

Health Promotion & Wellness

November 2018

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U.S. Navy photo by Cpl. Miguel Rosales



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



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Health Observance

Tobacco Free Living Month

November is Tobacco Free Living Month and is used to encourage those who use any type of tobacco to quit, and protect everyone from the harmful effects of secondhand smoke. The NMCPHC HPW [Tobacco Free Living website](#) and the [HPW Toolbox](#) offer ready to use handouts, resources and materials.

The DoD Quit Tobacco — UCanQuit2 [website](#) has new and ready to use resources on their website. Topics include weight gain during a quit, e-cigarettes and vape oils.

The CDC is partnering with DoD and the Veterans Health Administration to promote a Facebook event called Tobacco Free 30 Days! Click [here](#) for more information.



On November 15th, the American Cancer Society and the DoD promote the annual Great American Smokeout Day. Their [website](#) offers free resources and activity ideas.



Health Promotion News and Resources

National Diabetes Month Promoting Health After Gestational Diabetes

Mothers who have had gestational diabetes need to know that they and their children have an increased lifelong risk for developing type 2 diabetes. Half of all women who had gestational diabetes go on to develop type 2 diabetes.

Patients who have been diagnosed with gestational diabetes should know to:

- Get tested for type 2 diabetes within 12 weeks after the baby is born. If the test is normal, get tested again every 3 years.
- Talk to her doctor if she plans on getting pregnant again in the future.
- Tell her child's doctor if she had gestational diabetes.
- Keep up healthy habits for a lifetime to prevent or delay type 2 diabetes.

Visit the National Institute of Health National Diabetes Month 2018 [website](#) for additional resources.

World Diabetes Day: November 14



November 14 is World Diabetes Day. This is an official United Nations Day and is the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

Visit the [official website](#) for more information.

STARTER KIT TO QUIT TOBACCO

Are you or someone you know thinking about quitting tobacco? Veterans and Marines have a higher rate of tobacco use than the general population.

Four Phases of Quitting

1. Thinking about quitting
2. Preparing to quit
3. Quitting
4. The First 30 Days after you quit

Quit Tobacco and...

- Improve Night Vision • Improve Mental Activity
- Increase Lung Capacity • Increase Stamina • Decrease Blood Pressure
- Increase Ability to Manage Stress • Improve Fine Motor Skills

Are You Compromising the Health of Your Family?

START YOUR HEALTHIER LIFE

JOIN CDC'S OFFICE ON SMOKING AND HEALTH FOR A **30 TOBACCO FREE DAYS Facebook Event**

NOVEMBER 1 - 30, 2018

Who: Active military members, veterans, and their loved ones
Where: CDC Tobacco Free Facebook page
www.facebook.com/cdctobaccofree/

Get tips and tools to help you quit tobacco for good!



Remember Fall Safety During Your Outdoor Workout

Autumn brings falling leaves and unique safety hazards with seasonal weather changes and holiday celebrations. Always remember wet leaves can make surfaces slippery so look before you step or run, whether onto a pile of leaves or on harder paved surfaces that could experience precipitation or ice. Pay close attention to your surroundings and always keep a close eye on young children and the elderly in order to prevent unintentional injury.

Check out more fall safety tips from the Centers for Disease Control and Prevention's ['Protect The Ones You Love from Falls' Podcast](#).



U.S. Navy photo by Mass Communication Specialist 2nd Class Tucker M. Yates

2019 NMCPH Conference

Inspiring Health Promotion and Wellness Track



We have been working hard to provide a track that will inspire and motivate! Our courses include updates on supplements, fun class ideas, upgraded resources, health literacy/numeracy, sleep research and so much more. Dates are 26-28 March 2019.

Monthly Question:

We have started monthly questions to give us insight into the great work you are doing in the field and how we can better help. This month's question is "Are you planning to come to the 2019 NMCPH Conference?" Click [here](#) to answer.

