

Health Promotion & Wellness

June 2018

**June Is a Great Time for
Eggplants—Don't be Scared!
Recipe on page 6**

**June is Men's
Health Month!
Learn more on
page 4**



U.S. Navy photo by Mass Communication Specialist 3rd Class Zach Sleeper



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



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Health Observance

June is Men's Health Month Encourage Them to Make Great Choices

Men are more likely to use tobacco, drink, make unhealthy or risky choices, and put off regular checkups and medical care. There are also health conditions that only affect men, such as prostate cancer and low testosterone. Low testosterone can increase belly fat which is one of the risks for diabetes. Many of the major health risks that men face, such as colon cancer or heart disease, can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. Visit the U.S. Department of Veteran's Affairs National Center for Health Promotion and Disease Prevention website to view the [recommended preventive health services](#) for men.

Our [Men's Health Toolbox](#) is full of other resources that you will find helpful in getting the word out on healthy eating, great choices, smart sex, physical fitness, and staying resilient.



Health Promotion News and Resources

Navy Sports – Competing Above the Intramural Level

Sailors who possess the athletic skills to compete above the intramural level in team or individual sports have the chance to represent the Navy at higher-level athletic competitions through the All-Navy Sports Program.

All-Navy Sports allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at higher-level athletic competitions.

All-Navy teams participate in the Department of Defense's Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force. The program, which was established in 1975, started with a meager calendar of just three sports and today, there are 14 team sports that are open to both men and women, and one sport designated strictly for men.

Our Vision: To reach and develop Sailor athletes who have demonstrated the skills required to participate in higher-level sports competition, and enable them to serve as goodwill ambassadors representing the Navy, while keeping with the highest traditions of the United States Navy.

Our Mission: To provide seamless fiscal, logistical and administrative support, thus enabling Sailor athletes to focus on the mission at hand and enhance their overall Navy experience.

For more information, contact Navy SPORTS at: All_Navy_Sports@Navy.Mil

NAVY SPORTS APPLICATION: <https://www.navyfitness.org/all-navy-sports/navy-sports-application>

NAVY SPORTS CALENDER: <https://www.navyfitness.org/all-navy-sports/navy-sports-calendar>



U.S. Navy photo by Mass Communication Specialist 2nd Class Anthony Presley



DoD Supports Substance Misuse Prevention

The Department of Defense (DoD) is currently developing a campaign to prevent substance misuse. In support of the initial effort, the following materials are now available to promote safe prescription drug use, discourage marijuana use and help Military Service members manage chronic pain safely.

- A [poster](#) with simple ways for Military Service members to safely get rid of prescription drugs and why they should
- A supporting [fact sheet](#) with detailed information about how Military Service members can safely get rid of prescription drugs and why they should
- A [fact sheet](#) with tips on how Military Service members can talk with their medical providers about pain management options
- A [fact sheet](#) that dispels popular myths about marijuana use in the Military

If you have questions or need more information, please email: dha.ncr.comm.mbx.prevent-substance-misuse@mail.mil.

Summer Safety During Fun in the Sun

Visit the [NMCPHC Injury Prevention Homepage](#) to download awareness flyers.

Summer is here! Vacation time for family, and warm weather activities, events, and celebrations are being enjoyed by many throughout the Navy and Marine Corps! To assist health, safety, and fitness professionals in promoting Summer Safety and Injury Prevention, NMCPHC has developed a set of reproducible summer injury prevention fact sheets that cover a variety of topic areas ranging from avoiding rip tides to being safe in large crowds. Check out the fact sheets today, and share with your service members and their family members.



Let's keep everyone safe this Summer 2018.

- [Amusement Theme Park Safety](#)
- [Food and Picnic Safety](#)
- [Grilling Fireworks and Fire Safety](#)
- [Heat and Sun Injury and Hydration](#)
- [Rip Current Safety](#)
- [Safety in Large Crowds](#)
- [Poison Plant Safety](#)
- [Yard and Gardening](#)
- [Snake Bite Prevention](#)
- [Canoeing and Kayaking Safety](#)



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 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

June Is a Great Time for Eggplants— Don't be Scared!

Spending time in the produce section of your commissary or grocery store is a great way to discover some under-appreciated vegetables. Eggplants can look pretty intimidating, but with some prep work and high heat, they can turn into easy to make bread-free sandwiches, that look fancy and are sure to impress your guests at your next cookout. Plus, it's always a good idea to add a few vegetables at every meal. Take a look at this Defense Commissary Dietitian Approved recipe for a delicious idea!

Grilled Eggplant Sandwiches

Ingredients

- 1 eggplant (sliced lengthwise into 4 slices)
- 4 oz. deli ham (thickly sliced into 2 oz. slices)
- 1/2 cucumber (sliced)
- 1 tomato (sliced)
- 2 oz. mozzarella cheese (sliced)
- 2-3 tbsp. Italian dressing
- salt



Photo courtesy of Defense Commissary Agency

Upcoming Training FY18



NAS Pensacola, Fla.

- Health Promotion Advanced Training
11-12 June, 2018: 8:00 AM - 4:30 PM
- ShipShape Program Facilitator Training
13 June, 2018: 8:00 AM - 4:30 PM
- Tobacco Cessation Facilitator Training
14 June, 2018: 8:00 AM - 4:30 PM

Camp Pendleton, Calif.

- Health Promotion Advanced Training
26-27 June, 2018: 8:00 AM - 4:30 PM
- ShipShape Program Facilitator Training
28 June, 2018: 7:30 AM - 4:30 PM
- Tobacco Cessation Facilitator Training
29 June, 2018: 7:30 AM - 4:30 PM

Walter Reed, Bethesda, Md.

- Navy Tobacco Cessation Facilitator Training
3 August, 2018: 7:30 AM - 4:30 PM
- Navy Tobacco Cessation Facilitator Training
1 November, 2018: 7:30 AM - 4:30 PM

Norfolk, Va. NEPMU-2

- Health Promotion Advanced Training
14-15 August, 2018: 8:00 AM - 4:30 PM
- ShipShape Program Facilitator Training
16 August, 2018: 7:30 AM - 4:30 PM
- Tobacco Cessation Facilitator Training
17 August, 2018: 7:30 AM - 4:30 PM

Norfolk Dental Center

- Navy Tobacco Cessation Facilitator Training
6 November, 2018: 7:30 AM - 4:30 PM



Directions:

1. Place the sliced eggplants on a baking sheet and sprinkle each piece with a little salt. Set them aside for 45 minutes or until all the liquid has been extracted.
2. Preheat grill to 425 degrees F or medium-high heat.
3. Prep the grill grates with olive oil, then quickly place the eggplants on the grill. Close lid and cook for 2 minutes, flip and cook additional 2 minutes. Remove from the grill and let cool.
4. Assemble 2 sandwiches by liberally brushing 2 pieces of the grilled eggplant with Italian dressing. Place on a plate, stack the following on top of those pieces:
 - 4 slices of cucumber
 - 3 slices of tomato
 - 1- 2 oz. slice of ham
 - 1 oz. of sliced cheese
5. Brush the other 2 slices of eggplant with the remaining Italian dressing and place them on top of the assembled sandwiches, dressing side down.

For more recipe ideas, check out the Defense Commissary's Recipes for more dietitian-approved healthy ideas by clicking [here](#).

