



Wounded, Ill, and Injured Program

Health Promotion and Wellness

Health and Wellness Topics

The Health Promotion and Wellness (HPW) department provides relevant and credible health promotion information for the wounded, ill or injured (WII) population on the following topics:

- Active Living
- Complementary and Alternative Medicine
- Healthy Eating
- Injury and Violence Free Living
- Post-Traumatic Stress Disorder
- Psychological and Emotional Well-being
- Relationships and Intimacy
- Sleep
- Substance Use and Misuse
- Tobacco Free Living
- Traumatic Brain Injury
- Weight Management

Programs, Products and Services

The department develops innovative and evidence-based HPW resources to address the specific needs of the WII population and assist WII Sailors and Marines with developing and sustaining healthy behaviors.

Targeted Materials address WII health and readiness challenges through a wide range of population-specific products that encourage healthy behavior choices and life styles.

Health Promotion Education empowers health promotion coordinators and case managers through formal training and online webinars to engage with the WII population and promote healthy behaviors.

Trends and Analyses include assessments of health behavior data, WII-focused programs and organizations, and research literature to identify gaps, redundancies, and needs for WII-specific resources on HPW topic areas. These provide data-driven information on the WII population to inform health education programs and develop targeted intervention strategies.

Multimedia Engagement employs diverse media platforms such as an updated website, social media, mobile applications, and webinars to reach WII Sailors and Marines and other important stakeholders.

Relax Relax Toolkit provides relaxing and stress-reducing practical exercises to help Sailors and Marines optimize performance.

Navy Leader's Guide for Managing Sailors in Distress Mobile Application helps Navy leaders recognize and assist Sailors displaying distressed behaviors.

Infographics visually convey concepts such as resilience and weight management to increase awareness about the benefits of healthy behaviors and risk factors of unhealthy behaviors.

For more information

To learn more about the WII Program, visit: www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured