

Health Promotion & Wellness

February 2018

Join Us at the Upcoming
Public Health Conference
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Promote Heart
Health All February!

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U.S. Navy photo by Mass Communication Specialist 3rd Class Raymond Minami



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



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Health Promotion News and Resources

Heart Health Month

New Recommendations, Same Prevention Strategies

Cholesterol and high blood pressure are the chronic conditions that impact our active duty the most. With the lowering of blood pressure recommendations for Stage 1 hypertension to 130/80, our beneficiaries ages 20-44 will have the most impact. Encouraging our provider's to diagnose, treat, and consult to behavior change programs is important. The important prevention strategies are the same and will help at any age.

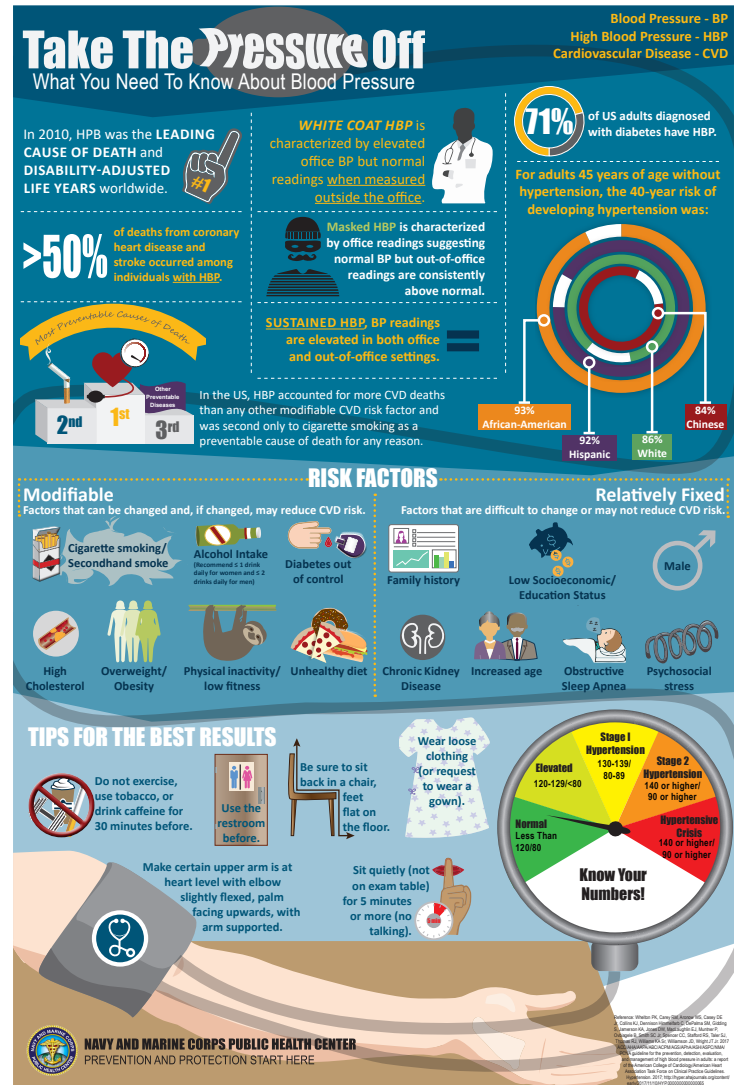
The [NMCPHC Toolbox](#) has great posters that could be used to update your providers' exam rooms to remind them of programs available and encourage the patients to ask questions about them. Check out the ["Know Your Numbers"](#) infographic and the ["Help your heart, Help Your Life"](#) fact sheet. Be sure to put your command information on the back to encourage participation.



Great American Spit Out February 22, 2018

NMCPHC HPW Smokeless Tobacco Resources

- **Smokeless Tobacco:** [https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Smokeless Tobacco Topic of Interest.pdf](https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Smokeless%20Tobacco%20Topic%20of%20Interest.pdf)
- **Thinking of Quitting Spit Tobacco?** https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/HPW-000064A_QuitSpitTobacco_noedit.pdf
- **Think Alternative Tobacco Products are Harmless?** [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW000032 Tobacco Alternative Vertical.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW000032_Tobacco%20Alternative%20Vertical.pdf)
- **Tips to be Tobacco Free:** <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Tips.pdf>
- **Starter Kit to Quit:** <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Starter%20Kit%20to%20Quit%20Tobacco.pdf>



- **No Dips and or Butts A very, very unofficial manual:** <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/no-dips-and-or-butts.pdf>
- **Additional Tobacco posters:** <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/Tobacco-Resources.aspx>
- **Tobacco Resources:** CDC has posted resources to assist the Healthcare system with addressing tobacco cessation. New materials are available for Dental, Mental Health, Vision and Pharmacy communities and also for the Medical team: <https://www.cdc.gov/tobacco/campaign/tips/partners/health/>

'Ship Shape' Shapes Sailors

Story by MC3 Rachael Treon
USS Theodore Roosevelt Public Affairs

Get ready, get fit, get healthy! USS Theodore Roosevelt (CVN-71) welcomes ShipShape, the Navy's official weight management program. The program presents a healthy and permanent approach to weight loss by giving Sailors the tools to achieve long-term weight management goals. Theodore Roosevelt began its first six-week run of the program with 20 motivated Sailors, in December.

