



Health Promotion and Wellness **2012 Product Catalog**



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

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Health Promotion and Wellness (HPW) Overview

PURPOSE

The mission of the HPW department is to provide innovative and evidence-based health promotion and wellness programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery and promote lifelong healthy behaviors and lifestyles.

KEY MESSAGES

- 1 The HPW department is committed to keeping Sailors and Marines fit for service in seven key areas:



Healthy Eating: We have the educational resources and materials you need to help you select nutrient dense, healthy food for optimal performance.



Active Living: As a Navy resource for physical fitness, we know how to get you moving and we know how to keep you fit.



Tobacco Free Living: We offer effective resources to end tobacco use and educate about the harmful effects of secondhand smoke.



Reproductive and Sexual Health: We offer practical tools, educational resources and prevention strategies that can help you, your partner, and your family remain sexually and reproductively healthy.



Psychological and Emotional Well-being: It's critical for Sailors and Marines to be psychologically strong. We have the educational resources to help you strengthen your resilience so you can perform at your best.



Injury and Violence Free Living: Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. We offer practical tools, educational resources, and evidence-based prevention strategies that help keep you physically and emotionally injury free.



Preventing Drug Abuse and Excessive Alcohol Use: We have the educational materials and resources to help you understand the negative effects of binge drinking, misuse or abuse of over-the-counter and prescription medications and the dangers of unregulated nutritional supplements so that you can overcome alcohol and drug abuse and live a healthy life.



▶ [Healthy Living Topics Overview \(webpage\)](#)



2 The HPW department also provides services to the following vital segments:



Wounded, Ill and Injured (WII): We work to enhance the readiness, resilience, and recovery of Wounded, Ill and Injured Sailors and Marines by offering tailored informational tools and materials for healthy living.



Navy Reserve: Sailors in the Navy Reserve are essential to the Total Force. We offer healthy living resources to reservists to help support readiness and overall health.

GENERAL HPW TOOLS

- ▶ [Blue H - Navy Surgeon General's Health Promotion and Wellness Award \(webpage\)](#)
- ▶ [Health Promotion Toolbox \(webpage\)](#)
- ▶ [Health Risk Assessment \(HRA\) \(webpage\)](#)
- ▶ [Friday Facts e-Newsletter \(webpage\)](#)
- ▶ [Navy Health Promotion and Wellness Course \(webpage\)](#)
- ▶ [Navy Health Promotion Basics Course Level I \(webpage\)](#)
- ▶ [Navy Health Promotion Basics Course Level II \(webpage\)](#)
- ▶ [Navy Health Promotion Starter Kit CD \(webpage\)](#)
- ▶ [Patient-Centered Prevention Counseling DVD \(webpage\)](#)
- ▶ [Prevention First Self-Help CD \(.pdf\)](#)



FOR MORE INFORMATION

[www.nmcphc.med.navy.mil/
healthy_living/](http://www.nmcphc.med.navy.mil/healthy_living/)

CONTACT INFORMATION

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BLUE-H Award

PURPOSE

The Blue-H Navy Surgeon General's Health Promotion and Wellness Award encourages and rewards the promotion of health in Navy and Marine Corps organizations. This annual award is available at three levels: Bronze Anchor, Silver Eagle and Gold Star.

KEY MESSAGES

- 1** All Navy commands and United States Marine Corps (USMC) Semper Fit Centers are eligible. There are three versions of the award - Fleet, Medical, and Semper Fit Center.
- 2** Some of the health topics assessed include: alcohol and drug abuse prevention; injury prevention; nutrition; physical fitness; sexual health; psychological health; tobacco cessation; and weight management.

INSIDE THE AWARD

- ▶ [Blue-H Fact Sheet \(.pdf\)](#)



- ▶ [Blue-H Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx

CONTACT INFORMATION

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Crews into Shape Challenge

PURPOSE

The Crews Into Shape challenge, held every March in conjunction with National Nutrition Month®, is sponsored annually by NMCPHC. The goals of the challenge are to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DOD family.

KEY MESSAGES

- 1** The challenge encourages members to improve daily habits regarding exercise, fruit consumption, and vegetable consumption.
- 2** Crew members report that the challenge positively affects self-reported health-related behavior.
- 3** Crew leaders receive frequent “Crews Notes” during the campaign to encourage their crew members.

