



Health Promotion and Wellness **2014/2015 Product Catalog**



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

This Page is Intentionally Left Blank.

Table of Contents

■ Health Promotion and Wellness (HPW) Overview	2
Health Promotion Training & Webinars	4
HP Toolbox	5
BLUE-H Award	6
Crews Into Shape Challenge	7
Health Risk Assessment (HRA)	8
Weight Management	9
■ Healthy Eating	10
Military Nutrition Environment Assessment Tool (m-Neat)	11
ShipShape Program	12
■ Active Living	13
Navy Operational Fitness and Fueling System (NOFFS)	15
■ Tobacco Free Living	16
■ Reproductive and Sexual Health	17
Sexual Health and Responsibility Program (SHARP)	18
■ Psychological and Emotional Well-being	19
Navy Leader’s Guide for Managing Sailors in Distress	20
Building Resilience and Navigating Stress	21
Sleep and Relaxation	22
Suicide Prevention	23
Post-Traumatic Stress Disorder (PTSD) Resources and Support	24
Traumatic Brain Injury (TBI)	25
■ Injury and Violence Free Living	26
■ Preventing Drug Abuse and Excessive Alcohol Use	28



Health Promotion and Wellness (HPW) Overview

The mission of the Health Promotion and Wellness 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.

PURPOSE

The HPW Product Catalog identifies key products and services offered by the HPW Department to keep Sailors and Marines healthy and mission ready.

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 to help service members select nutrient dense, healthy food for optimal performance.
-  **Active Living:** As a Navy resource for physical fitness, we know how to get Sailors and Marine moving and we know how to keep them 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 service members, their partners, and families 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 strengthen resilience so they can perform at their 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 service members physically and emotionally injury free.
-  **Preventing Drug Abuse and Excessive Alcohol Use:** We have the educational materials and resources to help service members understand the negative effects of binge drinking and misuse or abuse of over-the-counter and prescription medications so that they 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

- ▶ [HPW Brochure](#)
- ▶ [HPW Fact Sheet](#)
- ▶ [HPW Poster](#)
- ▶ [Marine Corps HPW Brochure](#)
- ▶ [Marine Corps HPW Fact Sheet](#)
- ▶ [Marine Corps HPW Poster](#)
- ▶ [Blue H — Navy Surgeon General’s Health Promotion and Wellness Award](#)
- ▶ [Health Promotion Toolbox](#)
- ▶ [Health Risk Assessment \(HRA\)](#)
- ▶ [Friday Facts e-Newsletter](#)
- ▶ [Navy Health Promotion and Wellness Course](#)
- ▶ [Navy Health Promotion Basics Course Level I](#)
- ▶ [Navy Health Promotion Basics Course Level II](#)
- ▶ [Health Promotion and Wellness CD, DVD and Video Resources](#)



FOR MORE INFORMATION

[Health Promotion and Wellness](#)

CONTACT INFORMATION

(757) 953-0708 or (757) 953-0983



Health Promotion Training & Webinars

PURPOSE

HPW education and training programs and webinars equip Navy and Marine Corps personnel with the tools, knowledge, skills, and materials required to deliver best-practice programs and interventions at the local command level.

KEY MESSAGES

- 1 Training:** The HPW Department provides in-person training in multiple locations every year. These trainings cover a broad range of health promotion topics, ranging from how to develop and manage a Health Promotion program to how to facilitate tobacco cessation counseling sessions.
- 2 Webinars:** The HPW Department also hosts webinars regularly on a diverse range of topics. Presenters highlight innovative and evidence-based information that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

INSIDE HPW TRAINING AND WEBINARS

- 1 Training:**
 - ▶ HPW training courses are attended by hundreds of Sailors and Marines every year, and consistently receive positive feedback on high quality materials and instructors.
 - ▶ Individual courses cover different material and complement each other.
 - ▶ Most training courses are certified to provide Continuing Education Units for Sailors and Marines with professional certifications.
 - ▶ Training Courses Offered:

<ul style="list-style-type: none"> • <i>Choosing Healthy Options for Wellness (CHOW) Nutrition Course</i> • <i>Navy Health Promotion and Wellness Course</i> • <i>Navy Health Promotion Basics Level 1</i> • <i>Navy Health Promotion Basics Level 2</i> 	<ul style="list-style-type: none"> • <i>Patient Centered Prevention Counseling</i> • <i>Sexual Health and Responsibility Program (SHARP) Training</i> • <i>ShipShape Instructor Training</i> • <i>Tobacco Cessation Facilitator Training</i>
--	--
- 2 Webinars:**
 - ▶ HPW Webinars are generally held on a monthly basis and are attended by hundreds of Sailors, Marines, and civilian health promotion specialists every year.
 - ▶ HPW webinars consistently receive high satisfaction ratings from participants.
 - ▶ Most webinars are certified to provide Continuing Education Contact Hours (CECH) to Certified Health Education Specialists (CHES).



FOR MORE INFORMATION

[Health Promotion Training](#)

[Health Promotion Training Calendar](#)

[Webinars](#)

CONTACT INFORMATION

HP-Training@nehc.mar.med.navy.mil

HP Toolbox



PURPOSE

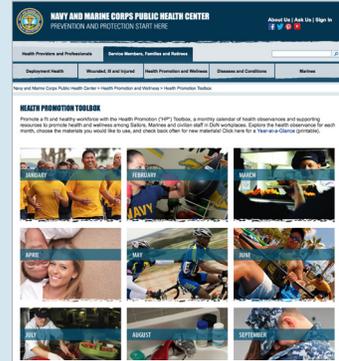
The Health Promotion Toolbox is designed as a calendar of monthly health observances to promote a fit and healthy workforce. Resources are available to health educators as a quick and efficient way to access credible health information on each monthly topic to promote health and wellness among Sailors, Marines, beneficiaries and civilian staff in Department of the Navy (DoN) workplaces.

KEY MESSAGES

- 1 The HP Toolbox is a user-friendly way to access monthly Health Observance resources.
- 2 Each month the HP Toolbox includes posters, fact sheets, brochures, videos, and links to learn more about the topic.
- 3 Topics are aligned with Military Health System (MHS), Department of Health and Human Services (HHS), and other health observance calendars.

INSIDE THE TOOLBOX

Month	Health Observance	Month	Health Observance
January	Healthy Weight	July	Fruits and Veggies
February	Heart Health	August	Preventive Health
March	National Nutrition Month	September	Mental Health and Suicide Prevention
April	Sexual Health	October	Health Literacy
May	Physical Fitness	November	Tobacco Free Living
June	Safety	December	Impaired Driving Prevention



FOR MORE INFORMATION

[Toolbox](#)

(Once in the Toolbox, click the month you would like to visit.)



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](#)



- ▶ [Blue-H Overview \(webpage\)](#)

FOR MORE INFORMATION

[Blue H — Navy Surgeon General
HPW Award](#)

CONTACT INFORMATION

(757) 953-0974



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 improve 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 weekly “Crews News” newsletters during the campaign to disseminate to their crew members.

INSIDE THE CHALLENGE

Crew Leader Products

- ▶ [Crews Leader’s Guide](#)
- ▶ [Crews Leader’s Worksheet](#)

Crew Member Products

- ▶ [Crews Contract](#)
- ▶ [Crews Members’ Weekly Log](#)
- ▶ [Crews Into Shape Fact Sheet](#)



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

FOR MORE INFORMATION

[Crews Into Shape](#)

CONTACT INFORMATION

(757) 953-1604



Health Risk Assessment (HRA)

PURPOSE

The 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. Providers can further discuss any identified health risk or concern with the Sailor or Marine 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](#)



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

FOR MORE INFORMATION:

[Fleet and Marine Corps HRA](#)

CONTACT INFORMATION

(757) 953-0974



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 by eating a “balanced” diet, which can also help to 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 Sailors and Marines control their weight. We have the educational resources and materials to help service members lose weight or maintain a healthy weight.

KEY MESSAGES

- 1** The HPW Department provides information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight.
- 2** A healthy body weight prevents many chronic diseases and helps optimize human performance.
- 3** A gym is not necessary to be active. Visit our website for workout routines that eliminate the guesswork. We provide photos, videos, and descriptions of exercise movements to help Sailors and Marines exercise wherever they are.

