



Health Promotion and Wellness Support For the Wounded, Ill & Injured (WII)



Mission

The mission of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department is to provide innovative and evidenced 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.

Listed below are a few of the HPW programs that focus on our goal of meeting the health behavior needs of wounded, ill and injured service members.

TRAUMATIC BRAIN INJURY (TBI)

Traumatic Brain Injury (TBI) is a major health issue that affects WII members. TBI is a disruption in the normal functioning of the brain resulting from a jolt, blow or penetrating object. It can be “mild” and the person is only dazed or confused or loses consciousness for a short time. However, a TBI can result in more serious symptoms, depending upon the severity of the injury.



READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and focused • Cohesive units and ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild and transient • Anxious, irritable, or sad • Behavior change 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • Leaves lasting memories, reactions and expectations 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms and impairment persist over many weeks or get worse over time
Unit Leader Responsibility	Individual, Shipmate, Family Responsibility	Individual, Shipmate, Family Responsibility	Caregiver Responsibility



MANAGING STRESS

Stress is part of normal daily life. When not properly managed, stress can lead to mood changes, conflicts, higher blood pressure, and other problems. Learning to navigate stress can help minimize and mitigate its impact.

INJURY PREVENTION

It is important to practice injury prevention. Injuries, when they occur, directly impact mission readiness. Recovery, resiliency, durability and final outcome of the preventable injury may also impact future mission capability.



PSYCHOLOGICAL HEALTH

Relationship problems, poor sleep habits, depression, anxiety, substance misuse and abuse and post traumatic stress disorder (PTSD) can severely compromise the mission of recovery. Multiple sources of effective help are available – No One Is Alone!

TOBACCO CESSATION

Tobacco use increases hospital stay, the risk of post surgical infections, potential for scarring and skin graft rejection, and other health problems. Quitting tobacco use improves recovery, health, and promotes individual mission readiness.



FITNESS

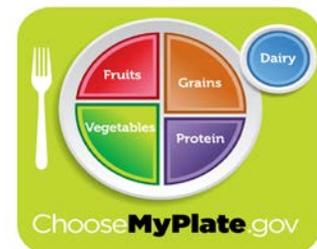
Remaining physically fit while recovering from a wound, illness or injury can be difficult. Adapting, adopting and modifying various fitness exercises will assist with recovery and return to mission.

PAIN MANAGEMENT

Pain may cause disability. Untreated pain can take a physical, mental and social toll on individuals and significantly affect their quality of life. Learning how to effectively manage pain is the key to achieving optimum functionality and an improved quality of life.

NUTRITION

Nutrition is important for health, healing and recovery. The proper intake of protein, carbohydrates, fruits and vegetables all help with the healing process. Poor food intake = poor healing.



About Us

The NMCPHC provides support for wounded, ill and injured Sailors and Marines and their families, assisting them in developing and sustaining healthy behaviors in order to enhance readiness, resiliency and recovery.

For additional information and help visit: [Wounded, Ill, and Injured Programs](#)