Lt. Elisa Menck, Theodore Roosevelt's health promotions officer, leads the course and instructs the six classroom sessions along with Tara Redshaw, TR's Afloat Fitness Specialist (Fitboss).

"ShipShape doesn't just focus on what you eat," said Menck. "It also focuses on physical activity and your mindset. Too many people focus only on working out for weight loss or only trying to eat healthier, but it truly takes changing all three aspects to be effective and successful."

ShipShape was developed based on research, industry best practices, and analysis of current trends in fitness, weight loss, nutrition, and stress management.

"I don't expect to see drastic weight changes, because healthy weight loss is a pound or two a week," said Merick. "Making a lifestyle change will get them to their weight loss goals and keep them there. It can be very frustrating trying to lose weight, especially in this environment, and I want our Sailors to start making the healthier decisions and choices that will enable them to reach their goals in a safe manner."

Instructor-led topics include portion sizes, macronutrients, food groups, vitamins, hydration, exercise, muscle build, muscle repair, the Navy Operational Fitness and Fueling System (NOFFS) and more, which help individuals understand exactly what they're eating and the necessary diet and exercise for their personal lifestyle.



U.S. 5TH FLEET AREA OF OPERATIONS (Dec. 1, 2017) Sailors give the ready for launch signal on the flight deck of the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group began the first day of combat flight operations while deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region. (U.S. Navy photo by Mass Communication Specialist 3rd Class Rachael Treon)



Navy Updates PFA Separation Policy



105 SAN DIEGO (May 22, 2017) Sailors conduct their bi-annual Physical Readiness Test (PRT) on stationary bikes in the hangar bay of the aircraft carrier USS Theodore Roosevelt (CVN 71). The ship is moored pier side in her homeport of San Diego after completing Tailored Ship's Training Availability and Final Evaluation Problem. (U.S. Navy photo by Mass Communication Specialist Seaman Bill M. Sanders)

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy announced revisions to the Physical Readiness Program separation policy, directing commands to discontinue processing Sailors for separation as a result of Physical Fitness Assessment (PFA) failures and providing guidance on how to handle Sailors with approved separations in NAVADMIN 304/17, Dec. 21.

The goal of the Navy's physical readiness program is to maintain a minimum prescribed level of fitness necessary for world-wide deployment and to maintain a Sailor's long-term health and wellness.

"My number one priority is to keep the Fleet properly manned," said Vice Adm. Robert Burke, Chief of Naval Personnel. "Retention of every capable Sailor is critical to the operational readiness of the Navy while ensuring every

Sailor has the opportunity to safely achieve and maintain fitness and body composition standards."

Effective immediately:

- All commands will discontinue processing members for separation as a result of PFA failures.
- Separation orders resulting from PFA failures prior to Soft End of Active Obligated Service (SEAOS) with approved dates after March 31, 2018 are cancelled.
- Officers with approved separation orders for PFA failure with a directed separation date prior to March 1, 2018 can request their separation orders be cancelled in order to remain in the Navy by contacting PERS-833, Post Selection Board Matters subject to Secretary of Navy (SECNAV) approval.
- MILPERSMAN 1910-170, Separation by Reason of PFA Failure, is cancelled.

For enlisted Sailors who fail one PFA, the failure will be entered into Navy Standard Integrated Personnel System (NSIPS) to inform them of the failure and enroll them in the Fitness Enhancement Program (FEP) until passing the next official PFA. Also, Sailors cannot be frocked or advanced but may regain eligibility by meeting PFA standards with a monthly mock PFA.

If an enlisted Sailor fails two or more consecutive PFAs, they will continue service until their SEAOS. These Sailors will be ineligible for advancement, reenlistment or extension, receive an adverse report that states significant problems on evaluations and detailed as required. A Sailor can regain eligibility for advancement and reenlistment by passing an official PFA and receiving the recommendation of the Commanding Officer.

Enlisted Sailors who currently have an approved separation or Fleet reserve dates as a result of the previous PFA separation policy may have a decision to make on whether or not they want to remain on active duty. The NAVADMIN annotates direction for these Sailors to take if they desire to stay Navy.