INSIDE THE CHALLENGE

Crew Leader Products

- ▶ [Crews Leader’s Guide \(.doc\)](#)
- ▶ [Crews Leader’s Worksheet \(.xlsx\)](#)

Crew Member Products

- ▶ [Crews Contract \(.doc\)](#)
- ▶ [Crews Members’ Weekly Log \(.xlsx\)](#)
- ▶ [Crews Into Shape Fact Sheet \(.pdf\)](#)



- ▶ [Crews Into Shape - Program Information \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/healthy_living/resources_products/crews_into_shape/crews_info.aspx

CONTACT INFORMATION

(757) 953-0974



Health Risk Assessment (HRA)

PURPOSE

Our HRA tool assesses the lifestyle risks of individuals to support the annual Periodic Health Assessment, worksite wellness program, or other community health activities. When used properly, an HRA can heighten awareness about key health issues, identify those specific issues that pertain to the individual, provide credible sources of health information, empower individuals to better manage their personal health, and serve as a tool for dialogue with a healthcare provider.

KEY MESSAGES

- 1** HRA is a screening tool for assessing lifestyle behavior risk, and is not intended to replace consultation with a healthcare provider. Your provider can further discuss any identified health risk or concern and address any immediate medical problem.
- 2** Use of this tool was designed for active and reserve components of the Navy and Marine Corps but is also suitable for other relatively healthy adult groups such as Navy civilians.
- 3** The Fleet and Marine Corps HRA is a web-based, anonymous assessment of leading health indicators that produces both individualized Participant Reports as well as group Commanding Officer Reports. There is also a CD-based version available to ships that have poor Internet connectivity.

INSIDE THE ASSESSMENT

- ▶ [Effective Use of a Health Risk Assessment \(.ppsx\)](#)



- ▶ [Health Risk Assessment Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/General/healthriskassessment.aspx

CONTACT INFORMATION

(757) 953-0962



Weight Management

PURPOSE

Many people begin “fad” diets every year in order to lose weight. These diets often eliminate or severely reduce one or more of the essential food groups or recommend excessive amounts of other groups. Most fad diets achieve, at best, only a temporary weight loss. Permanent and healthy weight management can be achieved eating a “balanced” diet, which will also ensure peak performance. An important aspect of weight management is physical activity. Engaging in a variety of moderate to intense aerobic exercise, muscle strengthening and functional body movement activities will help you control your weight. We have the educational resources and materials you need to help you lose weight or maintain a healthy weight.

KEY MESSAGES

- 1** We can provide you with information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight.
- 2** It’s important that you maintain a healthy body weight and body fat percentage, get the recommended amount of physical activity and exercise and consume the recommended nutrients from food.
- 3** You don’t need a gym to be active. Visit our website for workout routines that eliminate the guesswork. We provide photos, videos, and descriptions of exercise movements to help you exercise wherever you are.

INSIDE THE PROGRAM

- ▶ [Weight Management Resources \(webpage\)](#)
- ▶ [Performance Nutrition \(webpage\)](#)
- ▶ [General Nutrition \(webpage\)](#)
- ▶ [ShipShape Program Overview \(webpage\)](#)
- ▶ [Military OneSource \(webpage\)](#)
- ▶ [Counseling by Certified Healthcare Professionals \(.pdf\)](#)



- ▶ [Weight Management Resources \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/weight_management.aspx

CONTACT INFORMATION

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Healthy Eating

PURPOSE

Just as high-octane fuel is important for Navy jets, healthy eating is crucial for fueling the human body. The HPW department understands the barriers to eating healthy. We have the educational resources and materials you need to help you select nutrient dense, healthy food for optimal performance.

KEY MESSAGES

- 1** Food is fuel for the body and to perform at your peak, you have to eat healthy and live a healthy lifestyle. It's important that you maintain a healthy body weight and body fat percentage, get the recommended amount of physical activity and exercise, and consume the recommended nutrients from food.
- 2** When you and your family members eat nutrient-dense foods (whole grains, lean protein, fruits, vegetables and low fat dairy products), it helps you to maintain your health and reduce your risk of developing disease.
- 3** Eating healthy can help reduce the risk for heart disease, high blood pressure, diabetes, osteoporosis, and several types of cancer, in addition to helping maintain a healthy body weight.

