



October 19, 2012



Health Promotion and Wellness Friday Facts



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TOBACCO FREE LIVING - GEARING UP FOR THE GREAT AMERICAN SMOKE OUT (GASO) WEBINAR 25 OCTOBER!

At the Navy Marine Corp Public Health Center (NMCPHC), we are preparing for the Great American Smoke Out!

Please join us for a webinar on:

Tobacco Free Living - Gearing up for the Great American Smoke Out (GASO)

Takes place online on 25 October at 1200 EST

Webinar participants will gain an awareness of new resources, tools and educational opportunities available from the Quit Tobacco-Make Everyone Proud campaign and learn about the ways Camp LeJeune is promoting, marketing and implementing the GASO.

Presenters:

Mark Long, Ed.D., Health Promotion Wellness Program, NMCPHC

Mr. Paul Fitzpatrick, Program Manager, Quit Tobacco-Make Everyone Proud TRICARE Management Activity

Mr. John E. Swett, Jr., BS, Health Educator/Tobacco Program Manager, Health Promotions Department, Naval Hospital Camp LeJeune, NC

To register visit: <http://nmcphctobaccofree.eventbrite.com>

We look forward to your participation!





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OCTOBER IS SUICIDE AWARENESS MONTH!

Life Counts!

Navy Suicide Prevention Awareness Mo

The Navy's Suicide Prevention campaign focuses mostly on the model Ask-Care-Treat (ACT). Through this effort, countless lives have been impacted. That said, suicide is still the second-leading cause of death in the Navy.

For this reason, an additional effort is being implemented called Applied Suicide Intervention Skills Training (ASIST). ASIST moves beyond the preliminary prevention methods of ACT into intervening in the situation that's overwhelming an individual in distress. Chaplains and other intervention instructors are currently training our Fleet to not only ACT but intervene throughout the process as a first responder until professional help arrives.



While prevention attempts to recognize and divert suicidal thinking, intervention connects, seeks to understand, and provides the assistance necessary to meet specific individual needs in that moment. Contact a chaplain or CREDO office for more information.

For resources to support your Suicide Prevention Efforts, go to: http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Suicide_Prevention/

OPERATION SUPPLEMENT SAFETY CAMPAIGN KICK OFF 12 OCTOBER!



OPERATION SUPPLEMENT SAFETY

Operation Supplement Safety (OPSS) Campaign kicked off October 12th and will continue until December of this year! There will be a DoD-level OPORDER to support promotion of OPSS activities throughout all military activities. Please go to the HPRC web site <http://hprc-online.org/> and click on the OPSS button for materials/activities to conduct at your respective commands.

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Some suggestions to support OPSS are:

- 1) Work with your IT folks to have the OPSS button on you Command intra/internet.
- 2) Work with your pharmacy and nutrition staff in promoting the campaign (an adverse event poster will be available shortly and recommended for pharmacy waiting areas).
- 3) Order the free resources (pens, posters, pamphlets, table tents, stickers, etc.) from the website.
- 4) Use the Public Service Announcements included with the campaign.
- 5) If you have any upcoming health fairs, include the campaign materials.
- 6) Include the campaign materials and messages for Fleet Briefs/Safety Stand downs, etc.

This campaign will also be promoted throughout MWR Fitness Facilities, DeCA Commissaries and the Military Exchange systems.

THE REAL BEARS TAKE AMERICA

The Real Bears, the animated short film that encourages Americans to pour out their sodas—has been viewed more than 1.3 million times since its launch last week.



The film features a family of polar bears under constant assault from soda advertising. Boy Bear's weight gain makes fishing more difficult. Sis suffers from tooth decay. Pop Bear fares the worst, losing a hind leg to a diabetes-induced amputation. But in the end, the family decides to take back their health and happiness by dumping their soda into the sea. The film is probably not for the youngest of viewers, or the most squeamish. A steamy bedroom scene (okay, not so steamy) might not be appropriate for children; nor will a harrowing sequence in Doc Fox's primitive polar operating theater.

There is scientific evidence that connects sugary drinks to obesity, such as those references listed below: (<http://www.nejm.org/doi/full/10.1056/NEJMoa1203039>)

Each additional sugary drink consumed per day increases the likelihood of a child becoming obese by about 60 percent. (<http://nepc.colorado.edu/files/lancet.pdf>)

Drinking one or two sugary drinks per day increases one's risk for type 2 diabetes by 27 percent. (<http://care.diabetesjournals.org/content/33/11/2477.full.pdf>)

The film is available at TheRealBears.org.