

Health Promotion & Wellness

March 2018

**Check out a deliciously
healthy recipe!**

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**Do you know the risks
of CBD Vape Oil?**

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Photo courtesy of CDC Amanda Mills



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Health Observance

Go Further With Food During National Nutrition Month March®



In a national nutrition education campaign, March has been designated as National Nutrition Month® by the Academy of Nutrition and Dietetics (AND). The theme for this year's campaign is "Go Further with Food," to inspire us to plan our meals and snacks to help better meet the demands of our busy lives, develop lifelong healthful eating habits, to keep food costs under control and reduce food waste.

To get started, consider the following:

- Include a variety of healthful foods from all of the food groups. Make meals colorful and interesting by adding more fruits and vegetables.
- Plan your meals and make a shopping list before you leave the house to help you buy only what you need. Buy only what can be eaten or frozen within a few days to keep your food safe to eat and minimize food waste.
- Eat and drink the amount that's right for you and avoid mindless snacking and overeating at social events.
- Aim to be physically active most days of the week, with activities you enjoy. Every extra minute of activity each day can help reduce time spent sitting!

Don't forget about your registered dietitian nutritionists (RDN), the nation's food and nutrition experts, as a resource for healthy eating information. March 14 is Registered Dietitian Nutritionist Day!

Click [here](#) to learn more about National Nutrition Month.



Health Promotion News and Resources

Navy Adopts New Physical Fitness Standard to Start Boot Camp



U.S. Recruits participate in a warm-up run at Freedom Hall fitness center onboard Recruit Training Command (RTC). Recruits participate in physical training six days a week while stationed at RTC. About 30,000-40,000 recruits graduate annually from the Navy's only boot camp. (U.S. Navy photo by Chief Petty Officer Seth Schaeffer)

From Naval Service Training Command Public Affairs

Starting in January 2018, Recruit Training Command (RTC), Navy's boot camp, requires recruits to pass an initial 1.5 mile run standard before they may commence basic military training. If a recruit fails to meet the initial run standard, they will have one chance to retest within 48 hours. If they fail the retest, recruits will be discharged from the Navy with an entry level separation, and are able to reapply at a later date with a waiver from Navy Recruiting Command. The initial run standard for male recruits is 16 minutes 10 seconds and 18 minutes 7 seconds for female recruits.

Navy Recruiting Command provides recruits with a fitness and nutrition guide, which they can follow on their



own or with the help of their recruiting office. Using the [fitness and nutrition guide](#) to prepare for the initial run standard, more recruits will report to boot camp physically fit, reducing attrition due to PFA failures and raising the quality of Sailors that reach the fleet. To graduate boot camp, all recruits must score a satisfactory medium on the official Navy PFA. For recruits who prove they are serious about physical fitness by achieving an outstanding high on their final PFA at boot camp, they will be meritoriously advanced to the next pay grade upon graduation.

For more information, see the full article [here](#).

CAUTION: CHECK YOUR VAPE OILS
They May Be Dangerous and Even Illegal

QUIT TOBACCO
TTCARE and UCanQuit

For some people, vaping is an alternative to cigarettes and there are many types of vaping liquids, oils and devices. But do you know what you're vaping? Find out before you put your career and your health at risk!

WHY IS SOME VAPE OIL ILLEGAL AND DANGEROUS FOR MILITARY SERVICE MEMBERS?

- Some vape oils – advertised and unadvertised – may contain cannabidiol (also known as CBD).
- CBD can be pure or synthetic (man-made) and is a main ingredient in marijuana – a substance that is ILLEGAL for Military Service members to use.
- It's dangerous because vaping liquids and oils are not regulated by the Food and Drug Administration (FDA). This means that not all the ingredients may be listed on the package, and you risk vaping in harmful or illegal chemicals that could hurt your health and career.¹
- Keep your mission readiness in mind, and consider your use of these products carefully.

WHY CAN CBD VAPE OIL BE A CAREER-ENDER?

