

Health Promotion

Naval Hospital Sigonella

PROGRAMS AND CLASSES



TOBACCO CESSATION

- ✓ Group runs every Thursday from 13:00-1400. Held in the SARP Conference Room, NAS II Flight Line Clinic.
- ✓ One-on-One and telephone consultation available.
- ✓ Command tobacco cessation available.



SHIPSHAPE

- ✓ An 8 week weight management program offered to active duty.
- ✓ Active duty require CFL referral.
- ✓ Offered throughout the year.

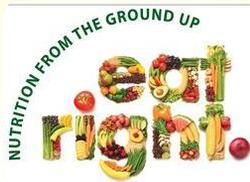
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HEALTHY & FIT

- ✓ A 4-week weight management and nutrition class offered to dependents and all other DoD personnel.
- ✓ 1 hour classroom accompanied with 30 minutes sessions to include: commissary tour, relaxation techniques, physical activity and cooking.



NUTRITION EDUCATION

- ✓ Our dietician provides nutrition counseling to inpatients of U.S. Naval Hospital Sigonella upon provider request or based upon patient's diagnosis.
- ✓ Through the dietician outpatient appointments are available for: education on weight loss/gain; newly diagnosed diabetics, high blood pressure, kidney disease patients; under or overweight pediatric patients; patients diagnosed with food allergies.

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OTHER PROGRAMS

- ✓ Alcohol and Drug Abuse Prevention and Education.
- ✓ Tobacco Prevention and Education.
- ✓ Back Injury Prevention.
- ✓ Stress Management.
- ✓ Suicide Prevention.
- ✓ Nutrition Education and weight/fat control.
- ✓ Hypertension Education and Control.
- ✓ STD and HIV Education.