INSIDE THE PROGRAM

- ▶ [Weight Management Resources](#)
- ▶ [Performance Nutrition Webpage](#)
- ▶ [General Nutrition Webpage](#)
- ▶ [ShipShape Program Overview Webpage](#)
- ▶ [Military OneSource Health and Wellness Coaching Program](#)



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

FOR MORE INFORMATION

[Weight Management](#)

CONTACT INFORMATION

(757) 953-0952

nutrition@nehc.mar.med.navy.mil



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 to help select nutrient dense, healthy food for optimal performance.

KEY MESSAGES

- 1** Food is fuel for the body and for peak performance, Sailors and Marines have to eat healthy and live a healthy lifestyle. It's important to 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 service members and their families eat nutrient-dense foods (whole grains, lean protein, fruits, vegetables and low fat dairy products), it helps maintain health and reduce 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](#)
- ▶ [Healthy Eating Fact Sheet](#)
- ▶ [Healthy Eating Poster](#)
- ▶ [Marine Corps Healthy Eating Brochure](#)
- ▶ [Marine Corps Healthy Eating Fact Sheet](#)
- ▶ [Marine Corps Healthy Eating Poster](#)
- ▶ [CHOW Nutrition Course Webpage](#)
- ▶ [Crews Into Shape Webpage](#)
- ▶ [Fruits & Veggies-More DOES Matter Video](#)
- ▶ [m-NEAT Community Assessment](#)
- ▶ [Navy Operational Fitness and Fueling System \(NOFFS\) Webpage](#)
- ▶ [ShipShape Instructor Training Webpage](#)
- ▶ [ShipShape Instructions to Participants](#)



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

FOR MORE INFORMATION

[Healthy Eating](#)

CONTACT INFORMATION

(757) 953-0956

nutrition@nehc.mar.med.navy.mil

Military Nutrition Environment Assessment Tool (m-Neat)



PURPOSE

The Military Nutrition Environment Assessment Tool or 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](#)



- ▶ [m-NEAT Overview \(webpage\)](#)

FOR MORE INFORMATION

[Military Nutrition Environment Assessment Tool](#)

CONTACT INFORMATION

(757) 953-0956



ShipShape Program

PURPOSE

In an effort to decrease the loss rate of active and reserve duty personnel, NMCPHC 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 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 Instructor Training Webpage](#)

Participants

- ▶ [ShipShape Participant Instructions](#)



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

FOR MORE INFORMATION

[ShipShape Program](#)

CONTACT INFORMATION

(757) 953-0977

Active Living



PURPOSE

Exercise helps Sailors and Marines reach their personal best. Individuals look good, feel good and perform at their peak on and off the job. As a Navy resource for physical fitness, the HPW Department offers resources to help keep Sailors and Marines active so that they can be at their prime physically, psychologically and operationally. We know how to get them moving and we know how to keep them fit. Whether starting a new exercise routine, refreshing a workout regimen or training like a professional athlete, we can help identify the workout program to help meet specific 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:
 - ▶ Control weight
 - ▶ Improve energy level
 - ▶ Reduce stress level and improve mood
 - ▶ Strengthen bones and muscles and reduce risk of injury
 - ▶ Improve ability to do daily operational on the job or off the job activities
 - ▶ Reduce risk of cardiovascular disease, type 2 diabetes and some cancers
 - ▶ Increase chances of living longer
- 2** We believe in the concept of “operational fitness”—personalizing workout routines with exercises that mimic job-related movements, so workout activities relate directly to 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.



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



KEY PRODUCTS AND SERVICE OFFERINGS:

- ▶ [Active Living Brochure](#)
- ▶ [Active Living Fact Sheet](#)
- ▶ [Active Living Poster](#)
- ▶ [Marine Corps Active Living Brochure](#)
- ▶ [Marine Corps Active Living Fact Sheet](#)
- ▶ [Marine Corps Active Living Poster](#)
- ▶ [Navy Operational Fitness and Fueling System \(NOFFS\) Webpage](#)
- ▶ [Crews Into Shape Webpage](#)
- ▶ [Command Fitness Leader Course Webpage](#)
- ▶ [Active Living Downloads](#)

FOR MORE INFORMATION

[Active Living](#)

