Educational Links provided by the Fleet and Marine Corps HRA*

Body Mass Index:
http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm

Tobacco Use/Smoking: http://www.nlm.nih.gov/medlineplus/smoking.html

Tobacco Use/Smokeless: http://www.nlm.nih.gov/medlineplus/smokelesstobacco.html

Alcohol Use: http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html

Injury Prevention: http://www.nhtsa.gov/Driving+Safety

Injury Prevention/PPE: http://www.cdc.gov/niosh/topics/safety.html

Stress Management: http://www.nlm.nih.gov/medlineplus/stress.html

Sexual Health/Condoms:
http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/condom.aspx

Sexual Health/Pregnancy:
http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/contraception.aspx

Physical Activity: http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html

Nutrition/High-Fat: http://www.cdc.gov/nutrition/everyone/basics/fat/index.html

Nutrition/Fruits: http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html

Supplements: http://humanperformanceresourcecenter.org/dietary-supplements

Dental: http://www.ada.org/5625.aspx?currentTab=1

Sleep: http://www.nhlbi.nih.gov/health/public/sleep/index.htm

*These websites have been reviewed and judged to provide HRA participants with credible and current information for minimizing health risks.

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