



**A complete resource for  
injury and violence free  
living.**



## Readiness through prevention.

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. That's where we come in. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you practical tools, educational resources and evidence-based prevention strategies that help keep Sailors and Marines performing at their peak—on and off the job.

Visit [www.nmcphc.med.navy.mil/Healthy\\_Living](http://www.nmcphc.med.navy.mil/Healthy_Living) to learn more about injury and violence free living, including:

- ▶ 21<sup>st</sup> Century Sailor and Marine Initiative
- ▶ Injury Prevention Resources, Tools and Strategies
- ▶ Navy Injury Prevention Current Practices and Initiatives
- ▶ Understanding Leading Injuries, Causes and Prevention



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.NMCPHC.MED.NAVY.MIL/HEALTHY\\_LIVING](http://WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING)

# YOU FALL. WE CATCH.



**Injury and Violence Free Living Overview**



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PREVENTION AND PROTECTION START HERE



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## Main cause of injuries: Overuse.

Injuries create more of an ongoing threat to the health and readiness of our US 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.

## Injury prevention basics.

Musculoskeletal injuries result from internal and external factors. Internal factors include:

- Inadequate physical activity participation
- Low aerobic fitness levels
- Pre-existing conditions
- Low levels of balance, agility, and coordination
- Insufficient functional movement patterns; poor body mechanics
- Improper use of supplements; inadequate hydration
- Fatigue
- Tobacco use (heavy smoking in particular)

Common external factors for overuse injuries include:

- Training technique
- Equipment and protective gear
- Training environment and surface
- Type of physical activity
- Un-officiated games

Maintaining adequate physical fitness, practicing safe training techniques and using good judgment all factor in an effective injury-prevention plan.

## Programs that prevent and protect.

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. Our world class training program, the Navy Operational Fitness and Fueling Series (NOFFS), combines human performance and injury prevention strategies, resulting in more productive and safer training routines. If you sustained an injury, we have identified programs that can help accelerate your return to duty through rehabilitation and reconditioning.

## Living violence free.

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.

We have resources to promote coping and healing among victims of violence and those who witness it. For additional help living violence free:

- Visit your installation's Fleet and Family Support Center to speak with a Family Advocacy Program Coordinator or a Sexual Assault Prevention and Response (SAPR) Victim Advocate
- Call the National Domestic Violence Hotline at 1-800-799-SAFE(7233)
- Contact the DoD Safe Helpline for sexual assault support by calling 1-877-995-5247 or visiting [www.SafeHelpline.org](http://www.SafeHelpline.org)
- Talk to your medical provider or chaplain for confidential counseling and support

