

Health Promotion & Wellness

December 2018

**December is Impaired
Driving Prevention
Month
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U.S. Navy photo by Sgt. Marcin Platek



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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Health Observance

Impaired Driving Prevention Month

This December is Impaired Driving Prevention Month and the focus is to promote safe and responsible use of alcohol and medication. The [HPW toolbox](#) and the [NMCPHC Preventing Drug Abuse and Excessive Alcohol Use website](#) have ready to use materials, posters and resources.

- Don't Get Wrecked [Infographic](#)
- Navy Alcohol Abuse Prevention (formerly known as NADAP) has resources to support responsible alcohol use, including the [Keep What You've Earned](#) campaign, Pier Pressure app and free [products](#). You can also promote their [Give the Gift of a Designated Driver](#) campaign, which runs from November 19 - December 31.



(Photo by Amanda Mills)

The Navy Drug Detection and Deterrence Program [website](#) has information on their [Prescription for Discharge](#) campaign, which promotes the safe and proper use of prescription medications.

Lastly, the Department of Defense's responsible drinking campaign, [That Guy](#), has many resources to help, including an [anonymous drinking habits quiz](#) and information on [alcohol and your health](#), [when to seek help](#) and a [standard drink](#).



Health Promotion News and Resources

Holiday Stress Resources

The holidays always seem to be more stressful than they need to be. We want to spoil our family and can go over budget very easily. More people are out and about making our daily chores more challenging. Family visits aren't always as cheery as portrayed on Hallmark cards and movies.

We have three great handouts to help lessen worries:

- [Maintain Your Budget During the Holidays](#)
- [Maintain Your Well-Being During the Holidays](#)
- [Maintain Your Sanity During the Holidays](#)

NMCPHC wishes all of you a wonderful, safe and sane holiday season!

For more resources on managing holiday stress, click [here](#).



(U.S. Navy Photo by Cpl. Ariana Acosta)

SHARP Posters Available for Digital Screens

Because some of you don't actually print posters but rather display them on a digital screen, some SHARP posters have been reformatted for landscape-wise display.

These new versions of the posters also have improved editable text boxes within which you can enter and share local information. Please see: [Emergency Contraception](#), [HIV](#) and [HPV](#)



Electrical and Fire Safety

What is the problem?

Decorating homes and businesses is a long-standing tradition around the holiday season. Unfortunately, electronically lit decorations and cold weather put extra demands on heating equipment and electrical output; 57 percent of fires are caused by defective heating equipment. Based on data from the National Fire Protection Association (NFPA) and the U.S. Fire Administration (USFA), an estimated 240 home fires involve Christmas trees and another 150 home fires involve holiday lights each year. Together, these fires result in 21 deaths and \$25.2 million in direct property damage annually.

Who is at risk?

There are more cars, people, and confusion during the Christmas season than any other time of the year. Because of the influx of travel and inclement weather everyone is more prone to accidents this time of year.

Prevention Tips

Injury during this busy time of the year is a preventable public health problem. Keep your family safe by following these safety tips:

- Check your furnace regularly and have it inspected by professionals.
- Inspect your fireplace for safe operations. Never leave it unattended.
- Only use decorative lights approved for outdoor use outside.
- Do not overload circuits or power strips. Turn lights off when you leave the house.
- Place cords away from traffic areas and heat sources, not under rugs.
- Place cords away from traffic areas and heat sources, not under rugs.
- Check cords and plugs for wear, frayed insulation, cracks and loose connections.
- Place holiday trees away from heat sources and open flames.
- Check the lights before decorating, look for loose sockets or broken and frayed wires.
- Keep water in tree base container and check it often.



(U.S. Navy photo by Bruce Cummins)

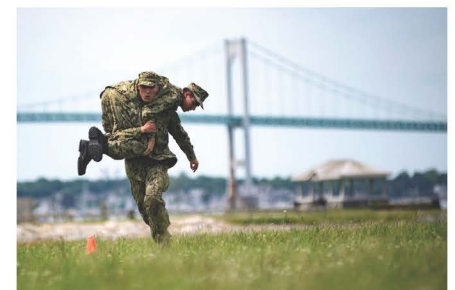
Download NMCPHC [Holiday Seasonal Safety Fact Sheets](#) - Ready to use!

New England Sports Medicine and Reconditioning Team (SMART) Center Improves Physical Readiness of Future Navy Leaders

SMART Centers keep warfighters in the fight with an open access model that facilitates early diagnosis, treatment with coordinated multidisciplinary care and protected graded return to duty.

Acute musculoskeletal (MSK) injuries are the leading cause of morbidity impacting operational readiness.

New England SMART opened August 2015 to address this problem by providing early and accurate diagnosis with a coordinated multidisciplinary approach for



(U.S. Navy photo by Mass Communication Specialist 1st Class Mike DiMestico)



the treatment of MSK injuries and for direct transition of care and communication between physicians, athletic trainers and physical therapists.

