



Plan of the Week Notes for August

Preventive Health...changing habits

Week 1

Habits- Much of your daily life is set around habits, structures, and patterns. To make healthy behavior changes become habit, set a specific goal, make a plan, and repeat the new behavior often. To assist in your success this month, the Daily Dose: 1-5-7 Challenge has been created and is available in the Navy and Marine Corps Public Health Center HPW, Health Promotion (HP) Toolbox: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-august.aspx>. For little to no extra cost of time and money, adding flossing (1), eating the recommended number of servings from the five food groups (5) (before supplementing), and getting seven hours of sleep or more each day (7) can reap health benefits and potentially prevent ill health.

Week 2

Why Floss? [The Fleet and Marine Corps Health Risk Assessment from 2013](#) indicates that more than 40% of respondents do not floss regularly. Flossing is an important aspect of oral hygiene. Flossing must occur regularly to avoid plaque. The buildup of plaque can lead to gingivitis, the first stage of gum disease. Signs of gingivitis include inflammation of the gums, red gums versus pink, and bleeding¹. In addition, plaque buildup can also lead to cavities necessitating time away from duties for dental care. **Keep floss with you and use it once a day.**

Week 3

Why Choose Food First, Supplements Second? Supplement use through liquids, powders, and tablets is often seen as a way to improve performance or as a quick fix for a poor diet. As the Food and Drug Administration does not regulate supplements, there is no guarantee that the products are safe or effective, making Sailors and Marines vulnerable to supplement marketing ploys. **Make nutrient packed food choices each week and limit supplement use. Food has most of what you need! Check out the [Go for Green®](#) program to learn more about how to make healthier food choices in the galley.**



Week 4

Why Sleep? Repeatedly, the importance of sleep comes up in the news and research. Insomnia or lack of sleep is common across the nation, active duty service members in general, and more specifically service members who are suffering from post-traumatic stress disorder (PTSD), brain injury, and chronic pain. Lack of sleep can create cognitive dysfunction and motor skill interruption, along with wreaking havoc in other areas of health. **A well-rested service member is a ready service member. Check out the Tips to Better Sleep Fact Sheet [located on the HP Toolbox: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-august.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-august.aspx) and additional sleep resources under Psychological and Emotional Well-being.**

ⁱAmerican Dental Association. Gum Disease. <http://www.mouthhealthy.org/en/az-topics/g/gum-disease>. Accessed 8 May 2014.