

Health Promotion & Wellness

September 2018

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U.S. Navy photo by Mass Communication Specialist 1st Class Ryan U. Kledzik



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



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Health Observance

September – Mental Health and Suicide Prevention Month

HPW Webinar: Your ACTions could Save a Life: 3 Ways to #BeThere for Every Sailor, Every Day

Time/Date: 06 September 2018/1300-1430 ET

Registration is required for this event. You must have a Common Access Card to register/attend this webinar. To register, please navigate to <https://survey.max.gov/933674>. Registration closes on 31 August 2018.



Webinar Info: In observance of Suicide Prevention and Mental Health Month, OPNAV N171 and Navy & Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness (HPW) Department will co-host a webinar, "Your ACTions could Save a Life: 3 Ways to #BeThere for Every Sailor, Every Day." The webinar will enable participants to:

- Share current and emerging best practices from the suicide prevention industry that gatekeepers can tailor and incorporate into their toolkits.
- Educate gatekeepers on lessons learned from Navy's annual "Deep Dives," better enabling them to protect Sailors, detect challenges and connect them with resources.
- Promote a safe, cohesive and consistent suicide prevention narrative across the Navy through evidence-informed messaging and materials to support local engagement.

The webinar will be presented by:

Tara N. Smith, Ph.D.
CAPT, MSC, USN
Clinical Psychologist
OPNAV N171, 21st Century Sailor Office
Navy Suicide Prevention Program

Health Promotion News and Resources

HDL Cholesterol: Basic Changes, Big Improvements

Most patients know that cholesterol can be "bad" and staying away from certain foods can make a difference. However, studies show looking at health related concerns in a more positive way can make positive differences. Take time this month to talk about "good" cholesterol or High Density Lipoprotein (HDL). A great way for patients to remember the difference:

- HDL is "Healthy" Cholesterol - which is what we want "High."
- Low density lipoproteins or LDL, is "lousy" cholesterol and we want it "low."

The Medline Plus website has a great page on how to raise HDL and it includes the basics of limiting saturated fats, staying at a healthy weight, exercising, avoiding tobacco, and limiting alcohol. Fortunately, the same behaviors that raise this helpful cholesterol, also lower the not so great cholesterol. The link is: <https://medlineplus.gov/hdlthegoodcholesterol.html>



Checklist for Interactive Map: Guidelines for Inclusion

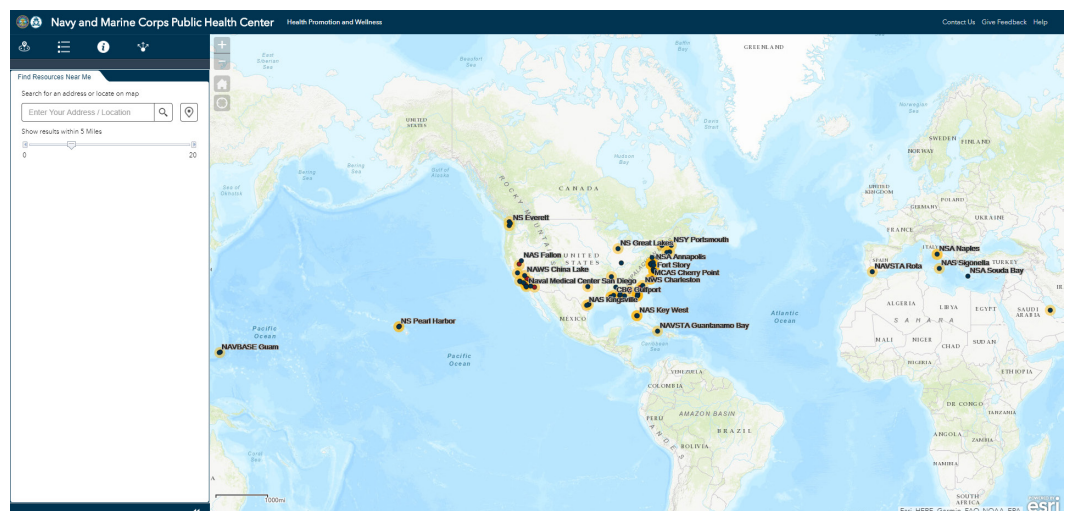
Big thank you to all of the sites who have already sent in resources to be included in the [HPW Interactive Map](#)! Wondering what resources you should be sending in? Here is our checklist for programs that can be featured:

- ✓ Resources found on a military installation that promote health and wellness (i.e., diabetes education classes, tobacco cessation resources, and the ShipShape Program)
- ✓ Programs that are offered at no to low cost
- ✓ Programs that are offered to the public
- ✓ Self-help support and patient advocacy groups
- ✓ Recreational clubs
- ✓ Professional associations that provide a public service

Programs that will not be included are:

- ✗ Any program that denies service based on race, sexual orientation, religious beliefs, or national origin; or that violates local, state, or federal laws or regulations
- ✗ Organizations that are missing proper documentation on their public website (i.e. proof of 501(c) 3 tax-exempt status).
- ✗ Programs that lack an established address, phone, and consistently available contact person
- ✗ Organizations or programs that do not maintain required licensure
- ✗ Programs that have a religious curriculum
- ✗ Member only organizations
- ✗ Classes or programs held at private practitioners, mental health providers, medical doctors, specialists, dentists, etc. that do not provide individual, or group classes covered by TRICARE
- ✗ “Support groups” offered by private therapists or social workers that require a fee
- ✗ Classes offered at a commercially branded or corporate organization (i.e. gyms that charge a membership fee, healthy living seminar with corporate sponsors)

All commands who have submitted resources by the end of September will be given a chance to win new NMCPHC Diabetes and Heart Health Posters!



