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CONTENTS

- NMCPHC Announces HP Toolbox Monthly Observances for CY14
- Fight the Enemy Contest Announced for the DoD
- Upcoming OPNAV N171 Suicide Prevention Coordinator Trainings
- In the News

Health Promotion and Wellness Friday Facts



NMCPHC ANNOUNCES HP TOOLBOX MONTHLY OBSERVANCES FOR CY14



The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center (NMCPHC) has announced the monthly health observances for the HP Toolbox 2014. The online HP Toolbox provides health and

wellness resources for health promotion professionals to use in promoting wellness among Sailors, Marines and civilian staff in DoN workplaces. Explore the health observance for each month, choose the materials you would like to use, and check back often for new materials!

You'll find it at: www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx.

Please note that if you were already familiar with the HP Toolbox, some of the monthly topics have changed for CY14. Materials for these new topics, such as Preventive Health, will be made available in advance of the month that they appear on the HP Toolbox calendar.

Month	HPW Topic
January	Healthy Weight
February	Heart Health
March	Healthy Eating
April	Sexual Health
May	Physical Fitness
June	Safety Month
July	Fruits and Vegetables
August	Preventive Health
September	Mental Health & Suicide Prevention
October	Health Literacy
November	Tobacco Free Living
December	Impaired Driving Prevention



FIGHT THE ENEMY CONTEST ANNOUNCED FOR THE DOD



DoD is sponsoring an anti-tobacco video contest to select the best video made by military members. There are five finalists among those who submitted entries. To see the videos and vote for your favorite one go to <http://www.health.mil/FightTheEnemy>.

We hope that this contest will encourage those who use to quit, and for others not to start using tobacco.

UPCOMING OPNAV N171 SUICIDE PREVENTION COORDINATOR TRAININGS



Per Navy instruction, [OPNAVINST 1720.4A](#), all commands must have a suicide prevention coordinator (SPC) appointed by the commanding officer (CO). The role of the SPC is to aid the CO in ensuring that the suicide prevention program is fully implemented. All SPCs are required to complete the SPC Basic Training webinar, a two-hour webinar designed to prepare SPCs with the resources and skills to assist their commands with meeting suicide prevention program needs.

Visit the [SPC Training Page](#) to register for one of the upcoming webinars on 12 March or 27 March 2014. Each class is limited to 40 participants, so register ASAP!

All Suicide Prevention Program related information and resources can be found at www.suicide.navy.mil. Information to supplement your next GMT/Suicide Prevention Brief can be found on the Training Resources section. You can also visit [HPW's Suicide Prevention](#) page for additional helping resources.

IN THE NEWS

[Electronic cigarette use increasing among Airmen](#) - U.S. Airforce

[Protect Your Heart with These Five Tips](#) - Health.mil

[Are You Listening?](#) - DCoE