CONTACT INFORMATION

(757) 492-7617 or (757) 953-3152

Navy Operational Fitness and Fueling System (NOFFS)



PURPOSE

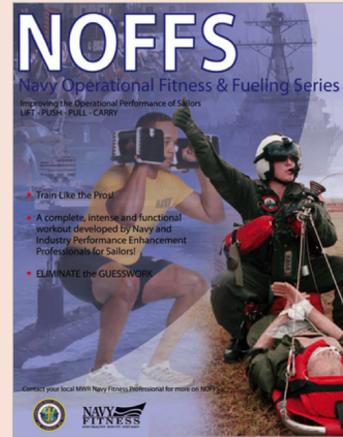
NOFFS is designed to provide the Navy with a “world-class” performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. The exercises used in the 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 systems 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 system provide 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](#)
- ▶ [NOFFS Methodology](#)
- ▶ [NOFFS Downloads of Exercise Sessions — 4 programs](#)
- ▶ [Locate a NOFFS Fitness Trainer](#)
- ▶ [Download the NOFFS mobile apps!](#)



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

FOR MORE INFORMATION

[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 on 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 to others on the ship. To help those who smoke win the battle, the HPW Department of the Navy and Marine Corps Public Health Center offers 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 Smokers are 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 and stress, and may cause impotence. Smokers are also more likely to abuse alcohol and experiment with drugs, which would further derail readiness.
- 4 Products such as chewing tobacco, snuff, snus, and hookah threaten health in additional ways. Smokeless tobacco makes gums recede and teeth fall out. Smokeless tobacco causes cancer on lips, tongue and throat. In men, it decreases sperm count and causes abnormal sperm cells.
- 5 Smokeless tobacco also has been proven to make users 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

- ▶ [Tobacco Free Living Brochure](#)
- ▶ [Tobacco Free Living Fact Sheet](#)
- ▶ [Tobacco Free Living Poster](#)
- ▶ [Marine Corps Tobacco Free Living Brochure](#)
- ▶ [Marine Corps Tobacco Free Living Fact Sheet](#)
- ▶ [Marine Corps Tobacco Free Living Poster](#)
- ▶ [No Dips and/or Butts Manual for Quitting Tobacco](#)
- ▶ [Navy Medicine Tobacco Free MTFs & Facilities](#)
- ▶ [Tips To Be Tobacco Free](#)
- ▶ [Hookah Infographic](#)
- ▶ [Health Promotion Toolbox Tobacco Prevention and Cessation](#)
- ▶ [How do I become a tobacco cessation facilitator? \(Information sheet\)](#)



- ▶ [Tobacco Free Living \(webpage\)](#)

THE NMCPHC HPW DEPARTMENT OFFERS TOBACCO CESSATION FACILITATOR TRAINING.

For more information on the training and the latest schedule, visit:

<http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/health-promotion-training.aspx>

FOR MORE INFORMATION

[Tobacco Free Living](#)

CONTACT INFORMATION

(757) 953-0959 or (757) 953-1015
tobacco_cessation@nmcpHC.med.navy.mil

Reproductive and Sexual Health



PURPOSE

Responsible sex can be a wonderful thing. But engaging in risky sexual behavior can result in 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 Sailors and Marines, their partners, and their families 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, only one of three enlisted Navy women said her last pregnancy while in the Navy was planned. Of those who experienced an unplanned pregnancy, half said that they were not using any form of birth control when the pregnancy occurred.

KEY PRODUCTS AND SERVICE OFFERINGS

- ▶ [Reproductive and Sexual Health Brochure](#)
- ▶ [Reproductive and Sexual Health Fact Sheet](#)
- ▶ [Reproductive and Sexual Health Poster](#)
- ▶ [Reproductive and Sexual Health Resources Webpage](#)
- ▶ [Family Planning Webpage](#)
- ▶ [Reproductive and Sexual Health Metrics Webpage](#)
- ▶ [Reproductive and Sexual Health Patient Risk Assessment, Screening, Testing, Partner referral, and Counseling Webpage](#)
- ▶ [Policies of the Uniformed Services Webpage](#)
- ▶ [Reproductive and Sexual Health Training Webpage](#)



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

FOR MORE INFORMATION

[Reproductive and Sexual Health](#)

CONTACT INFORMATION

(757) 953-0974



Sexual Health and Responsibility Program (SHARP)

PURPOSE

To promote and protect the sexual health of the DoN population to support mission readiness and accomplishment, minimize avoidable health care costs and personnel losses, prevent morbidity and mortality, and support quality of life.

