



Health Promotion and Wellness for Wounded, Ill or Injured Sailors and Marines

The Health Promotion and Wellness (HPW) department of the Navy and Marine Corps Public Health Center (NMCPHC) provides evidence-based health promotion programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors in those who are wounded, ill or injured (WII). HPW is a one-stop shop for relevant and credible health promotion information on the following topics:



Healthy Eating for WII- If you are recovering from a wound, illness, or injury, your body needs the right balance of nutrients to support the healing process. We can help you select nutrient-dense, healthy food.



Active Living for WII- Your personal best is in reach. Whether your goal is to lift groceries with ease, find a workout regimen to get in shape, or train like a professional athlete to compete in the Warrior Games, we can help you meet your fitness goals.



Tobacco Free Living for WII- Tobacco is a dangerous addiction that's expensive, deadly, and has a serious impact on healing and recovery. Those who smoke can experience longer hospital stays and delayed wound healing. We can help you quit tobacco use and keep your family safe.



Psychological and Emotional Well-being for WII- Being wounded, ill, or injured can have a major impact on your psychological and emotional well-being. We can help you navigate stress and strengthen your resilience so you can overcome and navigate the challenges you face.



Injury and Violence Free Living for WII- A new or aggravated existing injury could derail and prolong your recovery and increase your physical and psychological stress. We offer you tools, resources, and strategies to keep you on the path to recovery.



Substance Use and Misuse- Using illegal drugs, misusing medications, or consuming excessive amounts of alcohol can complicate healing and prolong recovery. We can help you understand, avoid, or overcome these harmful behaviors to support you in your recovery.

Other WII topics addressed include:

- Weight Management
- Life After An Amputation
- Sleep
- Caregiver Support
- TBI
- PTSD
- Relationships and Intimacy

Click here to learn how our programs can help you recover and improve your optimal health.