KEY PRODUCTS AND SERVICE OFFERINGS

- ▶ Healthy Eating Brochure (available upon request)
- ▶ Healthy Eating Fact Sheet (available upon request)
- ▶ Healthy Eating Poster (available upon request)
- ▶ CHOW Nutrition Course (available upon request)
- ▶ [Crews Into Shape Fact Sheet \(.pdf\)](#)
- ▶ Fruits & Veggies-More DOES Matter Video (available upon request)
- ▶ [m-NEAT Community Assessment \(.xlsx\)](#)
- ▶ [Navy Operational Fitness and Fueling System \(NOFFS\) \(webpage\)](#)
- ▶ [ShipShape Facilitator Training \(webpage\)](#)
- ▶ [ShipShape Instructions to Participants \(webpage\)](#)



- ▶ [Healthy Eating Program Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/

CONTACT INFORMATION

(757) 953-0956

Military Nutrition Environment Assessment Tool (m-Neat)



PURPOSE

m-NEAT helps DOD communities measure accessibility to healthy food options. m-NEAT appraisals assess environmental factors and policies at the community level that support healthy eating. The tool was developed to help health promotion professionals, commanding officers, and others in the DOD community measure accessibility to healthy food options.

KEY MESSAGES

- 1** m-NEAT appraisals assess environmental factors and policies at the community level that support healthy eating.
- 2** Military communities that make healthy foods accessible can enhance the health of service members and their families.

INSIDE THE TOOL

- ▶ [m-NEAT Community Assessment \(.xlsx\)](#)



- ▶ [m-NEAT Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/healthy_living/nutrition/chow.aspx

CONTACT INFORMATION

(757) 953-0956



ShipShape Program

PURPOSE

In an effort to decrease the loss rate of active and reserve duty personnel, we developed the ShipShape Program, now the Navy's official intervention program for weight management. ShipShape facilitates healthy body fat composition in active duty personnel who have failed that component of the Physical Readiness Test. ShipShape is an 8-week program that reflects the current state of knowledge on weight loss. The program presents a healthy and permanent approach to weight loss and can be used by adults who are overweight.

KEY MESSAGES

- 1 ShipShape is specifically designed to assist active duty members in meeting the Department of Navy (DON) body composition standards.
- 2 ShipShape is also an appropriate intervention for family members and retirees who exceed healthy body weight or have weight-related health problems.
- 3 The program provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight.

INSIDE THE PROGRAM

Instructors

- ▶ [ShipShape Instructions to Command Fitness Leaders \(webpage\)](#)
- ▶ [ShipShape Facilitator Training \(webpage\)](#)

Participants

- ▶ [ShipShape Instructions to Participants \(webpage\)](#)



- ▶ [ShipShape Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Weight_Management/shipshape_overview.aspx

CONTACT INFORMATION

(757) 953-0962

Active Living



PURPOSE

Exercise helps you reach your personal best. You look good, feel good and perform at your peak on and off the job. As a Navy resource for physical fitness, the HPW department offers you resources to help keep you active so that you can be at your prime physically, psychologically and operationally. We know how to get you moving and we know how to keep you fit. Whether you want to start a new exercise routine, refresh your workout regimen or train like a professional athlete, we can help you identify the workout program to help you meet your fitness goals.

KEY MESSAGES

- 1** Physical activity is an important factor in healthy living. Engaging in a variety of moderate to intense aerobic exercise, muscle strengthening and functional body movement activities will help you:
 - ▶ Control your weight
 - ▶ Improve your energy level
 - ▶ Reduce your stress level and improve your mood
 - ▶ Strengthen your bones and muscles and reduce risk of injury
 - ▶ Improve your ability to do daily operational on the job or off the job activities
 - ▶ Reduce your risk of cardiovascular disease, type 2 diabetes and some cancers
 - ▶ Increase your chances of living longer
- 2** We believe in the concept of “operational fitness”—personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. We do this through our signature program, the Navy Operational Fitness and Fueling System (NOFFS). Our NOFFS workouts are based on a combination of training components, including:
 - ▶ Pillar Preparation (Injury Prevention)
 - ▶ Movement Preparation
 - ▶ Cardiovascular
 - ▶ Strength
 - ▶ Flexibility
 - ▶ Regeneration/Recovery
 - ▶ Body Movement Skills Training
- 3** Geared toward individuals of all fitness levels, the NOFFS program was developed in partnership with physical fitness experts who train the world’s top professional athletes and sports franchises. It’s comparable to and often safer than other high intensity workout programs. NOFFS combines both human performance and injury prevention strategies, resulting in a more productive and safer training regimen.

