



# YOU SERVE. WE PROTECT.

## **Health Promotion and Wellness for Wounded, Ill, or Injured Sailors and Marines**

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department provides evidence-based health promotion programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors in those who are wounded, ill, or injured (WII).

### **Healthy Eating for WII**

If you are recovering from a wound, illness, or injury, your body needs the right balance of nutrients to support the healing process. We have the educational resources and materials you need to help you select nutrient-dense, healthy foods for a more rapid and successful recovery and optimal well-being.

### **Active Living for WII**

Your personal best is within reach. Active living can help you reach it. Whether your goal is to lift groceries with ease, find a workout regimen to get in shape, or train like a professional athlete to compete in the Warrior Games, we can help you meet your fitness goals.

### **Weight Management for WII**

Achieving a healthy weight that is right for you can take some time, and it is important to keep in mind that even small changes in weight can affect your body's ability to heal and recover. We have the tools and resources to help you lose or gain weight, or maintain a healthy weight.

### **Tobacco Free Living for WII**

Tobacco is a dangerous addiction that's expensive, deadly, and has a serious impact on healing and recovery. Those who smoke can experience longer hospital stays and delayed wound healing. We can help you quit tobacco use and keep your family safe.

### **Psychological and Emotional Well-being for WII**

Being wounded, ill, or injured can have a major impact on your psychological and emotional well-being. We can help you navigate stress and strengthen your resilience so you can overcome and navigate the challenges you face.

### **Injury and Violence Free Living for WII**

A new or aggravated existing injury could derail or prolong your recovery and increase your physical and psychological stress. We offer you practical tools, educational resources, and evidence-based injury prevention strategies that help keep you on the path to recovery and optimal health.

### **Substance Use and Misuse**

Using illegal drugs, misusing medications, or consuming excessive amounts of alcohol can complicate healing and prolong recovery. We have the educational materials and resources to help you understand, avoid, or overcome the negative effects of excessive alcohol use, illegal drug use, and misuse of over-the-counter or prescription medications to support recovery and the return to optimal health.

### **Relationships and Intimacy**

Through your service, you may have experienced a wound, illness, or injury that impacted your psychological, emotional, and/or physical well-being; disrupted your everyday routine; or interrupted your existing personal relationships and social life. We offer you resources that include strategies and suggestions for nurturing personal relationships and achieving physical and mental wellness.

### **Pain Management**

Effective pain management can help relieve pain and suffering, and improve your quality of life. We are committed to helping you understand how pain can impact your daily life and function as well as the lives of your family members and caregivers.

To learn how our programs can help facilitate recovery and strengthen resilience, visit us at

[WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX)

For more information on your local resources, contact:



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