearly shows a major in health education, e.g., Health Education, Community Health Education, Public Health Education, School Health Education, etc. Degree/major must explicitly be in a discipline of "Health Education."

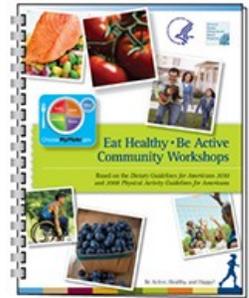
OR

- 2) An official transcript that reflects at least 25 semester hours or 37 quarter hours of course work (with a grade "c" or better) with specific preparation addressing the [Seven Areas of Responsibility of Health Education Specialists](#).

To learn more, go to: <http://www.nchec.org/>

Now Available! Eat Healthy • Be Active Community Workshops from the CDC

Six one-hour Eat Healthy • Be Active Community Workshops, based on the 2010 Dietary Guidelines for Americans and the 2008 Physical Activity Guidelines for Americans are now available from the CDC. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings. You'll find them at: <http://www.health.gov/dietaryguidelines/>



Release of 2011 YRBS Results

On Thursday, June 7, 2012, the Division of Adolescent and School Health (DASH) released the 2011 national, state, and local Youth Risk Behavior Survey (YRBS) results (<http://www.cdc.gov/yrbs>) in an MMWR Surveillance Summary.

YRBS monitors six categories of priority health-risk behaviors among high school students—behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; unhealthy dietary behaviors; and physical inactivity—plus the prevalence of asthma and obesity. This year's Surveillance Summary includes results from the 2011 National YRBS and from 43 state and 21 local YRBSs.



Youth Online <http://apps.nccd.cdc.gov/youthonline/App/Default.aspx>, also updated on June 7, provides quick access to comprehensive results on youth health risk behaviors from 1991 through 2011. This Web-based data system allows users to view and analyze national, state, and local YRBS data, and includes the following features:

- * Interactive tables that allow users to filter and sort results by race/ethnicity, sex, grade, or site
- * Capability to filter racial/ethnic subgroups
- * Ability to create tables with results from multiple sites or multiple questions
- * Ability to test statistical differences between two results using t-tests
- * Graphing capabilities
- * Ability to create customizable fact sheets
- * An online help feature
- * Access to results from middle school YRBSs