

# Health Promotion

## Naval Hospital Sigonella

### PROGRAMS AND CLASSES



#### TOBACCO CESSATION

- ✓ A 4 week group-based tobacco cessation support program designed to help tobacco users plan a successful quit attempt by providing essential information, skills for coping with cravings, and group support.
- ✓ 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.

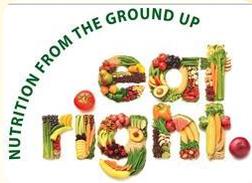
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### HEALTHY & FIT

- ✓ A 5-week weight management and nutrition class offered to dependents and all other DoD personnel.
- ✓ 1 hour classroom accompanied with 30 minutes workout session.



### 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.