KEY PRODUCTS AND SERVICE OFFERINGS:

- ▶ [Navy Operational Fitness and Fueling System \(NOFFS\) \(webpage\)](#)
- ▶ [Crews Into Shape \(webpage\)](#)
- ▶ [Command Fitness Leader Course \(webpage\)](#)
- ▶ [Physical Fitness Fact Sheets \(webpage\)](#)



- ▶ [Active Living Program Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Physical_Fitness/fitness_program.aspx

CONTACT INFORMATION

(757) 492-7617



Navy Operational Fitness and Fueling System (NOFFS)

PURPOSE

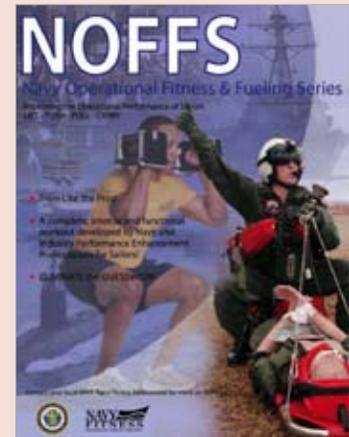
NOFFS is designed to provide the Navy with a “world-class” performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. The exercises used in the training system are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Developed as a complete fitness package, the *fueling* aspect of this resource provides Sailors with the tools required to make healthy nutrition choices in both shore-based and operational environments.

KEY MESSAGES

- 1** NOFFS contains four specialized training system tailored for use on submarines, surface ships, large decks, and for group physical training.
- 2** Designed specifically for real-world space and equipment limitations, the training system provides Sailors with three different levels of exercises that are based on current fitness and capability.
- 3** NOFFS project goals are to improve operational performance, provide foundational and performance nutrition guidance, and decrease the incidence and severity of musculoskeletal physical training related injuries.

INSIDE THE SYSTEM

- ▶ [NOFFS Overview \(webpage\)](#)
- ▶ [NOFFS Methodology \(webpage\)](#)
- ▶ [NOFFS Virtual Trainer \(webpage\)](#)
- ▶ [NOFFS Downloads of Exercise Sessions – 4 programs, Levels 1 – 3 \(webpage\)](#)
- ▶ [Locate a NOFFS Fitness Trainer \(webpage\)](#)
- ▶ [NOFFS iPhone App \(webpage\)](#)



- ▶ [NOFFS Training System \(webpage\)](#)

FOR MORE INFORMATION

<http://www.navyfitness.org/fitness/noffs/>

CONTACT INFORMATION

(757) 492-7617

Tobacco Free Living



PURPOSE

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly and has a serious impact upon readiness. Sailors and Marines who smoke get sick more often, which translates into more lost workdays and hospitalizations than nonsmokers. Equally as bad are the effects of secondhand smoke on your shipmates. To help you win the battle, the HPW department offers you effective resources to end tobacco use and learn about the harmful effects of tobacco and secondhand smoke.

KEY MESSAGES

- 1** Tobacco use is the leading cause of premature and preventable death in the United States.
- 2** If you smoke, you're more likely to sustain musculoskeletal injuries and perform poorly on fitness tests. Smoking delays healing, prolongs injury recovery and hurts night vision.
- 3** Smoking increases fatigue, stress, depression and even impotence. Smoking also makes you more likely to abuse alcohol and experiment with drugs, which would further derail readiness.
- 4** Chewing tobacco, dipping, packing a plug and snuff threatens your health in additional ways. Smokeless tobacco makes your gums recede and it makes your teeth fall out. Smokeless tobacco causes cancer on your lips, tongue and throat. In men, it decreases sperm count and causes abnormal sperm cells.
- 5** Smokeless tobacco also has been proven to make you more inclined to smoke, which would derail any attempts to quit tobacco by way of the smokeless varieties. Smokeless tobacco is not a safe alternative to smoking.

KEY PRODUCTS AND SERVICE OFFERINGS

Clinicians

- ▶ [Patient-Centered Prevention Counseling Guidelines - Tobacco \(.pdf\)](#)
- ▶ [Tobacco Cessation for Operational Forces \(webpage\)](#)
- ▶ [Tobacco Resources for Health Educators \(webpage\)](#)
- ▶ [Tobacco Resources for Clinicians and Providers \(webpage\)](#)

Patients

- ▶ Tobacco Free Living Brochure (information available upon request)
- ▶ Tobacco Free Living Fact Sheet (information available upon request)
- ▶ Tobacco Free Living Poster (information available upon request)
- ▶ [No Dips and/or Butts Manual for Quitting Tobacco \(.pdf\)](#)
- ▶ [Ready to Quit Tobacco? \(webpage\)](#)
- ▶ [Health Promotion Toolbox Tobacco Prevention and Cessation \(webpage\)](#)



- ▶ [Personal Health Resources \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Tobacco_Cessation/Tobacco_PersonalHealth.aspx

CONTACT INFORMATION

(757) 953-0959



Reproductive and Sexual Health

PURPOSE

Responsible sex can be a wonderful thing. But if you engage in risky sexual behavior, you can experience sexually transmitted infections (STIs) and unintended pregnancies. Additional consequences of risky sexual behavior can include pain and suffering, embarrassment, and lifelong health, relationship, and financial issues. That's why the HPW department works to reduce the occurrence of STIs, HIV infections, and unplanned pregnancies among Sailors and Marines. We offer practical tools, educational resources and prevention strategies that can help you, your partner, and your family remain sexually and reproductively healthy.

KEY MESSAGES

- 1** Sexual health is a state of physical, emotional, mental, and social well-being in relation to sexuality; it is not merely the absence of disease or dysfunction. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence.
- 2** Risky sexual behavior has serious repercussions in the Navy and Marine Corps. Between 1985 and 2011, at least 5,800 active duty Sailors and Marines were infected with HIV. In 2011, over 5,000 cases of chlamydia, gonorrhea, or syphilis were diagnosed among active duty Sailors and Marines. Although the incidence of Human Papillomavirus Virus (HPV) is unknown, 205 active duty female Sailors and Marines were diagnosed with cervical cancer from 2001-2005 (HPV is believed to cause 90% of cervical cancer).
- 3** In 2010, two in three enlisted females in the Navy said her last pregnancy while in the Navy was unplanned. Of those, half said that they were not using any form of birth control when the pregnancy occurred. Among the women who were using contraception at the time of their unplanned pregnancy, about half were using birth control pills.

KEY PRODUCTS AND SERVICE OFFERINGS

- ▶ Reproductive and Sexual Health Fact Sheets
- ▶ Reproductive and Sexual Health Films
- ▶ Reproductive and Sexual Health Group-level Interventions
- ▶ Reproductive and Sexual Health Metrics
- ▶ Reproductive and Sexual Health Patient Risk Assessment, Screening, Testing, Partner referral, and Counseling
- ▶ Reproductive and Sexual Health Posters
- ▶ Reproductive and Sexual Health Program Guidelines and Tools
- ▶ Reproductive and Sexual Health Training (additional information available upon request)



- ▶ [Sexual Health Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health

CONTACT INFORMATION

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Psychological and Emotional Well-being

PURPOSE

You're asked to do things most people can't do, be in situations most people can't handle or make decisions most people couldn't fathom. These challenges can put an unimaginable toll on you. Yet, to be successful in the Navy and Marine Corps, you have to be psychologically strong. The HPW department has the resources and tools to help you strengthen your resilience so you can perform at your best

KEY MESSAGES

- 1** Military life, especially deployment or mobilization, presents unique and difficult challenges to you and your family. It involves meeting several professional requirements while working long hours in the face of mounting issues and family challenges. Operational and wartime missions can have psychological effects on how you think, feel and act. We understand that and we provide you with the tools and resources to become more resilient. Our goal is to help you withstand, recover, adapt and grow.
- 2** Psychological fitness involves how you process information, feel about things and respond to your thoughts and feelings. As a service member, you need to be psychologically fit so that you can perform well and at your peak.
- 3** Many psychological health concerns are preventable and treatable. Early identification and assistance can help prevent the onset of behavioral and emotional problems, decrease rates of chronic disease and help you lead a longer, healthier life.

KEY PRODUCTS AND SERVICE OFFERINGS

- ▶ Psychological and Emotional Well-being Brochure (information available upon request)
- ▶ Psychological and Emotional Well-being Fact Sheet (information available upon request)
- ▶ Psychological and Emotional Well-being Poster (information available upon request)
- ▶ Resilience (webpage)
- ▶ Relaxation Strategies (webpage)
- ▶ Navy Systematic Stress Management Program (webpage)
- ▶ Operational Stress Control (webpage)
- ▶ Navy Leader's Guide to Managing Sailors in Distress (webpage)
- ▶ Managing My Anger Self-Help Guide (.pdf)
- ▶ Anger Management (website)
- ▶ How To Deal With Insomnia (ppt)
- ▶ Watchstander Fatigue – Signs, Symptoms, Solutions (.pdf)
- ▶ Sleep (webpage)
- ▶ Mental Health (webpage)
- ▶ Suicide Prevention (webpage)
- ▶ Suicide Prevention posters and brochures (webpage)
- ▶ WII Products:
 - WII Resource Directory (webpage)
 - Care for Caregiver (webpage)
 - Compassion Fatigue (webpage)



