



November 9, 2012



## Health Promotion and Wellness **Friday Facts**



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### WORLD AIDS DAY 2012 WEBINAR SCHEDULED FOR 27 NOVEMBER 2012

The Navy & Marine Corps Public Health Center (NMCPHC) will be hosting a webinar to increase awareness of the risks for acquiring the HIV infection, and identifying resources for HIV prevention within the DoN.

Please join us for a webinar that will focus on World AIDS Day 2012, which is always observed on 1 December of each year.

The Webinar will be held online at 1300 EST on Tuesday, 27 November 2012.

The target audience for the webinar is Navy and Marine Corps leaders, health promoters, preventative medicine and public health professionals, chaplains, school nurses, clinicians, Independent Duty Corpsmen, family counselors and HIV peer educators.

Webinar participants will gain an awareness of the annual incidence and demographic groups at highest risk for HIV infection both in the US and the DoN, as well as sources of HIV prevention materials for use in the DoN.

The event will be hosted by Mr. Bob MacDonald, MS, CHES Manager, Sexual Health and Responsibility Program (SHARP) NMCPHC

To register, visit: <http://www.eventbrite.com/event/4675565743>

We look forward to your participation!



November 9, 2012



HEALTH PROMOTION & WELLNESS COURSE SCHEDULED FOR 4-6 FEBRUARY, TOBACCO CESSATION FACILITATOR TRAINING 7 FEBRUARY AND SHIPSHAPE FACILITATOR TRAINING 8 FEBRUARY AT NEPMU-2, NORFOLK, VA.

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The next Navy Health Promotion (HP) & Wellness Course is scheduled for 4-6 February 2013 at the Navy Environmental & Preventive Medicine Unit 2 (NEPMU-2), Naval Station Norfolk, VA. Seats in the course are limited, with priority given to Health Promotion & Wellness staff at the Navy Medical Treatment Facilities (MTFs), and others in leadership positions at larger fleet or operational commands (aircraft carriers, CNIC, NPC, etc.), Semper Fit Coordinators and Navy Reserve Component OHSU HP and Wellness Directors. Seats are available for E-6 and

above or GS-9 and above ONLY.

Successful completion of this course requires attendance at the entire event (no partial credit will be given) and a passing score on the written exam.

NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive up to 22.25 total Category 1 continuing education contact hours.

This continuing nursing educational activity was approved for 22.25 CEs by the Navy Medicine Professional Development Center, and accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Tobacco Cessation Facilitator Training will be offered on Thursday, 7 February at the same location. Attendees must be at least an E-4 and tobacco free for at least 6 months prior to attending.

Additionally, ShipShape Program Facilitator Training will be offered on Friday, 8 February at the same location. 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 is required to facilitate the program. There is no rank or GS level requirement to attend this training.

If you meet the criteria above and would like to request a quota to attend any of the training listed, please go to the [NMCPHC/Healthy Living/Training website at: http://www.nmcphc.med.navy.mil/Healthy\\_Living/Training/healthpromotion\\_directortraining.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Training/healthpromotion_directortraining.aspx)

The deadline for requesting a quota is Friday, 18 January. Individuals requesting a quota will be notified by 21 January of their selection or non-selection to attend the training. Those selected to attend will receive a Quota Letter with additional information regarding the training.



## REPRODUCIBLE MATERIALS AVAILABLE FROM NMCPHC

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Stuck for ideas? Need to get information out to your customers in a hurry? The NMCPHC now has Reproducible Materials for use at your commands! The materials are available on our Healthy Living home page at: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/](http://www.nmcphc.med.navy.mil/Healthy_Living/) under the General Information tab. We encourage you to reproduce these materials either as a whole or use the pieces you feel are applicable to your target audience. If you do so, please reference the Health Promotion and Wellness Department of the Navy & Marine Corps Public Health Center as the source.

## GUIDANCE FOR SUBMISSION OF BLUE H AWARD

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Any Navy or Marine Corps Command planning to submit for the 2012 Navy Surgeon General's Blue H Award will need to submit their award application between 1 Jan - 28 Feb 2013. The following resources and information may be helpful:



1) The Blue H Award submission (spreadsheet and signed "CO Letter") is to be sent to: <mailto:michael.r.macdonald@med.navy.mil>

(Note - we hope to have a web-based Blue H reporting tool available by 1 January and will keep you informed. Until then, plan to submit via the spreadsheet)

2) The Blue H Award instruction, criteria and spreadsheet can be found at: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Resources\\_Products/Wellness\\_Award/hpwellness\\_award.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx)

3) Much of the criteria is based upon your command's results of the Fleet & Marine Corps HRA (FMCHRA). Command personnel need to be told where to find the online FMCHRA and make sure they know your command UIC as they will need it to complete the FMCHRA. To avoid duplication of data, make sure that they complete the FMCHRA only once per year: The FMCHRA can be found at: <https://nmcpeh-web2.med.navy.mil/pls/newhra/hra>

4) In order to use the data from your command's FMCHRA, someone at your command will need to be designated as the FMCHRA Administrator. That person would pull the Commanding Officer's Report that will have the data needed to complete the criteria for the Blue H Award. Request to become the FMCHRA Administrator for your command by sending an E-mail to: <mailto:NMCPHCPTS-HRA@med.navy.mil>

5) Health Interest Questionnaire: Part of the criteria for the Blue H Award includes having members of your command complete a Health Interest Questionnaire (HIQ). An online HIQ

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is available from the NMCPHC at: <http://www.surveymonkey.com/s/2V26BLH>. Results of the NMCPHC HIQ is pulled by UIC, so again, members of your command must know your command's UIC to complete the HIQ. Reports from the NMCPHC HIQ can be requested from Bob MacDonald. Send Bob an E-mail at: <mailto:michael.r.macdonald@med.navy.mil> requesting your HIQ report, giving him your command UIC(s) and the timeframe covered in the report.

6) Completion of the Military Nutrition Environment Assessment Tool (m-NEAT) is yet another way to earn points towards the Blue H Award. The m-NEAT can be found at: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Nutrition/chow.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/chow.aspx). Submit your completed m-NEAT to: [nutrition@nehc.mar.med.navy.mil](mailto:nutrition@nehc.mar.med.navy.mil)

7) Need advice about submission of your Blue H Award? Ask the Blue H Coach for your type of command:

AIRCRAFT CARRIER Blue H Coach  
LCDR Brian Iverson  
Ship's Physical Therapist, Health and Wellness Promotion Manager  
USS HARRY S. TRUMAN (CVN75)  
<mailto:iversonb@cvn75.navy.mil>

LTJG Gunjan E. Santiago  
H-DIVO/MAO  
USS ESSEX (LHD2)  
619-556-4771  
<mailto:santiago@lhd2.navy.mil>

NAVY RESERVE Blue H Coach  
LT Dawn Whiting, NC, USN NMCPHC  
<mailto:dawn.whiting@med.navy.mil>  
757-953-3152 [DSN377]

SEMPER FIT HEALTH PROMOTION Blue H Coach  
Annette Williams, RN, BS, MBA  
Director, Health & Fitness MCAS Cherry Point, NC  
<mailto:annette.williams@usmc-mccs.org>  
252-466-6467/7201

MEDICAL TREATMENT FACILITY Blue H Coach  
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