Officers who fail one PFA will not be promoted. Commands are required to delay promotion and inform PERS-834, Officer Performance and Separations. A Letter of Notification will be issued to inform them of the PFA failure and their enrollment in FEP. Members may regain eligibility by passing the next command monthly FEP mock PFA.



Officers who fail two or more consecutive PFAs will be recommended for administrative separation processing. If the Secretary of the Navy (SECNAV) determines the officer is to be separated or retired, this action will occur at the officer's PRD or upon SECNAV's determination, whichever is later, regardless of PFA cycle outcomes.

If an official PFA is passed prior to SECNAV's decision on retention or separation, administrative separation processing will cease and the member will be retained upon notification to PERS-834, Officer Performance and Separations. A special Fitness Report may be submitted to document the Officer's satisfactory physical readiness status. Two or more consecutive PFA failures will result in an adverse report that states significant problem on their fitness report.

Effective Jan. 1, 2018, all PFA failures will be reset to zero. Also, a Body Composition Assessment (BCA) will be conducted within five working days of reporting to a new command. This BCA spot-check will not count as the official BCA for newly reported members during the command PFA cycle, regardless of the status of the official command PFA cycle. Upon either a BCA spot-check failure or PFA failure, Sailors must be enrolled and participate in FEP until they pass an official PFA. All members who have regained promotion/advancement eligibility are reminded of their ability to communicate in writing to promotion and selection boards as outlined in MILPERSMAN 1420-010, Communication with Officer Promotion Selection Boards.

Additional information can be found on the website: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

"Naval Readiness Through Public Health" Navy and Marine Corps Public Health Conference

Just like a ship coming out of "dry dock," the long awaited Navy and Marine Corps Public Health Conference has arrived. Preparations for its long awaited return are well underway. The first "port call" will be March 20-22, 2018 at the Waterside Marriott in Norfolk, VA.

The theme is "Naval Readiness Through Public Health" and the goals are to promote:

- Multidisciplinary collaboration and communication on military-specific public health issues
- Officer and enlisted community mentoring and professional development
- Formal training to develop skill sets and achieve required competencies

Visit NMCPHC regularly for updates.

The poster features a dark blue background with a large, faint circular seal in the center. The seal contains the text 'NAVY AND MARINE CORPS PUBLIC HEALTH CENTER'. The main title is written in large, bold, yellow and white text. The dates 'MARCH 20-22 2018' are prominently displayed in white on a yellow background. The location 'NORFOLK WATERSIDE MARRIOTT NORFOLK, VIRGINIA' is listed at the bottom in white. The phrase 'SAVE THE DATE' is written vertically on both sides of the poster.

SAVE THE DATE

**"Naval Readiness
Through Public
Health"**

**Navy and Marine Corps
Public Health Conference**

**MARCH 20-22
2018**

**NORFOLK WATERSIDE MARRIOTT
NORFOLK, VIRGINIA**

SAVE THE DATE



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 FY18 will be released soon and 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.nmcpnc-hpw-training@mail.mil.

Upcoming Training FY18

- HP Advanced Training, Aug 14 & 15, NEPMU-2, Norfolk, VA.
- Tobacco Cessation Facilitator Training, Aug 16, NEPMU-2, Norfolk, VA
- ShipShape Program Facilitator Training, Aug 17, NEPMU-2, Norfolk, VA

Announcing the “CREWS INTO SHAPE” Challenge!



It's time to get Crewsin'! The Crews Into Shape Challenge will take place March 5 – April 1, 2018. Crews Into Shape, which is sponsored by the NMCPHC Health Promotion and Wellness (HPW) Department, is a four-week challenge that uses a team approach to promote wellness and a healthier lifestyle.

Participants generate teams of up to ten members and earn points for eating fruits and vegetables, exercising, and maintaining or achieving a goal weight.

Get ready to get Crewsin' and submit your registration to NMCPHC using the online registration tool by March 05!

Check out the official Crews Into Shape website for registration details and resources supporting the challenge at <http://www.med.navy.mil/sites/nmcpnc/health-promotion/Pages/crews-into-shape.aspx>.

Million Hearts® 2022: A Compelling Call to Action Public Health Grand Rounds

Although heart disease and stroke death rates are leveling off after 40 years of steady decline in the United States, cardiovascular disease (CVD) remains the nation's leading cause of death for men and women of all races and ethnicities. It is the greatest contributor to racial disparities in life expectancy and in some populations, CVD is increasing.

Join this live webcast session of Grand Rounds on Tuesday, February 20, 2018 1:00pm - 2:00 pm (ET), to hear what Tennessee is doing to create healthy communities. Learn what practices can do to improve heart health by managing the ABCS, and find out what can be done to prevent a second heart attack. Million Hearts® 2022 will present its actionable priorities to get and keep people healthy.

You may view this presentation live web stream or live on Facebook. Please visit [Million Hearts® 2022](#) for more information.