- ▶ [Psychological and Emotional Well-being Resources \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/mental_health.aspx

CONTACT INFORMATION

(757) 953-0959



Operational Stress Control (OSC)

PURPOSE

Our OSC resources provide a comprehensive approach to prevent, identify, and manage the adverse effects of operational stress and stress injuries on the health and readiness of Sailors.

KEY MESSAGES

- 1 Stress is the process by which individuals respond to challenges (physically, emotionally, mentally and spiritually).
- 2 Stress can improve performance, however when stress becomes prolonged or extreme it may impact performance or health.
- 3 Left unchecked, stress can lead to debilitating distress, as indicated by emotional and behavioral difficulties, alcohol or substance abuse, and violence or behaviorally linked incidents.

INSIDE THE PROGRAM

Navy Leaders

- ▶ [Navy Leader's Guide to Managing Sailors in Distress Toolbox \(webpage\)](#)
- ▶ [Operational Stress Leaders Actions Fact Sheet \(.ppt\)](#)
- ▶ [Stress Management Resource CD \(webpage\)](#)

Sailors

- ▶ [Operational Stress Signs & What to Do Fact Sheet \(.ppt\)](#)
- ▶ [OSC Stress Pocket Card \(.pub\)](#)
- ▶ [Stress Continuum Brochure \(.pdf\)](#)



- ▶ [Operational and Combat Stress Resources \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/operandcombatstress.aspx

CONTACT INFORMATION

(757) 953-0959

Sleep and Relaxation



PURPOSE

Our sleep resources promote sufficient sleep as an essential aspect of health promotion and chronic disease prevention. Insufficient sleep takes a toll on energy, mood, and ability to function during the day. Chronic insomnia can contribute to health problems such as heart disease, high blood pressure, or diabetes.

KEY MESSAGES

- 1** Common effects of insufficient sleep include lack of energy, attention lapses, slowed thinking, poor reaction time, irritability, poor judgment, increased stress and anxiety, increased accidents, and a decrease in work productivity.
- 2** Insufficient sleep is associated with a number of chronic diseases and conditions.
- 3** Sleep is needed to think clearly, react quickly, and create memories.

INSIDE THE PROGRAM

- ▶ [Relaxation Basics Brochure \(.pdf\)](#)
- ▶ [Relaxation Training CD \(webpage\)](#)
- ▶ [Tips for Better Sleep Fact Sheet \(.ppt\)](#)
- ▶ [Watchstander Fatigue — Signs, Symptoms, Solutions \(.pdf\)](#)



- ▶ [Sleep Resources \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/sleep.aspx

CONTACT INFORMATION

(757) 953-0959



Suicide Prevention

PURPOSE

Our suicide prevention program helps individuals recognize and understand suicide risks and protective factors, and to learn how to help and effectively intervene if confronted with a suicide situation. Knowledge about the risk factors for suicide can assist with prevention, identification, early intervention, and can save lives.

KEY MESSAGES

- 1** The American Association of Suicidology estimates there are 25 attempts for every one death by suicide in the nation.
- 2** It is easy to ignore signs of impending suicide. People who are suicidal need immediate help and you can be in the position to make sure they get the help they need.
- 3** When you find someone in need, you are the First Responder - your help can make a lifesaving difference.

INSIDE THE PROGRAM

- ▶ [Not Sure Where To Turn Suicide Prevention Poster \(.pdf\)](#)
- ▶ [Suicide Awareness Fact Sheet \(.pdf\)](#)
- ▶ [Worried About Shipmates Suicide Awareness Fact Sheet \(.pdf\)](#)



- ▶ [Suicide Prevention Resources \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Suicide_Prevention/

CONTACT INFORMATION

(757) 953-0959



Traumatic Brain Injury (TBI)

PURPOSE

Individuals who have sustained a TBI face many challenges including physical, cognitive and emotional functioning. Symptom management can help to facilitate a timely recovery and improved quality of life. Our strategies are aimed at providing resources and web based education to assist in symptom management, and aid in resiliency building and mission readiness.

