

W2 Monthly Communications Update

March 2023

Key Topics

This month you should be focusing your efforts on **Diabetes Management & Prevention** through **Healthy Eating** and **Physical Activity**. Visit the following links for resources on these areas:

Nutrition (Healthy Eating): <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Nutrition/>

Physical Optimization (Physical Activity): <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Physical-Optimization/>

Additionally, W2 will showcase an article in the Nutrition and Physical Optimization focus areas called, **Diabetes Management & Prevention: Physical Activity & Healthy Eating Toolbox**. Any W2 article(s) will be published to the Defense Visual Information Distribution Service (DVIDS) and linked from social media.

Health Observances

Daily:

- 01 Mar – Endometriosis Awareness Day
- 03 Mar – World Hearing Day
- 04 Mar – Brain Injury Awareness Day
- 08 Mar – International Women’s Day
- 09 Mar – World Kidney Day
- 10 Mar – National Women & Girls HIV/AIDS Awareness Day
- 13 Mar – Daylight Savings Time Begins
- 14 Mar – March Madness Begins
- 17 Mar – Saint Patrick’s Day/World Sleep Day
- 20 Mar – First Day of Spring/International Day of Happiness
- 28 Mar – *American Diabetes Alert Day
- 30 Mar – Take a Walk in the Park Day/National Doctor’s Day/National Fitness Recovery Day
 - * Indicates high performing social media post

Weekly:

- Sleep Awareness Week (12 Mar – 18 Mar)
- Nutrition and Hydration Week (13 Mar – 19 Mar)

- National Poison Prevention Week (20 Mar – 26 Mar)

Monthly:

- National Women’s History Month
- National Nutrition Month
- Save Your Vision/Workplace Eye Wellness Month
- Endometriosis Awareness Month
- National Caffeine Awareness Month
- National Kidney Month
- Food Safety Education Month
- National Athletic Training Month

MHS Monthly Observances:

- Cancer Awareness Month
- International Women’s Month

Social Media

Each month you should complete **at least one** of the following items through your command’s social media page:

- Like the W2 Facebook page: www.facebook.com/warfighterwellness/
- Follow the W2 Instagram account: www.instagram.com/warfighterwellness/
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.