Check. Change. Control. Blood Pressure Tracker: Helping Patients Maintain a Healthy Heart

The American Heart Association has a wonderful tool to help patients follow and take control of their blood pressure. It is called Check. Change. Control. This program is designed to not only help patients follow their blood pressure over time, but health educators and providers can also sign up and follow the patient's progress and provide additional guidance.

Naval Medical Center Camp Lejeune has recently started encouraging patients in their Heart Health class to use this tool to monitor their blood pressure. The program is a simple and secure system that patients can use to track their blood pressure at home and share the results with their provider. For patients, it helps build feelings of control and support for chronic disease self-management. Ms. Francine Reeves, RN, states, "The Check. Change. Control. program is an important tool for Heart Health patients. When they become more aware of their BP readings, they also become more motivated to make other lifestyle changes, such as losing weight, increasing activity, and stopping tobacco."

Home blood pressure monitoring has been proven to lower BP, reduce mortality rate, increase BP medication compliance, and empower patients in self-managing their hypertension. Monitoring is also the recommended standard of care in the VA/DoD Clinical Practice Guidelines and is consistent with the Patient Centered Medical Home model.

You can find the tool at: <https://www.ccctracker.com/>

If you are interested in starting this at your facility, some helpful implementation products can be found at: http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/FindHBPToolsResources/Check-Change-iControl-iCommunity-Partner-Resources_UCM_445512_Article.jsp#.W1sHVrAUmUI

Child Passenger Safety Week: September 23-29, 2018

Sadly, the leading cause of death for kids 1-13 years of age is still motor vehicle accidents. From 2013-2016, the rates have actually started increasing again. NMCPHC is teaming with the Naval Safety Center to kick off this important topic and provide reliable information for our Navy and Marine Corps families. You can also find great Child Passenger Safety Week Marketing from [National Highway Traffic Safety Administration](#).

Did you know the most misused seat is the booster? Children under 4'9" typically do not fit the vehicle seat and many parents believe that any child older than 8 is big enough to fit. Sadly, they do not. See the "Booster Seat Installation Checklist" on the marketing page above.

One of the most common misuses for forward facing seats is that parents forget to use the tether. When used correctly it helps prevent serious head and neck injuries. See the "What is a Tether and Why is it Important" flyer also on the marketing page.

Seats are more complicated than parents might think, so helping them learn what is correct is valuable. Check out the "Car Seat Recommendations" website by the National Highway Traffic Safety Administration at: <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#age-size-rec>

You can also direct them to <http://cert.safekids.org> to find a Child Passenger Safety Technician who will teach them how to install the seat correctly.



Photo courtesy of U.S. Department of Transportation



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.nmcpbc-hpw-training@mail.mil.

Upcoming Training FY18



Norfolk Dental Center

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

Sexual Health Training – Naval Medical Center, Camp Lejeune NC, 16 - 18 October 2018

Sexual Health Promotion training will be conducted at NMC Camp Lejeune, NC, in building 65, on 16-18 October 2018:

16 October:

- 0800-0900: HIV Pre-Exposure Prophylaxis: Basics of HIV Prep, military patient eligibility, logistical and policy issues.
- 1000-1230: STI-101 for Non-Clinicians: Symptoms, treatment, screening and prevention of common sexually transmitted infections.
- 1300-1430: Sexual Risk Assessment for Clinicians: Use the 5-Ps to initiate a brief sexual risk assessment and intervention.
- 1430-1530: Unplanned Pregnancy Prevention: Family planning challenges in the military, contraception facts and access, family planning counseling.

17 October:

- 0800-1530: Prevention Counseling and Sexual Partner Referral: Work with STI patients to reduce future risk and bring partners to treatment.

18 October:

- 0800-1530: Promoting Sexual Health in Military Populations: Resources and strategies to promote sexual health in communities.

Speakers:

- LT Joseph Biddix, RN-BC, NC, USN; NMC Camp Lejeune
- Michael R. (Bob) MacDonald, MS, CHES, Manager, Sexual Health and Responsibility Program (SHARP), Navy and Marine Corps Public Health Center

Continuing Education Credit: For Certified Health Education Specialists (CHES), this course is approved for Category 1 CEUs.

All DoD affiliated members are welcome. There are no fees. Travel funding and arrangements (if any) are the responsibility of the traveler's organization.

Registration: Please contact Dustin Menezes; NMC Camp Lejeune, NC; usn.lejeune.navmedcenlnc.list.nmcccl-prevmed@mail.mil