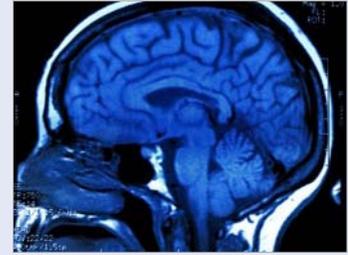
KEY MESSAGES

- 1** TBI is a disruption in the normal functioning of the brain resulting from a jolt, blow or penetrating object. A TBI may be closed or penetrating head injury and may be classified as mild, moderate or severe.
- 2** For active duty, blasts are the most common cause of TBI. In the deployment setting and civilian population risk factors for developing a TBI include, motor vehicle accidents, falls, high impact sports, relational activities and physical abuse.
- 3** Sleep pattern disturbances are common in individuals affected by TBI. Sleep disturbances can lead to / increase symptoms of depression and anxiety. Positive changes in behavior and one's physical environment can help to improve sleep.
- 4** TBI can affect an individual's cognition. Alcohol and drugs can worsen cognitive difficulty and increase the risk for injury and depression. Avoiding alcohol and other drugs can help to mitigate the risk of further injury and promote healing.
- 5** Fatigue is a symptom often associated with TBI. Fatigue affects thinking and can cause irritability. Regular physical exercise and proper nutrition can help to build resilience.
- 6** Caring for an individual who has sustained a TBI can be stressful. Long periods of stress can have a negative impact on one's health. Reducing stress can help to sustain health and wellness and quality of life.

INSIDE THE PROGRAM

- ▶ Traumatic Brain Injury and Symptom Management
- ▶ Traumatic Brain Injury PP
- ▶ Traumatic Brain Injury and Sleep
- ▶ Traumatic Brain Injury Prevention Strategies
- ▶ Social changes due to TBI

(information available upon request)



- ▶ [TBI Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/WII/wii_tbi.aspx

CONTACT INFORMATION

(757) 953-0729



Post-Traumatic Stress Disorder (PTSD) Resources and Support

PURPOSE

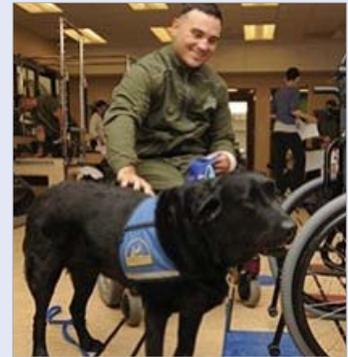
Our PTSD resources promote resiliency and build psychological fitness for those recovering from PTSD. For the WII population, learning to become more resilient will encourage mission readiness and build immunity from relapse and future injuries. Improving psychological and physical wellness also improves outcomes and helps restore readiness. WII members who are resilient will adjust to life in the face of prolonged stress, adversity, trauma, or tragedy.

KEY MESSAGES

- 1** PTSD is an anxiety disorder that can develop after exposure to a terrifying event. In previous wars, PTSD was sometimes called “shell shock” or “battle fatigue” because service members who were involved in heavy combat were likely to have experienced this condition.
- 2** PTSD can also affect people who have survived other types of trauma. The symptoms of PTSD surface after the event has ended, sometimes as long as several years later.
- 3** PTSD, in most cases, should be treated by a mental health professional. Treatment can usually be done on an outpatient basis.

INSIDE THE PROGRAM

- ▶ [Minding Your Mental Health \(webpage\)](#)
- ▶ [PTSD Checklist \(webpage\)](#)



- ▶ [PTSD Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/wii/wii_ptsd.aspx

CONTACT INFORMATION

(757) 953-0729



Injury and Violence Free Living

PURPOSE

The HPW department offers practical tools, educational resources and evidence-based prevention strategies that help keep Sailors and Marines performing at their peak—on and off the job. Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. Every day, injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does, too—whether it's physical or psychological trauma. The thing is, many of the injuries and distress triggers are preventable.

KEY MESSAGES

- 1 Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition—both peacetime and in combat. Every year, more than 800,000 service members seek medical attention for their injuries.
- 2 We understand the most common injuries you face, whether it's slips and falls on the job, a motor vehicle accident, or physical training related injury. We provide you with information on how and why injuries occur and what you can do to prevent future injuries.
- 3 We can provide you and your family with strategies and know-how to minimize physical, emotional and sexual violence in your personal surroundings—whether on the job or at home. Violence not only can cause physical injuries, but also psychological trauma, fear and post-traumatic stress. These injuries—visible and invisible— can cause depression, trigger alcohol and drug abuse, and in some cases lead to death.

