

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

SEPTEMBER 14, 2012



FRIDAY FACTS

September is Fruits & Veggies—More Matters Month!

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September is Fruits & Veggies—More Matters month. The focus for the 2012 campaign is “All Forms Count”. We know that eating a variety of fruits and vegetables helps Sailors, Marines and their families get the essential vitamins and minerals that only these foods can provide, supporting them in maintaining optimal health and performance. But access to fresh fruits and veggies may sometimes be an issue, especially for our deployed service members, so it's important to know that all forms count. So even if fresh isn't available, they can

still get their fruits & veggies in as canned, frozen, dried or juice.

Research indicates that increasing nutrient dense foods, such as fruits and vegetables, is an effective means to weight loss. According to the U.S. Centers for Disease Control, about 76% of the U.S. population does not meet the recommendation for fruit and vegetable consumption. In addition to supporting weight loss, consuming the recommended number of servings of fruits and vegetables daily also helps decrease the risk of various diseases, such as heart disease, cancer, and type-2 diabetes.

Support increasing the consumption of fruits and veggies by:

- Utilizing the DoN “Fruits & Veggies—More DOES Matter” video at staff briefings, in waiting areas, etc. If you don't have a copy, order one from: nutrition@nehc.mar.med.navy.mil
- Using the materials included in the Navy HP Toolbox, which can be found at: http://www.nmcphe.med.navy.mil/Healthy_Living/Resources_Products/HP_Toolbox/toolbox_vegetables.aspx
- Establish a “healthy food policy” for command events which includes plenty of fruits and vegetables. Guidelines can be found at: http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/healthy_worksite_food.pdf
- Find out your individual recommended number of daily servings of fruits and vegetables, which can be found at: <http://www.fruitsandveggiesmatter.gov/>
- Support the Fit Pick™ NEXCOM vending program by encouraging them to add fresh or dried fruits and vegetables to the vending machines at your command
- Support the DeCA “Healthy Choices for Life” program, which will be promoting Fruits & Veggies—More Matters® Month at your local commissary
- Assess your command's nutrition environment by completing the m-NEAT Assessment at: http://www.nmcphe.med.navy.mil/Healthy_Living/Nutrition/



NOFFS iPhone App a Big Success!

As of August 31, the Navy Operational Fitness and Fueling System (NOFFS) iPhone App downloads have exceeded the 13,500 mark since its launch was announced in a NAVADMIN in May 2012! The NOFFS is designed to provide the Navy with a "world-class" performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes.

The exercises used in the NOFFS program are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling and carrying. Developed as a complete fitness package, the Fueling aspect of this resource provides Sailors with the tools required to make healthy nutrition choices in both shore-based and operational environments.

To learn more about the NOFFS iPhone app, visit: http://www.navyfitness.org/fitness/noffs/iPhone_App/

Psychological First Aid? There's An App For That!

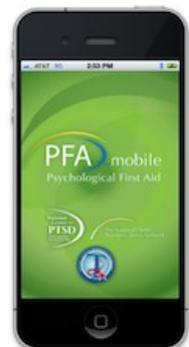
Health care providers are keenly aware that disasters happen many times a year, and that those treating the survivors rarely have a surplus of resources.

To help support providers on the frontlines of care in emergencies, the VA's National Center for PTSD and the DoD's National Center for Telehealth & Technology (T2) have released PFA Mobile. This free mobile application assists providers in putting Psychological First Aid (PFA) into practice in the field. The app includes a brief refresher on the main components of PFA, assists with mentorship of other providers, and allows providers to **self-assess** and develop insight into readiness to provide PFA.

Some primary features that make the app so appropriate for disaster situations include:

- Easy forms for collecting data in difficult circumstances
- Intervention strategies tailored to unique conditions
- No requirement for internet or phone connectivity to run

PFA Mobile is currently available for iOS (Apple) devices and will deploy for Android devices in 2013.



Military Wounded, Ill and Injured Participate in Paralympics



Last week concluded the Paralympics in London, England. Twenty of the athletes that competed were past or present U.S. military members. Participants in the Paralympics carry a variety of disabilities including loss of sight, loss of limb(s) and other injuries. Their participation lends credence to the belief that wounded, ill and injured servicemen and women globally may continue to live healthful, hopeful and productive lives beyond injury. These men and women are accomplished athletes despite their life-altering injuries. Paralympics gives both physical and psychological benefits to the athlete as well as to those observing the event.

Re-inventing one-self is a continual life event. Change is the only constant. These military wounded, ill and injured Paralympics participants have proven that re-invention is key to moving forward in life, increasing self-esteem and confidence and once again, yielding success and patriotism for self and country.

New Resource Available from NMCPHC's Sexual Health and Responsibility Program (SHARP)



An excellent, full color, 50-page, table-top, patient education booklet, covering the full range of contraceptive methods, is now available for free from SHARP. This booklet, published and furnished by BEDSIDER.org is designed to help young women navigate the long and complex array of birth control options and help them become better informed users and better prepared to talk with their doctor about family planning.

This booklet is appropriate for clinical waiting rooms, medical spaces, Navy/USMC training rooms, health/wellness centers, barracks break rooms and for distribution at health fairs.

Available from SHARP while supplies last, maximum order 25 copies. Send your mailing address to: <mailto:sharp@nehc.mar.med.navy.mil>