KEY MESSAGES

- 1 SHARP provides DoN members and families with health information, education and behavior change programs for the prevention of STIs, including HIV, and unplanned pregnancies; and collaborate with other Navy and Marine Corps stakeholders to advance sexual health policies and activities, and support healthy sexual behavior and relationships.

KEY PRODUCTS AND SERVICE OFFERINGS

- ▶ [SHARP Program Description and Background Article](#)
- ▶ [SHARP Training Webpage](#)
- ▶ [Reproductive and Sexual Health Brochure](#)



- ▶ [SHARP \(webpage\)](#)

FOR MORE INFORMATION

[SHARP Program](#)

CONTACT INFORMATION

(757) 953-0974



Psychological and Emotional Well-being

PURPOSE

Sailors and Marines are 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 them. Yet, to be successful in the Navy and Marine Corps, they have to be psychologically strong. The HPW Department has the resources and tools to help strengthen resilience so Sailors and Marines can perform at their best.

KEY MESSAGES

- 1** Military life, especially deployment or mobilization, presents unique and difficult challenges to service members and their families. 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 thoughts, feelings and actions. We understand that and we provide tools and resources to become more resilient. Our goal is to help withstand, recover, adapt, and grow.
- 2** Psychological fitness involves how service members process information, feel about things and respond to thoughts and feelings. Service members need to be psychologically fit so that they can perform well and at their 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 service members lead a longer, healthier life.

KEY PRODUCTS AND SERVICE OFFERINGS

- ▶ [Psychological and Emotional Well-being Brochure](#)
- ▶ [Psychological and Emotional Well-being Fact Sheet](#)
- ▶ [Psychological and Emotional Well-being Poster](#)
- ▶ [Marine Corps Psychological and Emotional Well-being Brochure](#)
- ▶ [Marine Corps Psychological and Emotional Well-being Fact Sheet](#)
- ▶ [Marine Corps Psychological and Emotional Well-being Poster](#)
- ▶ [Resilience Webpage](#)
- ▶ [Relaxation 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](#)
- ▶ [Anger Management Website](#)
- ▶ [Sleep Webpage](#)
- ▶ [Mental Health Webpage](#)
- ▶ [Suicide Prevention Webpage and Resources](#)
- ▶ **WII Products**
 - [WII Resource Directory](#)
 - [Care for Caregiver](#)
 - [Compassion Fatigue](#)



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

FOR MORE INFORMATION

[Psychological and Emotional Well-Being](#)

CONTACT INFORMATION

(757) 953-0959

pew@nmcphc.med.navy.mil



Navy Leader's Guide for Managing Sailors in Distress

PURPOSE

The Navy Leader's Guide for Managing Sailors in Distress helps leaders recognize distress related behaviors and provide help to their Sailors using supportive interventions, resources, and strategies as well as appropriate policy and guidance.

KEY MESSAGES

- 1** The Navy Leader's Guide aims to assist in the decision-making process by describing a broad range of supportive interventions, resources, and strategies for supporting Sailors in distress. It also provides guidance on effective communications with Navy helping personnel.
- 2** It is focused on assisting leaders to employ awareness and intervention strategies before a Sailor has reached the threshold of debilitating distress, as indicated by emotional and behavioral difficulties, alcohol or substance abuse, violence, or behaviorally linked accidents.
- 3** It provides guidance to leaders on giving psychological support to individuals across the stress continuum, from a healthy and prevention status, to navigating stress, and to a severe level of distress.

KEY PRODUCTS AND SERVICE OFFERINGS

The Navy Leader's Guide is available in a web version and on multiple platforms as a mobile application.