KEY PRODUCTS AND SERVICE OFFERINGS:

- ▶ [Leading Injuries, Causes and Mitigation Recommendations \(.pdf\)](#)
- ▶ [21st Century Sailor & Marine Safety & Injury Prevention – SECNAV Initiative \(.pdf\)](#)
 - [21st Century Sailor & Marine Safety & Injury Prevention – SECNAV Initiative \(webpage\)](#)
 - [Motor Vehicle Safety \(webpage\)](#)
 - [Travel Risk Planning System \(TRiPS\) \(webpage\)](#)
 - [Motorcycle Safety \(webpage\)](#)
 - [Live to Play, Play to Live \(webpage\)](#)
 - [21st Century Sailor and Marine Initiative \(Overview\) \(webpage\)](#)
- ▶ [Interventions Evaluated to Make Recommendations for Physical Training – Related Injury Prevention \(Joint Services Physical Training Injury Prevention Work Group\) \(.pdf\)](#)
- ▶ [Navy Operational Fitness & Fueling System \(NOFFS\) – Safe & Effective Performance Training System \(webpage\)](#)
- ▶ [Navy Injury Prevention Current Practices and Initiatives \(.pdf\)](#)
- ▶ [Injury Prevention Strategies That Work \(.pdf\)](#)
- ▶ [Preventing Overtraining Injuries Related to High Running Volume \(.pdf\)](#)
- ▶ [Sports and Injury Prevention Posters \(webpage\)](#)
- ▶ [The Efficacy & Safety of Barefoot Style Running Shoes: A Summary of Evidence \(.pdf\)](#)
- ▶ [Living Violence Free \(Sexual Assault Prevention & Response\) \(.pdf\)](#)



- ▶ [Injury and Violence Free Living Program Overview \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Physical_Fitness/physical_injuryprev.aspx

CONTACT INFORMATION

(757) 492-7617



Preventing Drug Abuse and Excessive Alcohol Use

PURPOSE

Not only does drug abuse and excessive alcohol use impact your readiness, but it can harm the lives of your shipmates, family, and friends. The HPW department is committed to providing you with the tools you need to fight these harmful addictions. We have the educational materials and resources to help you understand the negative effects of binge drinking, misuse or abuse of over-the-counter and prescription medications and the dangers of unregulated nutritional supplements so that you can overcome alcohol and drug abuse and live a healthy life.

KEY MESSAGES

- 1** Excessive alcohol and drug use can hinder judgment and lead to harmful risk-taking behavior. Preventing drug abuse and excessive alcohol use:
 - ▶ Improves quality of life, academic performance, workplace productivity, and military preparedness
 - ▶ Reduces motor vehicle crashes and fatalities
 - ▶ Reduces crime and legal expenses
 - ▶ Lowers health care costs for acute and chronic conditions
- 2** Excessive alcohol use includes binge drinking (five or more drinks in one sitting for men, four or more drinks in one sitting for women), underage drinking and alcohol impaired driving.
- 3** Drug misuse and abuse includes any inappropriate use of pharmaceuticals (both prescription and over-the counter drugs) and any use of illegal substances.
- 4** Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol impaired driver — one death every 48 minutes.
- 5** There is no proven safe amount of alcohol that a woman can consume while pregnant. Drinking alcohol at any time during pregnancy can cause harm to the fetus.

KEY PRODUCTS AND SERVICE OFFERINGS:

- ▶ Preventing Drug Abuse and Excessive Alcohol Use Brochure (available upon request)
- ▶ Preventing Drug Abuse and Excessive Alcohol Use Fact Sheet (available upon request)
- ▶ Preventing Drug Abuse and Excessive Alcohol Use Poster (available upon request)
- ▶ Prescription Drug Misuse Resources (available upon request)
- ▶ Bath Salts or Designer Cathinones Presentation (.ppt)
- ▶ Designer Drugs Presentation (.ppt)
- ▶ Patient-Centered Prevention Counseling Guidelines - Alcohol (.doc)
- ▶ Right Spirit Health Promotion Toolbox (webpage)
- ▶ Substance Abuse (webpage)



- ▶ [Personal Health Resources \(webpage\)](#)

FOR MORE INFORMATION

http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/HP_Toolbox/toolbox_3dmonth.aspx

CONTACT INFORMATION

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