

Health Promotion & Wellness

October 2018

**October is Women's
Health Month**

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Call for Posters!**

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U.S. Navy photo by Petty Officer 3rd Class Ciarra Thibodeaux



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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Health Observance

Women's Health Month Prevention is Key



Many issues women face are preventable and treatable. The top two causes of death for women are heart disease and cancer, with diabetes ranking seventh, according to the [Centers for Disease Control and Prevention](#).



Women's Health

Talk to your health care provider about screenings based on age and risk factors. Inquiring about depression, difficulty sleeping, or other non-physical health concerns are just as important as staying healthy. Proper sleep, physical activity, and nutrition are key components of preventive health and day-to-day wellness.

Women should get a combination of cardio and resistance or weight-bearing exercises at least three to five times a week to help prevent osteoporosis, heart disease, cancer, and diabetes. Exercise also promotes good self-image, which is important to a woman's mental health.

Eating healthy is also critical to women's health. A balanced diet of lean proteins, healthy fats and carbs, and fiber are essential to a proper diet.

Visit the [Office On Women's Health](#) for more information concerning age appropriate health screenings and vaccines. Also visit NMCPHC [HPW Toolbox](#) for your Plan of the Week Notes and Activity Ideas.

Health Promotion News and Resources

Tobacco Free Living Month Approaching in November

Active Duty Service members use tobacco at a higher rate than the adult civilian population. Not only is November 15th the Great American Smokeout (GASO), the entire month is Tobacco Free Living Month. What are you doing to promote tobacco free living at your command/location/installation? Visit the NMCPHC [HPW Toolbox](#) and [UCanQuit2](#) for resources and materials to support your efforts.

Freedom Quitline Launches New Posters

The Freedom Quitline recently launched two new posters for your use on social media. The quitline is available to TRICARE beneficiaries (active duty, dependents, and retirees) who are interested in quitting smoking. The Freedom Quitline is a research study funded by the National Institutes of Health, and co-sponsored by the 59th Medical Wing and the University of Virginia. More information can be found [here](#).



Navy Dietitian Support to Operational Forces

NAVADMIN 160/18 officially launches a formal partnership between the Bureau of Medicine (BUMED) and the Deputy Chief of Naval Operations (Manpower, Personnel, Training, and Education) (N1) to send active duty Navy dietitians to the Fleet to better meet the needs of Sailors at non-medical commands. This partnership is intended to improve operational readiness and resiliency by providing nutrition education to Sailors at the deck-plates, reducing the need for Sailors to miss work traveling to a Medical Treatment Facility (MTF).

By submitting a letter to the Commanding Officer (CO) of the MTF, CO's from operational commands can request a dietitian be temporarily assigned to their command, to provide individual or group nutrition counseling at their commands. These dietitians can also collaborate with the "Fitness Boss", command fitness leaders, command food service officers and medical representatives to help develop a comprehensive nutrition plan at these commands to help create a fitter Fleet. For a sample request letter, instructions and additional information, [click here](#).

New Emergency Contraception Poster

The SHARP poster on Emergency Contraception has been revised. It mentions all three emergency contraception options and has an editable box for your local information. Download and print: <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/reproductive-and-sexual-health/sharp-poster-ecp1-2018.pdf>

The 2018 Personal & Professional Choices Survey (OPNAV) found that awareness of emergency contraception options at military MTFs is extremely low. Many are unaware that DHA policy requires all MTFs shall carry Plan B One-Step (or its generic equivalent), and provide it at no cost upon request. Additionally, the prescription emergency contraception pill "Ella" (UPA) and the copper IUD (both of which can be used for up to 5 days after the sexual encounter) are available at some MTFs. **Please help spread the word.**

Other Resources:

- SHARP Factsheet Plan B: <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/reproductive-and-sexual-health/plan-b.pdf>
- SHARP Factsheet Emergency Contraception Pills: <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/reproductive-and-sexual-health/emergency.pdf>
- Emergency Contraception Fact Sheet (Kaiser Family Foundation): <http://kff.org/womens-health-policy/fact-sheet/emergency-contraception/>
- Not2Late website: <http://ec.princeton.edu/>
- DHA Policy: <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/reproductive-and-sexual-health/emergency-contraceptive-coverage-dod.pdf>



**Accidents happen...
but it's not too late...**

The emergency contraceptive pill is birth control you can take shortly after sex to reduce the chance of a pregnancy

1. **Plan B** can be taken up to **72 hours** after sex.
This pill is available without a prescription or age-limit. Get it free from any military pharmacy or buy at retail pharmacies. But don't delay. The pill works better when taken sooner.
2. The **UPA** pill works for up to **5 days** after sex.
You need a prescription for this. Ask your military nurse, pharmacist or doctor.
3. The **copper IUD** works for up to **5 days** after sex.
You need an appointment to get this device. Ask your military doctor.

Emergency contraceptive pills will NOT harm an existing pregnancy. Emergency contraceptive pills do NOT protect against sexually transmitted infections. Emergency contraceptive pills should NOT be used as your regular form of birth control because they are not as effective as many other types of birth control.