- ▶ [Web version of Navy Leader's Guide for Managing Sailors in Distress](#)
- ▶ [Mobile Application available on iTunes](#)
- ▶ [Mobile Application available on Google Play](#)
- ▶ [Mobile Application available for Amazon Appstore](#)



- ▶ [Navy Leader's Guide for Managing Sailors in Distress \(webpage\)](#)

FOR MORE INFORMATION

[Navy Leader's Guide for Managing Sailors in Distress](#)

CONTACT INFORMATION

(757) 953-0959

pew@nmcphc.med.navy.mil



Building Resilience and Navigating Stress

PURPOSE

Military life, especially deployment or mobilization, presents unique and difficult challenges to service members and their families. It involves meeting several professional requirements while working long hours in the face of mounting issues and family challenges. Transitions such as frequent moves and changing family roles are just a few examples. Operational and wartime missions can have psychological effects on how service members think, feel, and act. We understand that, and we provide the tools and resources to navigate stress and build resilience. Our stress management resources provide a comprehensive approach to preventing, identifying, and managing the effects of daily living, work, and operational stress and stress injuries on the health and readiness of Sailors, Marines, beneficiaries, and civilians.

KEY MESSAGES

- 1 Resilience is the ability to withstand, recover, adapt, and grow in the face of life's challenges and demands.
- 2 Building resilience is a process, and we all hope and strive to become more resilient.
- 3 Stress is the process by which individuals respond to challenges (physically, emotionally, mentally, and spiritually).
- 4 Stress can improve performance. However when stress becomes prolonged or extreme it may impact performance and/or health.

INSIDE THE PROGRAM

- ▶ [Resilience Webpage](#)
- ▶ [Navigating Stress Webpage](#)
- ▶ [Thrive Infographic](#)
- ▶ [In-Transition Poster Series](#)
- ▶ [Change Isn't Always Easy Poster Series](#)
- ▶ [Helping Sailors and Marines Withstand, Recover, and Grow: Guide for Psychological and Emotional Well-Being](#)
- ▶ [Rebounding](#)
- ▶ [Stress Resistance](#)
- ▶ [Get Mentally Fit](#)
- ▶ [Managing My Anger and Self-Help Guide](#)
- ▶ [Making Good Choices](#)
- ▶ [Signs of Operational Stress & What to Do Fact Sheet](#)
- ▶ [Operational Stress: Self and Buddy Aid](#)
- ▶ [Psychological First Aid](#)



FOR MORE INFORMATION

[Resilience](#)

[Navigating Stress](#)

CONTACT INFORMATION

(757) 953-0959

pew@nmcphc.med.navy.mil



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. The HPW Department provides the resources and information to Sailors and Marines who are seeking to reduce stress through deep relaxation to optimize performance. Our resources are intended to keep Sailors and Marines mentally and physically prepared for challenges and to improve resilience.

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.
- 4 Research shows that relaxing the body will relax the mind.
- 5 Relaxation is a process that helps decrease the effects of stress on mind and body.
- 6 It is important for Sailors and Marines to recognize how mind and body practices like breathing, meditation, and relaxation techniques can assist in staying resilient and coping with daily stress.

INSIDE THE PROGRAM

- ▶ [Relax, Relax Toolkit](#)
- ▶ [Relaxation Basics Brochure](#)
- ▶ [Sleep Webpage](#)
- ▶ [Tips for Better Sleep Fact Sheet](#)
- ▶ [Insomnia CD](#)
- ▶ [How to Deal with Insomnia](#)
- ▶ [Watchstander Fatigue — Signs, Symptoms, Solutions](#)



▶ [Sleep Resources \(webpage\)](#)

FOR MORE INFORMATION

[Sleep and Relaxation](#)

CONTACT INFORMATION

(757) 953-0959

Suicide Prevention



PURPOSE

Our suicide awareness and prevention program helps individuals understand and recognize suicide warning signs, risk factors, and protective factors. We also provide resources and information on how to help and effectively intervene if faced with a suicide situation. Knowledge about the acute warning signs and risk factors for suicide can assist with prevention, identification, and early intervention, and help save lives. Increasing and strengthening protective factors can help decrease suicide risk.

KEY MESSAGES

- 1** Suicide is a serious public health problem which is one of the top 10 causes of death in the U.S. and a leading cause of death in the Navy.
- 2** Suicide is preventable. Shipmates, leaders, family members, medical professionals, mental health providers, and others who support our service members all play a role in suicide prevention, identification, and intervention.
- 3** Know the risk factors for suicide. While risk factors do not cause suicide, these factors can elevate one's risk. Take all talk about suicide seriously, and know the acute warning signs for suicide.
- 4** When finding someone in need, the First Responder can make a lifesaving difference.

