



October 12, 2012



Health Promotion and Wellness Friday Facts



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U.S. SURGEON GENERAL HELPS NAVY MEDICINE UNVEIL HEALTH AND WELLNESS CAMPAIGN



From left, Deputy Surgeon General of the Navy Rear Adm. Michael Mittelman, Deputy Assistant Secretary of Defense for Clinical and Program Policy Dr. Warren Lockette, Commanding Officer of the Navy and Marine Corps Public Health Center Capt. Michael Macinski, and U.S. Surgeon General Vice Adm. Regina Benjamin bow their heads for the invocation Tuesday, Oct. 2, 2012, for a Health Promotion and Wellness Campaign Launch Event aboard the Bataan. (Stephen M. Katz | TheVirginian-Pilot)

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PM By Hugh Cox, Navy and Marine Corps Public Health Center Public Affairs

NORFOLK, Va. (NNS) -- The U.S. Navy and Marine Corps Public Health Center launched its Health Promotion and Wellness campaign in a ceremony aboard the USS Bataan (LHD-5), Oct. 2.

The campaign provides platforms to reach and educate Sailors, Marines and beneficiaries on priority health areas, as well as resources, tools, and programs to do so. These prevention strategies aim to increase the fitness and readiness of the Navy and Marine Corps forces.

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U.S. Surgeon General, Vice Adm. Regina Benjamin, Deputy Assistant Secretary of Defense for Clinical and Program Policy and Chief Medical Officer of the TRICARE Management Activity, Dr. Warren Lockette, and U.S. Navy Deputy Surgeon General, Rear. Adm. Michael Mittelman, all spoke at the launch in support of the campaign and its importance.

Benjamin encouraged personnel to “find their health care joy” whether running a marathon, fitting into an old pair of jeans or playing with grandchildren.

“Health does not occur in the doctor’s office,” said Benjamin. “It happens where we live and where we play.”

The campaign includes seven sub-campaigns or focus areas including healthy eating, active living, reproductive and sexual health, psychological and emotion well-being, tobacco free living, drug abuse and excessive alcohol use prevention as well as injury and violence free living.

“We want Sailors and Marines to feel empowered and informed to make healthy choices to improve the overall readiness of our force and their families,” said Mittelman.

Within the Navy, the campaign complements the 21st Century Sailor and Marine Initiative, which provides a set of objectives and policies across a spectrum of wellness that maximize each Sailor’s and Marine’s personal readiness in order to hone the most combat effective force in the history of the Department of the Navy.

The campaign supports the DoD-wide Total Force Fitness, a framework for understanding, assessing, and maintaining Service members’ well-being and sustaining their ability to carry out missions.

“Health prevention programs save money in the long term,” said Lockette. “If applied consistently [health promotion programs] will save money for our Sailors and Marines as well as their families.”

The campaign aligns with the National Prevention Strategy, published in June 2011, which presented a vision, goals, recommendations, and action items to reduce preventable death, disease, and disability in the U.S.

To access and download campaign materials, visit the Healthy Living page on the Navy and Marine Corps Public Health Center website, http://www.nmcphc.med.navy.mil/Healthy_Living/.

Campaign materials include toolkits, brochures, and information for both public health professionals and beneficiaries.

NMCPHC consults, develops, and shapes public health for the Navy and Marine Corps in a variety of areas, including environmental health, population health, and preventive medicine. NMCPHC’s vision is protection through prevention, and the mission is to provide worldwide Force Health Protection services to Naval and Joint forces in support of the National Military Strategy. In support of the NMCPHC mission, the Health Promotion and Wellness department provides innovative and evidence-based health promotion and wellness programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

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NMCPHC is part of the Navy Medicine team, a global health care network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

NMCPHC OFFERING ACTIVE LIVING HEALTHY EATING HOLIDAY WEBINAR 17 OCTOBER!

At the Navy Marine Corp Public Health Center (NMCPHC), we are already thinking about the holidays! Our holiday wish is that service members enjoy a healthy, happy holiday and avoid seasonal weight gain.

Please join us for a webinar on: The Holidays – Obstacles and Opportunities for Weight Maintenance. This webinar will take place online on October 17 at 1300 EST.

Webinar participants will gain an understanding of the mindset needed for weight management success and how to foster that mindset in Sailors and Marines. Weight management strategies and tools will be highlighted.

Presenters:

- Steven Heaston, MPH, PhD, Program Specialist for Clinical Prevention, NMCPHC
- Diana Strock, MAT, ATC, Program Manager, Physical Fitness/Injury Prevention, NMCPHC
- Sally J. Vickers, MS, CHES, Program Manager, Nutrition and General Health Promotion Training, NMCPHC

To register visit: <http://nmcpchealthholidaywebinar.eventbrite.com>
<<mailto:nmcpchealthholidaywebinar@eventbrite.com>>

We look forward to your participation!