

Health Promotion

Naval Hospital Sigonella



RESOURCES

TOBACCO CESSATION

- ✓ [Navy and Marine Corps Public Health Center](#)
- ✓ [American Lung Association](#)
- ✓ [American Cancer Society](#)
- ✓ [Smoke Free .gov](#)
- ✓ [Center for Disease Control](#)
- ✓ [UcanQuit2.org](#)
- ✓ [Quit for Keeps](#)
- ✓ [Mayo Clinic](#)
- ✓ [The Quit Net](#)
- ✓ [Nicotine Anonymous](#)
- ✓ [Kill the Can](#)
- ✓ [Tri-Care North](#)
- ✓ [Great American Smoke-out](#)

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NUTRITION & HEALTHY LIVING

- [Choosemyplate.gov](#)
- [Fruits and Veggies More Matters](#)
- [Aim for a Healthy Weight](#)
- [American Dietetic Association](#)
- [American Diabetes Association](#)
- [American Heart Association](#)
- [Heart Health \(NHLBI\)](#)
- [Nutrition.gov](#)
- [Navy Operational Fitness and Fueling](#)
- [The President's Fitness Challenge](#)
- [Crews Into Shape \(NMCPHC\)](#)
- [CDC Healthy Living](#)
- [Navy and Marine Corps Public Health Center](#)

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MENTAL HEALTH

- [Navy and Marine Corps Public Health Center](#)
- [American Psychological Association](#)
- [Mayo Clinic: Anger Management](#)
- [Navy Suicide Prevention](#)
- [USMC Suicide Prevention](#)
- [Military OneSource](#)
- [National Institute of Drug Abuse](#)
- [National Suicide Prevention Helpline](#)
- [Navy and Marine Corps Suicide Prevention](#)
- [That Guy](#)

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SEXUAL HEALTH

- [Sexual Health and Responsibility Program \(SHARP\)](#)
- [Centers for Disease Control and Prevention](#)
- [The National Campaign](#)

OTHERS

- [Your Regional TMA/Tricare Benefits](#)

[North](#)

[South](#)

[West](#)