



YOU FALL. WE CATCH.



Injury and Violence Free Living

Injuries threaten readiness.

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.

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. That's more than half of all U.S. military personnel. Among Sailors and Marines, the clear majority of injuries are musculoskeletal, such as lower extremity overuse including acute knee and chronic back injuries as well as other sprains, strains and fractures. A majority of these injuries are caused by overuse in physical training, sports, recreation and job operations.

Overuse injuries tend to result from either your physical makeup (internal factors) or how you engage (external factors). Maintaining adequate level of physical fitness, using safe training techniques and 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 System (NOFFS), combines human performance and injury prevention strategies, resulting in more productive and safer training routines. If you have sustained an injury, we can help you identify programs that are designed to 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 help additional 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.



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



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