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## CONTENTS

- Crews into Shape Challenge Update
- NMCPHC Releases Healthy Living PSA
- March is National Nutrition Month™
- Register Now for Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Webinar
- Guide for Supporting Military Families in Crisis
- MHS Generational Learning Styles
- March is Brain Injury Awareness Month
- SAVE THE DATE for the DoD Building Resilience in Women Leaders Summit
- In the News

# Health Promotion and Wellness Friday Facts



## CREWS INTO SHAPE CHALLENGE UPDATE



We have officially kicked off the 2014 Crews Into Shape Challenge! Each week, participants will receive a newsletter with ideas to help your team accomplish their healthy living goals. We hope that at the end of the challenge, you and your team feel healthier, eat more nutritiously, and develop healthy habits for the long-term.

It has come to our attention that we may not have received all of the registrations for this year's Crews Into Shape Challenge due to a technical issue. If you submitted a registration packet but have NOT received a welcome email and the first edition of "Crew News", please email the Crews Into Shape coordinator directly at [dawn.whiting.ctr@med.navy.mil](mailto:dawn.whiting.ctr@med.navy.mil). We apologize for any inconvenience and look forward to crews in' with you!

## NMCPHC RELEASES HEALTHY LIVING PSA

The U.S. Navy and Marine Corps Public Health Center (NMCPHC) announced the release of a Healthy Living Public Service Announcement (PSA) on 19 Feb.

The Healthy Living PSA is part of NMCPHC's ongoing Health Promotion and Wellness (HPW) Campaign, and walks viewers through a day in the life of a male and female Sailor making healthy choices in order to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors.

There are two versions, a 60-second PSA and a 2-minute PSA. Check out and share these videos and others on NMCPHC's YouTube channel: <http://www.youtube.com/user/NMCPHC>.

To learn more about the HPW campaign and access and download materials, visit the NMCPHC Health Promotion and Wellness homepage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>.



## MARCH IS NATIONAL NUTRITION MONTH™

National Nutrition Month™ (NNM) is an annual nutrition education and information campaign created and sponsored by the Academy of Nutrition and Dietetics. Join NMCPHC's efforts to promote the National Nutrition Month® theme, "Enjoy the Taste of EATING RIGHT", which encourages consumers to find the balance between choosing the foods they like with those that provide the nutrients their bodies need by using the resources from the March HP Toolbox. You'll find it at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx>.



## REGISTER NOW FOR DEFENSE CENTERS OF EXCELLENCE FOR PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY WEBINAR ON 13 MARCH 2014 (1300-1430 EST)



In January 2014, the Defense and Veterans Brain Injury Center (DVBIC) released two companion clinical recommendations to facilitate a standardized, staged return to unrestricted activity for service members who have sustained concussion in deployed and non-deployed settings. The resource suite addresses the six stages of progression from rest to pre-injury activity; definition of rest; use of the Neurobehavioral Symptom Inventory to track symptoms; a two-tiered complementary approach based upon symptoms and provider judgment; physical, cognitive and vestibular/balance activities recommended for participation and activities to avoid at each stage; and guidelines for progression, regression and referral.

A webinar is scheduled that will introduce these key stages delineated by the clinical recommendations. Continuing education credit is available for this webinar from Duke Medicine. Please share webinar information with colleagues and others who may find this topic of interest. Visit [DCoE](#) and [the registration page](#) for more information.

## GUIDE FOR SUPPORTING MILITARY FAMILIES IN CRISIS

It is no surprise that military families are faced with challenging situations. These challenges can be related to financial, spiritual, behavioral, medical and other issues. Your job may entail that you provide support and services to the service member, dependents and other family members. There are valuable resources and benefits available, and it is important to remind service members and their families that seeking help is a sign of strength, and that there are confidential forms of assistance available. This comprehensive guide, [Supporting Families in Crisis](#), is not only to be used by those providing support or services but also by the service member, family members and dependents. Encourage the use of this guide among your colleagues and those you serve!

If you are someone you know is in crisis, contact the Military Crisis Line at 800-273-8255 and press 1 or go online to [www.militarycrisisline.net](http://www.militarycrisisline.net). Trained professionals are ready to provide any assistance that is needed.





## MHS GENERATIONAL LEARNING STYLES

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The Military Health System (MHS) workforce is comprised of four generations working together side-by-side. Individuals of these generations have matured throughout different points in history, and therefore have unique experiences, values and motivation for learning. As such, it is highly likely that instructors will train multi-generational audiences. Therefore, training delivery methods should be adapted and customized to meet the collective needs and accommodate the diverse learning styles of this audience.

The diversity of MHS learners is influenced by a variety of factors and circumstances, including age, career stage, and job roles and responsibilities. Service members have a wide variety of experiences based on their education and previous military assignments/deployments. Civil Service personnel, consultants and volunteers further contribute to diversity by bringing different life experiences and backgrounds into the mix.

MHS learners comprise all four generations, referred to as Traditionalists, Baby Boomers, Generation X and Millennials. Individuals within each cohort may share preferences regarding training delivery methods and feedback, but education, individual preferences and other factors also impact learning style. To learn more, go to: [http://www.dcoe.mil/Content/Navigation/Documents/Fact%20Sheet\\_Generational%20Learning%20Styles.pdf](http://www.dcoe.mil/Content/Navigation/Documents/Fact%20Sheet_Generational%20Learning%20Styles.pdf).

## MARCH IS BRAIN INJURY AWARENESS MONTH

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The Defense and Veterans Brain Injury Center (DVBIC) is recognizing March as Brain Injury Awareness Month. Learn more about the basics of mTBI (also known as concussion), awareness and prevention, diagnosis and assessment, treatment and recovery, caregiving, and symptom management. There are many valuable resources for providers and case managers. Visit [DVBIC](#) for more information.

## SAVE THE DATE FOR THE DOD BUILDING RESILIENCE IN WOMEN LEADERS SUMMIT

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On Thursday, March 27, 2014 (0800-1630), the DoD will bring together aspiring military women leaders from across the DoD to learn resilience strategies at the “Building Resilience in Women Leaders Summit” in Arlington, VA. The summit is designed for women in the military including Active Duty, National Guard or Reserve Commissioned Officers, Warrant Officers, or Enlisted. The objectives of the summit are to understand the skills necessary to be a resilient woman leader and to utilize a goal setting model to lay out necessary resilience skill development, leadership skills, and opportunities to advance both in the workplace and personal life, while mentoring others. For more information visit the [Defense Suicide Prevention Office webpage](#).

## INTHE NEWS

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[Women Play Key Role in Family Heart Health](#) - Health.mil

[Shop for Foods that are Heart Healthy](#) - Health.mil

[New Heart Health Guidelines Issued](#) - Health.mil