INSIDE THE PROGRAM

- ▶ [Suicide Prevention Webpage](#)
- ▶ [Acute Suicide Warning Signs](#)
- ▶ [Suicide at a Glance Infographic](#)
- ▶ [Thrive Infographic](#)
- ▶ [ACT Now](#)
- ▶ [Suicide Risk Factors](#)

POSTERS

- ▶ [Corpsmen](#)
- ▶ [Aviation No One Stands Alone](#)
- ▶ [In Transition 1](#)
- ▶ [Change Is Not Easy 3](#)



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

FOR MORE INFORMATION

[Suicide Prevention](#)

CONTACT INFORMATION

(757) 953-0959

pew@nmcphc.med.navy.mil



Post-Traumatic Stress Disorder (PTSD) Resources and Support

PURPOSE

Our post-traumatic stress disorder (PTSD) resources promote resiliency, recovery, and growth. For the WII population, learning to become more resilient will encourage mission readiness and build immunity from relapse and future stress 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 and acute stress, adversity, trauma, or tragedy.

KEY MESSAGES

- 1** PTSD is an anxiety disorder which 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 needs to be treated by a mental health professional. Treatment is usually done on an outpatient basis.

INSIDE THE PROGRAM

- ▶ [PTSD Infographic](#)
- ▶ [Military Pathways Mental Health Screening](#)
- ▶ [PTSD Coach Online](#)
- ▶ [Relax, Relax Toolkit](#)



FOR MORE INFORMATION

[PTSD Webpage](#)

CONTACT INFORMATION

(757) 953-0959

pew@nmcphc.med.navy.mil



Traumatic Brain Injury (TBI)

PURPOSE

Traumatic brain injury (TBI) surveillance and screening provides metrics and data for pre- and post-deployment testing to assess neurological changes in service members and to ensure that individuals identified as blast-exposed receive an evaluation for TBI. The HPW Department provides resources and web-based education to assist in symptom management, and aid in resiliency building and mission readiness.

KEY MESSAGES

- 1** Traumatic brain injury (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. Many of these risks can be reduced with proper injury prevention strategies.
- 3** Mild forms of TBI (mTBI) may not be readily identifiable and can cause loss of memory or confusion.
- 4** Symptom management can help to facilitate a quick and speedy recovery.
- 5** Family members and caregivers are also impacted by the effects of TBI. Resources to assist in managing the effects of TBI, as well as avoiding “compassion fatigue”, are available for those caregivers.

INSIDE THE PROGRAM

- ▶ [Traumatic Brain Injury Quick Fact Sheet](#)
- ▶ [Facts about TBI](#)
- ▶ [Traumatic Brain Injury and Sleep](#)
- ▶ [Traumatic Brain Injury](#)
- ▶ [Caregiver Tips](#)
- ▶ [The Recovery Process for Traumatic Brain Injury](#)
- ▶ [The Impact on Family and How They Can Help](#)



FOR MORE INFORMATION

[TBI Webpage](#)

CONTACT INFORMATION

(757) 953-0959

pew@nmcphc.med.navy.mil



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 service members face, whether it's slips and falls on the job, a motor vehicle accident, or physical training related injury. We provide the information on how and why injuries occur and also how to prevent future injuries.
- 3** We can provide service members and their families with strategies and know-how to minimize physical, emotional, and sexual violence in 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

- ▶ [Injury and Violence Free Living Brochure](#)
- ▶ [Injury and Violence Free Living Fact Sheet](#)
- ▶ [Injury and Violence Free Poster](#)
- ▶ [Marine Corps Injury and Violence Free Living Brochure](#)
- ▶ [Marine Corps Injury and Violence Free Living Fact Sheet](#)
- ▶ [Marine Corps Injury and Violence Free Living Poster](#)
- ▶ [Leading Injuries, Causes and Mitigation Recommendations](#)
- ▶ [21st Century Sailor & Marine Safety & Injury Prevention](#)
 - [21st Century Sailor & Marine Safety & Injury Prevention — SECNAV Initiative](#)
 - [Motor Vehicle Safety](#)
 - [Travel Risk Planning System \(TRiPS\)](#)
 - [Motorcycle Safety](#)
 - [21st Century Sailor and Marine Initiative \(Overview\)](#)



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



- ▶ [Interventions Evaluated to Make Recommendations for Physical Training — Related Injury Prevention \(Joint Services Physical Training Injury Prevention Work Group\)](#)
- ▶ [Navy Operational Fitness & Fueling System \(NOFFS\) — Safe & Effective Performance Training System](#)
- ▶ [Navy Injury Prevention Current Practices and Initiatives](#)
- ▶ [Injury Prevention Strategies That Work](#)
- ▶ [Preventing Overtraining Injuries Related to High Running Volume](#)
- ▶ [The Efficacy & Safety of Barefoot Style Running Shoes: A Summary of Evidence](#)
- ▶ [Living Violence Free \(Sexual Assault Prevention & Response\)](#)

FOR MORE INFORMATION

[Injury and Violence Free Living](#)

CONTACT INFORMATION

(757) 492-7617 or (757) 953-1015

injury_prev@nmcphc.med.navy.mil



Preventing Drug Abuse and Excessive Alcohol Use

PURPOSE

The HPW Department understands the impact of drug abuse and excessive alcohol use on Sailor and Marine readiness and overall health. That's why we're committed to providing the tools needed to fight these harmful addictions. We have the educational materials and resources to help service members understand the negative effects of binge drinking and misuse or abuse of over-the-counter and prescription medications so that they can overcome alcohol and drug abuse and live a healthy life.

KEY MESSAGES

- 1** 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, reduces motor vehicle crashes and fatalities, crime and legal expenses and lowers health care costs for acute and chronic conditions.
- 2** Alcohol and drug use can be especially harmful for people who have been wounded, ill or injured. Using alcohol frequently can increase bruising, increase risk of infection and impair wound healing, and substances may interact with medications prescribed to promote healing or recovery
- 3** Excessive alcohol use includes heavy drinking (more than two drinks per day on average for men, more than one drink per day on average for women), binge drinking (five or more drinks in one sitting for men, four or more drinks in one sitting for women), underage drinking and drinking while pregnant.
- 4** Drug misuse and abuse includes any inappropriate use of pharmaceuticals (both prescription and over-the counter drugs) and any use of illegal drugs. This includes taking medications that were prescribed to someone else and taking medications in ways other than what was prescribed, such as for the experience or feelings they cause or in higher doses than recommended.
- 5** Every day, almost 30 people in the United States die in motor vehicle crashes which involve an alcohol impaired driver — one death every 48 minutes¹.
- 6** 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](#)
- ▶ [Preventing Drug Abuse and Excessive Alcohol Use Fact Sheet](#)
- ▶ [Preventing Drug Abuse and Excessive Alcohol Use Poster](#)
- ▶ [Marine Corps Preventing Drug Abuse and Excessive Alcohol Use Brochure](#)
- ▶ [Marine Corps Preventing Drug Abuse and Excessive Alcohol Use Fact Sheet](#)
- ▶ [Marine Corps Preventing Drug Abuse and Excessive Alcohol Use Poster](#)
- ▶ [Impaired Driving Prevention Health Promotion Toolbox](#)
- ▶ [Substance Abuse for WII](#)
- ▶ [Alcohol Abuse and Drug Misuse Programs](#)
- ▶ [Do You Drink Too Much?](#)
- ▶ [Excessive Alcohol Use](#)



- ▶ [Preventing Drug Abuse and Excessive Alcohol Use \(webpage\)](#)

FOR MORE INFORMATION

[Preventing Drug Abuse and Excessive Alcohol Use](#)

CONTACT INFORMATION

(757) 953-1015

prevent@nmcphc.med.navy.mil

¹ Injury Prevention and Control: Motor Vehicle Safety. CDC. www.cdc.gov/Motorvehiclesafety/Impaired_Driving/. Updated 2 October 2012. Accessed May 2013.

This Page is Intentionally Left Blank.



NMCPHC

620 John Paul Jones Circle, Suite 1100

Portsmouth, VA 23708-2103

www.nmcpHC.med.navy.mil