The SMART Center model is designed to maximize readiness through retention and reduced attrition, fewer lost work days and a decreased demand for primary care clinic, formal physical therapy and orthopedic surgery referrals. Services provided include: injury prevention, reconditioning, rehabilitation, diagnostic ultrasound and ultrasound guided procedures.

4000 encounters per year

3200 Officer Training Command Newport (OTCN) Students

270 Naval Academy Preparatory School (NAPS) Students

Six other tenant commands

Extended Duration for IUDs and Nexplanon

In November 2018, the American College of Obstetricians and Gynecologists released practice bulletin number 186, “Long-Acting Reversible Contraception: Implants and Intrauterine Devices”. It cites that three studies have shown the copper IUD to be effective for up to 12 years of use (no data beyond 12 years of use), and that the LNG-20 (Mirena IUD), is effective for at least 7 years, with a 7 year pregnancy rate of 0.5 per 100 women. It also states that “the etonogestrel implant is effective for at least 4 years, and that one study of 102 participants who used the implant for 5 years reported no pregnancies.”

Based upon these findings, large centers that provide contraception, such as Planned Parenthood, and contraceptive education, such as Bedsider.org, advise patients that the implant is effective up to 4 years (Bedsider), or 5 years (Planned Parenthood), the Paragard device up to 12, and the Mirena up to 7 years. Note that the newer IUD devices (Sykla and Kyleena) are not typically used off-label as these devices do not have robust after market research on their duration of effectiveness.

It has been recognized by the Family Planning Sub-Community that Navy women’s health providers vary in their recommendations for duration of use of these devices. Some follow the FDA approval of the devices and the manufacturer’s guidelines. Others follow the ACOG guidelines and off-label use for longer duration. Each of these approaches has benefits. Strictly adhering to FDA approved guidelines reduces the risk of patient dissatisfaction should their chosen method fail in the years beyond the FDA recommended use. However, longer use of the device reduces the overall number of required procedures should the patient wish to continue use. Either approach is acceptable. The patient should be counseled on the risks and benefits of both FDA approved use and extended use. The Family Planning Sub-Community recommends that providers thoroughly counsel the patients on the risks and benefits of use beyond the FDA approval for these devices and make the decision for duration of extended use in partnership with their patient using a shared decision-making model.



(U.S. Navy photo by Mike Miller)



Training and Events

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education and programmatic materials required to deliver best-practice programs and interventions at the local command level. A complete list of all [HPW Training](#) for FY19 can be viewed at [HPW Training schedule](#).

For further information and/or to request a Quota Request Form to attend any of this training, send an e-mail to: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-hpw-training@mail.mil.

Partnership and Sharing

“Thinned Down” So Creamy, Ground Turkey Alfredo with Peas

Ingredients (serves 4):

- 1 1/2 tbsp. olive oil
- 12 oz. ground turkey, lean
- 8 oz. whole wheat fettuccine
- 1/2 cup frozen peas
- 3 tbsp. all-purpose flour (wheat or white)
- 12 oz. evaporated milk
- 4 oz. skim milk
- 1/2 cup non-fat Greek yogurt
- 1/2 cup Parmesan cheese
- 1 1/2 tsp. minced garlic
- 1/2 tsp. salt
- Black pepper to taste



(Photo courtesy of Defense Commissary Agency)

Directions:

1. Spread the non-fat Greek yogurt in a thin layer on a plate so it can quickly come to room temperature.
2. In a large, deep frying pan, heat oil over medium heat and add the ground turkey. Brown the turkey stirring occasionally.
3. While the ground turkey is cooking, begin cooking the fettuccine, according to package directions.
4. Pour the frozen peas on a microwave safe dish, add 1/3 cup of water, cover and microwave on high for 5 minutes.
5. Once the turkey is no longer pink, sprinkle the flour over it and toss. Cook for an additional minute until the flour is well absorbed into the meat and slowly add the skim milk, evaporated milk and spices. Whisk constantly until the mixture begins to thicken. Drain the peas and add them to the sauce. Add the yogurt, mix, then add the cheese. Turn down the heat to medium-low and continue gently stirring until the cheese is melted.
6. Once the pasta is done cooking, drain it and add to the sauce. Toss the noodles so they are well coated.
7. Serve 1/4 of the pasta on a plate and if desired, top with additional freshly grated Parmesan cheese and a sprinkle of fresh chopped basil.

For more information, or other recipe ideas, [click here](#).

Upcoming Training FY19



Norfolk, VA
NEPMU-2

- Health Promotion Advanced Training, 5-6 February, 2019, 0800 - 1600 hrs
- Tobacco Cessation Facilitator Training, 7 February, 2019, 0730 - 1630 hrs
- ShipShape Program Facilitator Training, 8 February, 2019, 0730 - 1600 hrs



View the November HPW Newsletter online at: <https://www.dvidshub.net/unit/nmcphe>