Photo: Navy CPPD; licensed from Shutterstock

August 2018



Pentagon Bans Use of Geolocators on Fitness Trackers



Master-at-Arms 3rd Class Michael Svihla runs in the hangar bay of the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt is underway for a regularly scheduled deployment in the U.S. 7th Fleet area of operations in support of maritime security operations and theater security cooperation efforts. (U.S. Navy photo by Mass Communication Specialist Seaman Bill M. Sanders)

The Pentagon is banning deployed personnel from using fitness trackers, smartphones and potentially even dating apps that use geolocating features that could reveal the user's location.

"It goes back to making sure we're not giving the enemy an unfair advantage and we're not showcasing the exact location of our troops worldwide," Pentagon spokesman Col. Rob Manning told reporters August 2018.

The ban was announced in a Pentagon memorandum issued in August 2018 and signed by Deputy Secretary of Defense Patrick Shanahan. "Effective immediately, Defense Department personnel are prohibited from using geolocation features and functionality on government and non-government-issued devices, applications and services while in locations designated as operational areas," the policy memo said.

NOFFS: Navy Operational Fitness & Fueling System

The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with "best in class" physical fitness and nutrition information for Sailors, allowing the Navy to maintain peak physical readiness, which is a top priority of the 21st Century Sailor and Marine initiative. Download the top rated [NOFFS app](#) today!

Call for Posters!!! 2019 NMCPH Conference

We are pleased to announce that the Navy and Marine Corps Public Health Conference has been approved for 2019!

The conference will be held in Tidewater (Virginia) March 26-28, 2019. Venue TBD

The deadline for poster abstract submissions is 31 October 2018 by 2359 EST. No late submissions will be accepted. Selected posters will be announced December 2018.

Please submit an abstract with a title, author names and affiliations, and a body of no more than 250 words in a Word Document. Please call 757.953.0449 for more information.

Poster subjects should be related to public health in the military. Our conference team is working hard to develop a solid readiness-focused agenda that addresses force health protection strategies and solutions for current and future public health threats to Navy and Marine Corps mission readiness.



Sailors get fit at Recruit Training Command!

Seaman Recruit Justin Camaddo, from Concord, Calif., participates in physical training at Recruit Training Command (RTC). About 38,000 to 40,000 recruits graduate annually from the Navy's only boot camp. (U.S. Navy photo by Mass Communication Specialist 2nd Class Timothy Schumaker)



US Navy Partners With NASA for Readiness

NMCPHC Health Promotion and Wellness - Physical Readiness and Injury Prevention Manager, Diana Settles and CNIC Fleet Readiness Division Branch Head for (N921), Tunde Ridley, introduced the Navy Operational Fitness and Fueling System (NOFFS) and musculoskeletal injury prevention performance programming to National Aeronautics and Space Administration (NASA) tactical performance leadership at NASA Headquarters Building, Kennedy Space Center, Cape Canaveral, Fla. "This was an incredible experience – having the opportunity to share our US Navy best practice performance training system with the NASA team," states Diana Settles. "The tactical performance team at NASA experience very similar movement patterns experienced by Sailors such as lifting, pushing, pulling and carrying."

Tactical auxiliary support leadership for NASA mission readiness at Cape Canaveral met & identified applicability of the NOFFS system and are looking forward to learning more about NOFFS and performing NOFFS at NASA.

NASA is preparing for two shuttle launches in 2019: Boeing's CST-100 Starliner and the SpaceX Crew Dragon. These will be the first shuttle launches from US soil since 2011. Six of the nine astronauts named (03 August 2018) for the upcoming missions are Department of the Navy aviators. (Go Navy and Marine Corps!)

The NASA is an independent agency of the executive branch of the United States federal government responsible for the civilian space program, as well as aeronautics and aerospace research.



Photos courtesy of NASA



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 will soon be available 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



Walter Reed Bethesda

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

Norfolk Dental Center

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



Partnership and Sharing

Healthy Pumpkin & Beet Salad Recipe Idea

October is the time of year when pumpkin-flavored, pumpkin-infused, and pumpkin-inspired foods, beverages and condiments hit the shelves. A lot of the ways we enjoy this great vegetable can be just as frightening as the scary jack-o-lanterns popping up on porches, by adding a tremendous amount of extra sugar and calories. Enjoying delicious pumpkin flavor does not have to derail our dietary choices or lead to a tighter waistband. Instead, we can use fresh pumpkin in a fresh new way. The Defense Commissary Agency (DECA) has a great idea for a pumpkin & beet salad—2 vegetables that are power packed with nutrients and flavor!



Photo courtesy of Defense Commissary Agency

Pumpkin & Beet Salad

Ingredients

- 1 cup pumpkin (peeled, cubed into 1" pieces)
- 2 cups fresh beets (peeled, cubed into 1" pieces)
- 1/4 cup pine nuts
- 2 cups arugula
- 1/4 cup Balsamic vinegar
- 2 tbsp. olive oil
- 1/2 tsp. garlic salt

Directions:

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl, combine the raw pumpkin, beets, garlic salt, and olive oil and toss until evening coated.
3. Pour mixture on a baking sheet and spread out to a single layer.
4. Bake for about 20 minutes or until the pieces are tender with a fork.
5. Remove from oven, combine with the arugula in a large mixing bowl.
6. Drizzle with Balsamic vinegar and toss. Top with pine nuts.

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

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

