

# Health Promotion & Wellness

May 2018

**May is National  
Physical Fitness and  
Sports Month**  
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**Check Out Health  
Promotion in Action at the  
2018 NMCPH Conference**

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U.S. Navy photo by Mass Communication Specialist 2nd Class Alora R. Blosch



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



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# Health Observance

## May is National Physical Fitness and Sports Month

Now is the time to finalize organizing and planning for this important National Health Observance. Life is full of choices, yet there seems to be one that will never let you down: choosing to be physically active. Join us in celebrating Navy and Marine Corps Physical Fitness and Sports Month by promoting active living.



To assist you in preparing for the observance, NMCPHC Health Promotion offers the [May Fitness Toolbox](#) filled with many resources that can be utilized to promote and implement this National Health Observance. Listed below is an overview of 10 websites that can assist you in preparing for May's National Physical Fitness and Sports Month.

ALIGN WITH LOCAL RESOURCES! USN MWR Fitness and USMC SEMPERFIT programs offer multiple physical fitness activities and event. Use these planned local physical activity events to promote National Physical Fitness and Sports Month at your local command/installation

### National Physical Fitness and Sports Month Websites

- 1. Program Manager Favorite Website Promoting National Physical Fitness and Sports Month**  
Provides many resources (My favorite is the personalized table tents; you can place your command logo or advertise an upcoming event/activity.): <https://foh.psc.gov/calendar/fitness.html>
- 2. Planning National Physical Fitness and Sports Month**  
Provides step by step guidance in planning a National Health Observance Event: <https://healthfinder.gov/NHO/NHOtips.aspx>
- 3. Tweets Promoting Physical Fitness**  
Several tweets have already been developed for command/installation use: <https://healthfinder.gov/NHO/MayToolkit.aspx#tweets>
- 4. National Fitness Month Poster/Flyer – Great for Awareness Display Areas:** <https://www.cdc.gov/physicalactivity/downloads/healthy-strong-america.pdf>
- 5. Navy MWR Fitness Programs - POC for Local Activities/Events:** <https://www.navyfitness.org/>  
Navy Operational Fitness & Fueling System Apps & Website: <https://www.navyfitness.org/fitness/noffs-training>  
Don't forget to identify and align with local MWR fitness events occurring in your area. There are hundreds available throughout the US Navy! Check out your local MWR website.
- 6. Benefits of Physical Activity**  
Benefits of physical activity overview (great for Plan of Day (POD) notes or promotional for an installation news article or awareness display): <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>
- 7. Sample Physical Fitness and Sports Announcement:** <https://healthfinder.gov/NHO/MayAnnounce.aspx>
- 8. How Much Physical Activity Do You Need?:** <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>
- 9. Staying Active During Pregnancy:** <https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/physical-activity/stay-active-during-pregnancy-quick-tips>
- 10. CDC Physical Activity Website:** <https://www.cdc.gov/physicalactivity/>

- Share your May National Physical Fitness and Sports Month Successes!
- Share creative ideas and events hosted at your local command and Installation.
- Send ideas to NMCPHC Physical Readiness & Injury Prevention Program Manager: [usn.hampton-roads.navmcpubhlthcenpors.list.nmcpch-activeliving@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcpch-activeliving@mail.mil)





# Health Promotion News and Resources

## Fitness for Readiness – and SO much more: It’s good for now, great for later

It is the norm to push fitness to help our active duty stay fit and fighting? We forget to encourage activity for the long term benefits. Our Sailors and Marines know what it takes to pass the next PRT, and being young, they rarely think about how something they do today can affect their future.

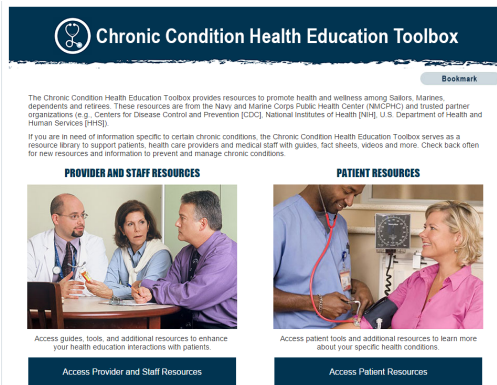
The “Benefits of Physical Activity” web page at <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm> discusses all of the prevention opportunities available when activity is involved.

They know about how it can affect their weight and readiness. Do they realize, when done correctly, it can also prevent injury? Not to mention, heart disease, diabetes, and some cancers? It can improve blood pressure, cholesterol levels, blood glucose, arthritis, bone health, and mental health!

There are many retirees who wish they had done things differently when they were younger and the number one wish is that they had taken better care of themselves. Make activity fun by reminding our active duty of what they liked to do when they were even younger. There are lots of activities outside a gym. What resources are in your area? Running groups, bicycle clubs, hiking opportunities, outdoor skate paths, etc. How will you encourage them to have some fun, go play, and also increase their fitness level for a better, long life?



## HPW Launches Chronic Condition Health Education Toolbox



The screenshot shows the top of the Chronic Condition Health Education Toolbox website. It features a blue header with the title and a 'Bookmark' button. Below the header is a paragraph of introductory text. The main content area is divided into two sections: 'PROVIDER AND STAFF RESOURCES' and 'PATIENT RESOURCES'. Each section includes a small image and a button to access resources. The 'PROVIDER AND STAFF RESOURCES' section shows three people in a meeting, and the 'PATIENT RESOURCES' section shows a doctor examining a patient's arm.