- The use of CBD is against military policy and is punishable under the Uniform Code of Military Justice (UCMJ).
- If that's not bad enough, you could be putting your battle buddies at risk. Any substance that impacts the health and well-being of Military Service members impacts your ability to do your job well.
- If you use CBD vape oil (pure or synthetic), you are not fit for duty because you could harm yourself and your fellow Military Service members on the job.

DID YOU KNOW THAT VAPE OIL THAT CONTAINS SYNTHETIC CBD CAN CAUSE SEIZURES, MEMORY LOSS AND OTHER DANGEROUS HEALTH EFFECTS?

Some documented side effects of synthetic CBD vape oil are:²

<ul style="list-style-type: none"> Seizures/unconsciousness Vomiting/nausea Headaches/dizziness/lightheadedness Memory loss Saggy eyes/dilated pupils Feeling disconnected from oneself Slurred speech/stuttering Anxiety/racing heart rate Muscle twitching 	<ul style="list-style-type: none"> Cognitive impairment (such as decline in thinking skills, confusion, poor motor coordination, impaired judgement) Erratic behavior/moodiness/irritability Extreme fatigue Dry mouth Low blood pressure Drowsiness³
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To learn more about CBD, visit: <https://www.opss.org/topics/cannabidiol-are-products-cbd-legal>

¹ <http://www.dodbase.gov/about/nda/legislative-activities/ testimony-to-congress/2016/bioleg-potential-therapeutic-effect-cannabidiol>

² <https://www.army.mil/topics/health/living/55/Pages/VapeOils.aspx>

³ <http://www.medicines.gov.au/medicines-safety-centre/cannabidiol-and-2-ethyl-5-naphthyl-pyridine-1-yl-ethanone>

Quit Tobacco – UCanQuit | [Contact Us](#)

CBD Vape Oil Puts Career and Health at Risk

At local vape shops and online, you may have seen or heard about a substance called Cannabidiol oil (CBD oil) advertised for use in e-cigarettes or other vaping devices. CBD is a main ingredient in marijuana and the use of this substance, whether pure or synthetic, is illegal by service members and is a violation of the Uniform Code of Military Justice (UCMJ).

Synthetic CBD has also been associated with harmful health effects such as seizures, memory loss, anxiety/racing heart, low blood pressure, drowsiness, and cognitive impairment, to name a few. The Army Public Health Center and the Marine Corps recently released a [Public Health Alert](#) and a [Public Safety Advisory](#), respectively, on this subject. DoD's Quit Tobacco- UCanQuit2 campaign also created a [fact sheet](#) on CBD oil for your use with service members.

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.nmcpchc-hpw-training@mail.mil.

Upcoming Training FY18



NAS Pensacola, FL

- 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, CA

- 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



Partnership and Sharing

Partner Spotlight: Need Help Getting More Vegetables Into Your Meal Plan? Here's a Defense Commissary Dietitian-Approved Recipe Idea

Veggie Burrito Bowl

Ingredients (Serves 4):

- 1 ½ cups instant brown rice
- 1-14-15 oz. can of low sodium kidney beans or black beans (drained and rinsed)
- 1-14-oz can of low sodium or no added salt whole kernel corn
- ½ of red onion diced
- ½ packet taco seasoning
- 1 English Cucumber (cut into bite sized pieces)
- 2-14 oz. dark leafy greens (baby spinach, baby kale, or spring mix)
- 3 tbsp. fresh cilantro, chopped
- 1/3 cup salsa

Directions:

1. Begin preparing the instant brown rice according to package instructions.
2. While the rice is cooking, add to a very large bowl all of the remaining ingredients and then toss gently to mix all the ingredients.
3. Evenly distribute the rice between 4 bowls. Top each bowl of rice with 1/4th of the bean mixture and serve.

Tips:

- For a fresh, citrus flavor top, each bowl with a sprinkle of lime zest.
- Add a bit of variety by adding you favorite cooked lean meat and a sprinkle of cheese.
- This is a great way to use up extra produce. Have fun making your own combos!
- Double the batch and use the extra to carry for your office lunches for the next 2 days.

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



Photo courtesy of Defense Commissary Agency