HPV Vaccine Initiation, Coverage and Completion Rates among U.S. Active Component Service Members, 2007-2017

"Between 2007 and 2017, a total of 111,546 (26.6%) eligible active component service women aged 17-26 years and 121,657 (5.8%) men initiated the HPV vaccine. Of those service members who initiated vaccination and remained in service for at least 6 months, less than half of women (46.6%) and only slightly more than one-third of men (35.1%) completed three doses.

Initiation and completion rates also varied by service branch, with service members in the Air Force generally having higher initiation and completion rates. The median times between the first and second doses and between the first and third doses were 3.8 months and 10.8 months, respectively. The median time in service at initiation dose was 1.1 years. Continued development and implementation of interventions to enhance HPV vaccination initiation among military service members are warranted."

SHARP Note:

These data suggest that many eligible service men and women have not initiated the 3-dose HPV vaccine series, that those who did initiate the vaccine series did so only after an average of 1.1 years in service and that most of these members did not complete the 3-dose series. Earlier initiation of the vaccination series and improved follow-up to improve series completion rates could increase the individual and population-level benefits of DoD's HPV vaccination efforts and are clearly needed. See the report [here](#).



NOFFS Zones Advance Navy Fitness

NOFFS Zones are here!

“The Look” of Navy Fitness is transforming. In 2016 Commander, Navy Installation Command (CNIC) began expanding the Navy Operational Fitness and Fueling System (NOFFS) by reconfiguring current Fitness Center spaces into performance areas called NOFFS Zones. These Zones provide patrons with the tools to improve function, increasing functional movements in an effect to develop functional movement, allowing patrons to develop a functional skill. NOFFS Zones provide the platform to further improve operational performance and decrease the incidence and severity of musculoskeletal physical training related injuries.

The NOFFS ZONES provide authorized patrons with opportunities to participate in NOFFS events such as the workout of the day, customized NOFFS programming or the predesigned NOFFS Series (Operational, Strength, Endurance and Sandbag) or to meet any personal fitness training needs. CNIC MWR Fitness has 9 NOFFS Zones (Ventura County, San Diego, North Island, Pensacola, Groton, NB Kitsap, Norfolk, Gulfport, Whidbey) aboard Navy installations. MWR continues to develop NOFFS Zones at additional MWR Fitness Centers, with a goal to have a NOFFS Zone at every MWR Gym. Currently MWR is developing NOFFS Zones at over 10 installations which includes JEB Little Creek-Fort Story, NS Newport, NAS Jacksonville, NSA Mechanicsburg, NAS JRB Fort-Worth, NSA Monterrey, NSA South Potomac (Indian Head), NSA Bethesda and NS Mayport.



U.S. Navy photo courtesy of Navy CNIC Fleet & Deployed Forces Support, (N921) 2018.

Within NOFFS Zones, patrons can find the tools required for the four components of NOFFS: pillar prep, movement prep, strength session and regeneration. These spaces provide the equipment for patrons to complete the four NOFFS predesigned series. Additionally, these spaces provide equipment for custom NOFFS or individual programs. These tools include, Olympic weight lifting and energy system development equipment, such as power racks with platforms and bumper plates, PowerBlocks, kettlebells, rowers, cordless treadmills, turf for sled pushes and trigger point modalities. NOFFS Zones are open to all authorized patrons, when not reserved, to help the Navy Community achieve their fitness goals.

To learn more about NOFFS and other fitness opportunities at local MWR Fitness Centers click [here](#).

Care Point Great Source to Guide Targeted Interventions

Did you know CarePoint information can help identify patients who could benefit from your resources? New FY19 measures include Obesity and Overweight prevalence, plus tobacco use assessment and counseling. If you go to “Quicklook”, click on “Manage Filters”, and then “My Filters” tab, you will see pre-made filters for useful data sets regarding obesity and diabetes. Click [here](#) to check it out!



What are Wellness and Readiness (WaR) Goals?

