

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

AUGUST 17, 2012



FRIDAY FACTS

Fleet & Marine Corps HRA Server Has Moved!



The Navy and Marine Corps HRA was moved from the NMO server onto the NMCPHC's server. This change should be seamless for everyone. The only difficulty may be experienced by Administrators who cannot log on to generate Commanding Officer Reports. The process to log on now includes entering their e-mail and UIC, which must match

those that were originally recorded when the Administrator account was established. If an Administrator cannot log on, contact the NMCPHC at hra@nehc.mar.med.navy.mil to request your original e-mail and UIC.

Fitness and Nutrition Resources Available to Support the 21st Century Sailor and Marine

Physical readiness is a crucial link to ensuring Sailors are ready to take on the challenges that the Navy faces today and in the future. The Navy Operational Fitness and Fueling System (NOFFS) provides Sailors with physical fitness and nutrition educational materials to support physical readiness. All of the materials for NOFFS are available online, including an iPhone Application, at www.navyfitness.org.

One resource available to provide information on nutrition for the 21st Century Sailor is Mission Nutrition, a standardized, science-based nutrition education workshop designed to help educate Morale, Welfare and Recreation (MWR) fitness instructors and culinary specialists on nutrition topics affecting Sailors, family members and retirees. In addition, the Navy's Galley Go Green Program, is a program which classifies the nutrient density of foods offered in the Navy Shore Galleys by a Green, Yellow or Red identification poster, table-tent or sticker. Classification of foods is based on calories, total fat, cholesterol and sodium. The Galley Go Green Program assists Sailors in making healthier food selections based upon the color-coded food classification system. Information on both the Mission Nutrition training and Galley Go Green Program can be obtained on the Navy Fitness website listed above.



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The military-Nutrition Environment Assessment Tool (m-NEAT) is also available to support the 21st Century Sailor and Marine initiative, providing commands with a way to assess their environment for the availability of healthy food options and to make positive improvements in making healthier food options available. The EXCEL version of the m-NEAT is available on the NMCPHC Healthy Living website at: http://www.nmcpbc.med.navy.mil/Healthy_Living/Nutrition/chow.aspx A web-based version of the m-NEAT will be available this Fall.

For more information on the 21st Century Sailor and Marine initiative go to: www.21stcentury.navy.mil

Sleep Disorder Cross-Sectional Analysis

Sleep disorders and sleep disturbances have become a factor for many wounded, ill and injured (WII) service members. The NMCPHC Health Promotion and Wellness (HPW) Department, WII staff conducted a case management needs assessment which identified that 39% of wounded, ill and injured patients frequently suffer from sleep disturbances and 51% reported sleep disturbances at various times throughout their career. The WII staff then collaborated with the NMCPHC Health Analysis (HA) Department in conducting a cross-sectional analysis that identified the prevalence of sleep disorders in the active duty and reserve population. The data identified 71,312 medical encounters related to sleep disorders at MTF's Navy wide. This analysis provided evidence-based data to support the need for additional resources. Resources have been identified that help support positive health behavior changes that can mitigate sleep disturbances. To access these resources, go to: http://www.nmcpbc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/sleep.aspx



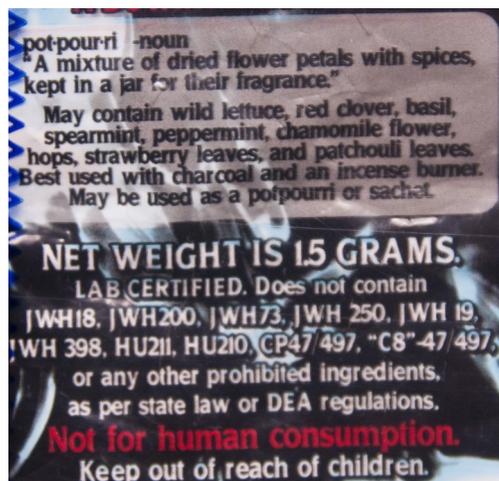
Minimalist Footwear: Not Just a Running Shoe



Minimalist footwear is now being used during warm-up/movement preparation exercises, strength training, or regeneration training. NAVADMIN 238/11 defines minimalist footwear as shoes that allow the foot to function naturally without providing additional support or cushioning. Diana Strock, NMCPHC, Program Manager for Physical Fitness and Injury Prevention and Manager, Human Performance and Public Health at the Navy's Center for Personal and Professional Development, reports that "for the performance of non-running physical training activities like strength training or movement preparation or regeneration training, the minimalist shoe provides greater sensory input with less between the foot and ground. This yields improved balance and movement efficiency during the workout." Pete McCall from The American Council on Exercise (ACE) also recommends trying minimalist footwear while strength training, suggesting that it allows the foot to have better contact with the ground and thus maintain balance.

New "Designer" Synthetic Drugs

The NMCPHC Healthy Living website has been updated to provide users with information about "Designer Drugs". These new drugs are artificially made and are often known as Bath Salts, Spice, Fake Marijuana, etc. The designer drug Bath Salts is not the same as bath salts commonly used to relax in the tub. The only similarity is that they are both white powders. The exact chemical makeup of designer drugs varies significantly.



These types of drugs can be obtained at adult shops, privately owned stores such as convenience stores and gas stations, at night clubs and through the internet and are marked "Not for human consumption." They may be labeled as plant food, scum cleaner or insecticides and are often taken orally, snorted, injected or smoked.

These substances have several brand names and have escaped FDA laws by being sold as "bath salts." They have been falsely distributed as legal alternatives to common street drugs, however, it is illegal to consume and distribute these chemicals and efforts are being made to penalize users and sellers of these chemicals. Since President Obama recently signed the FDA Safety and Innovation Act, 31 designer drugs were added to Schedule I of the Controlled Substances Act. This means the importation, possession, use and distribution of these drugs is illegal in the United States and is a violation of Article 112a of the USMJ for Service Members.

For more information on designer drugs, go to: http://www.nmcpnc.med.navy.mil/Healthy_Living/