



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE



Health Promotion and Wellness Department Wounded, Ill & Injured Wounded, Ill, and Injured Programs



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.



ACTIVE LIVING: Remaining physically fit during an injury and an illness can be difficult. Adapting, adopting and modifying various fitness exercises will assist with recovery and a return to mission readiness. HPW optimal support programs: Navy Operational Fitness & Fueling System (NOFFS), Crews Into Shape Challenge, ShipShape, Weight Management Program, and the Resource Directory



PREVENTING DRUG ABUSE and EXCESSIVE ALCOHOL USE: NMCPHC, aligning with the National Prevention Strategy, supports the prevention of drug use/abuse/misuse (including prescription) and excessive alcohol use. HPW optimal support programs: Tobacco Cessation, That Guy Campaign



PAIN MANAGEMENT: Untreated pain takes a physical, mental and social toll on individuals and significantly affects their quality of life. Learning how to effectively manage pain is the key to achieving optimum functionality and an improved quality of life. HPW optimal support program: Resource Directory



HEALTHY EATING: Nutrition is important for healing and recovery. The proper intake of protein, carbohydrates, fruits and vegetables all help with the healing process. HPW optimal support programs: NOFFS (Fueling Component), Crews Into Shape Challenge, ShipShape, Military Nutrition Environment Assessment Tool (m-NEAT), & Fruits & Veggies: More DOES Matter (video)



CHRONIC ILLNESS: Many health behaviors directly impact chronic disease. Addressing unhealthy Behaviors such as sedentary lifestyles, poor nutritional habits and tobacco use may significantly reduce the development of chronic disease. HPW optimal support programs: Resource Directory



REPRODUCTIVE and SEXUAL HEALTH: Intimacy addresses the WII member who may find it difficult to re-establish intimate relationships upon return from deployment. NMCPHC promotes and protects the sexual health of DON personnel. HPW optimal support programs: SHARP



INJURY and VIOLENCE FREE LIVING: Injuries directly impact mission readiness. Recovery, resiliency, durability and final outcome of the preventable injury may also impact future mission capability. HPW optimal support Programs: NOFFS, ShipShape, m-NEAT, SHARP



PSYCHOLOGICAL and EMOTIONAL WELL-BEING: HPW offers educational resources to help strengthen resilience and promote psychological and emotional recovery. Relationship problems, poor sleep habits, depression, anxiety, substance use-abuse-misuse; and post traumatic stress disorder (PTSD) can severely compromise the mission of recovery. HPW optimal support programs: Navy Leader's Guide, Resource Directory