Are you looking for information specific to certain chronic conditions such as high cholesterol, diabetes and high blood pressure? The [Chronic Condition Health Education Toolbox](#), also referred to as the Chronic Condition Toolbox, is now available on the HPW section of the NMCPHC website!

This new toolbox is our new chronic condition-specific online resource library, granting you easy access to reliable health and wellness resources. Featuring a user-friendly design, the Chronic Condition Toolbox is organized into two sections – one for [patients](#) and another for [health care professionals](#). Each page is divided by category and includes guides, fact sheets, activity logs, videos and more to help patients prevent and manage their chronic conditions.

Resources within the Chronic Condition Toolbox are designed to deliver credible and relevant health information to patients and providers including resources developed by NMCPHC and trusted partner organizations, such as the Centers for Disease Control and Prevention, National Institutes of Health and the U.S. Department of Health and Human Services.

If you have a resource you recommend we include or would like to share feedback regarding your experience using the Chronic Condition Toolbox, please submit your resource and feedback using the [Suggestion Corner](#) found in the Provider and Staff Resources section. All resources and feedback will be reviewed by NMCPHC subject matter experts to be considered for inclusion.

To explore and share the Chronic Condition Health Education Toolbox, visit: <https://www.med.navy.mil/sites/nmcpHC/Chronic-Condition-Health-Education/Pages/Chronic-Condition-Health-Education-Toolbox.aspx>



## Freedom Quitline Available to Help Stop Smoking

The Freedom Quitline is a research study co-sponsored by the DoD and the University of Virginia that offers four proactive counseling phone sessions and nicotine replacement to participants. This is a free and effective counseling resource for all TRICARE beneficiaries who want to quit smoking. If unsuccessful and a relapse occurs, the beneficiary is eligible for additional counseling and nicotine replacement therapy. For additional information visit the website <https://www.freedomquitline.org/> or call their toll free number 1-844-I-AM- FREE. Please consider promoting the Freedom Quitline as another tobacco cessation option and resource.

## NMCPH Conference “Naval Readiness through Public Health” Photos



Jim Sherrard, Department Head Health Promotion and Wellness, Naval Hospital Pensacola, and Jenni Osborne, public health educator, NMCPHC, present at the Annual Navy and Marine Corp Public Health Conference, “Naval Readiness through Public Health,” hosted by NMCPHC in Norfolk, Virginia, March 20—22, 2018. (U.S. Navy photos by Kate Geusic/released)



Hospital Corpsman 1st Class Paulina De La Torre, Navy Environmental and Preventive Medicine Unit Six (NEPMU-6), attends a health promotion and wellness presentation at the Annual Navy and Marine Corp Public Health Conference, “Naval Readiness through Public Health,” hosted by the NMCPHC in Norfolk, Virginia, March 20-22, 2018. (U.S. Navy photo by Genevieve Baziw/released)







Lt. Joseph Biddix and Hospital Corpsman 2nd Class Ian Carroll present at the Annual Navy and Marine Corp Public Health Conference, "Naval Readiness through Public Health," hosted by NMCPHC in Norfolk, Virginia, March 20-22, 2018. (U.S. Navy photo by Kate Geusic/ released)

Dr. Regina Pointer, public health educator, Navy Environmental and Preventive Medicine Unit Five (NEPMU-5), presents at the Annual Navy and Marine Corps Public Health Conference, "Naval Readiness through Public Health," hosted by NMCPHC in Norfolk, Virginia, March 20-22, 2018. (U.S. Navy photo by Kate Geusic/released)



## 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](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-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

## Get More Fruits and Vegetables on the Table with a Defense Commissary Dietitian-Approved Recipe Idea



Photo courtesy of Defense Commissary Agency

### Strawberry and Asparagus Salad

Ingredients (Serves 4):

- 2 cups baby spinach leaves
- 1 lb. asparagus
- 4 oz. walnut halves
- 1 pound strawberries
- 2 tbsp. fresh cilantro, chopped (optional)
- 1 lime
- 2 tbsp. olive oil
- 2 tbsp. of balsamic vinegar
- ½ tsp garlic powder

#### Directions:

1. Wash and dry the produce. Remove the hard end from each asparagus stalk (cutting about one inch from the end) and discard. Cut the remaining stalks into thirds. Place the cut asparagus in a microwave safe dish and 2 tbsp. of water. Cover and cook on high for 4 minutes.
2. While the asparagus is cooking, pour the spinach leaves in a large salad bowl. Add the walnuts and then the strawberries, which have had their tops removed then are cut in half. Add the zest of one whole lime to the salad mixture and then toss gently. Sprinkle with the chopped cilantro and toss again.
3. To prepare the salad dressing, in a large bowl, whisk together the olive oil, vinegar, juice of ½ a lime, and garlic powder.
4. Drain the water from the asparagus and then add the asparagus to the salad. Drizzle the salad dressing over the mixture and toss gently. Serve immediately.
5. Tips: Add 3-4 oz of diced cooked chicken to this salad and serve it alongside a slice of whole wheat avocado toast to make it a whole meal.

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