WaR - What is it Good For?

The program's goal is to develop an adaptable and scalable wellness program that will inform Navy and Marine Corps leadership of potential health risk individuals considered "not ready" within their command. The program would provide effective and convenient health promotion interventions that will return service members to a lower/no risk status, while also minimizing time away from their unit when involved in the interventions. Unlike traditional health models that address health and illness when they occur, the WaR model aims to improve health promotion and readiness before illness and injury.

WaR is in its pilot phase to develop an approach to identify a specific active duty population who would benefit most from strategic wellness and readiness interventions. The program aims to be adaptable to unique geographic locations, target specific population characteristics, consider available resources and tailor program activities to organizational Command structures of each site to meet their needs and culture.

Alignment with Navy Medicine Priorities

- Readiness: Sailors and Marines are better equipped to achieve and/or maintain operational readiness.
- Analytics: Machine learning model identifies WaR candidates and informs decision making of medical and line leadership.
- Prevention, Performance and Resilience: Health Coaches provide personalized interventions to ensure the needs of WaR candidates are address before they result in a reduction in readiness status.
- Embedded Care: The use of Wellness Centers and coordination with non-MTF care settings enable the provision of care where Sailors and Marines live, work and play.
- Never Alone: Sailors and Marines have constant access to health education tools and resources to ensure they maintain optimal habits and operational readiness.

Thanksgiving Dinner Safety How to Prevent Injury when Preparing Thanksgiving Dinner

Prevention Tips:

United States Fire Administration recognizes that Thanksgiving is a time of food, fun and fellowship with loved ones and offer the following helpful tips to those who plan to deep-fry a turkey for Thanksgiving:

- Never use turkey fryers in a garage or on a wooden deck.
- Make sure the fryers are used on a flat surface and never leave the fryer unattended.
- Never let children or pets near the fryer, even if not in use. The oil can remain dangerously hot hours after use.
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.



U.S. Navy photo by Mass Communication Specialist 3rd Class Spencer Roberts

Download holiday safety fact sheets from the [NMCPHC Injury Prevention Website](https://www.nmcphe.org/injury-prevention-website).



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.nmcphc-hpw-training@mail.mil.

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

Partnership and Sharing

Enjoy Oven Roasted Vegetables This Fall

As temperatures start to dip, now is the perfect time to get back into the kitchen and heat things up. One of the most flavorful ways to enjoy your vegetables – and get more of your daily servings! – is to master the fairly simple skill of oven roasting. Even if you think you don't like certain vegetables, just try them roasted, and you might change your mind. Roasting can give a slight caramelization to your vegetables and add a nice light crunch, turning your basic vegetable into a delicious treat. Almost any vegetable can be roasted, especially any of the root or cruciferous vegetables (potatoes, carrots, cabbage, cauliflower, etc...), and you just need a 400 degree oven and 20-40 minutes. Just be sure to not crowd the vegetables on your roasting pan – they need some space to roast and brown. Give this recipe from the Defense Commissary Agency (DECA) a try this season:



Photo courtesy of Defense Commissary Agency

Roasted Brussels Sprouts & Apples

Ingredients:

- 1 lb. fresh Brussels sprouts
- 1 firm apple (Fuji or Granny Smith)
- 1 tbsp. of olive oil
- 1 tbsp. garlic powder
- 1 tsp. salt
- 1/4 cup dried cranberries
- 1/4 cup chopped pecans

Directions:

1. Preheat oven to 400 degrees F.
2. Cut Brussels sprouts in half and remove the stems. After removing the core, dice your apple. Place sprout slices and apple dices in a bowl and drizzle with 1 tbsp. of olive oil.
3. Place mixture flat on a lined baking sheet.
4. Sprinkle with garlic powder and salt.
5. Bake for 20-25 minutes or until sprouts are tender.
6. In a separate dish, mix the baked sprouts and apples with the cranberries and pecans.

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

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

