

## W2 Monthly Communications Update | November 2023

### Key Topics

This month you should be focusing your efforts on **Tobacco, Drugs and Alcohol Abuse, Physical Optimization** and **Nutrition**. Visit the following links for resources on these areas:

**Tobacco, Drugs and Alcohol Abuse:** <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/NAVADMIN-250/23-on-Health/Warfighter-Wellness/Tobacco-Drugs-Alcohol-Abuse/>

**Physical Optimization:** <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Physical-Optimization/>

**Nutrition:** <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Nutrition/>

### Challenge(s):

W2 will be featuring a #TobaccoFreeChallenge on social media to help you and/or someone you love quit tobacco. Every week W2 will feature a new challenge to help you get closer to your tobacco-free goal. Join us!

### Health Observances

#### Daily:

- **01 November:** World Vegan Day
- **01 November:** National Stress Awareness Day
- **05 November:** Daylight Savings
- **09 November:** National Diabetes Heart Connection Day
- **11 November:** Veterans Day
- **13 November:** World Kindness Day
- **16 November:** Great American Smoke out
- **23 November:** Thanksgiving
- **23 November:** National Family Health History Day

#### Weekly:

- **20 November – 26 November:** Gastroesophageal Reflux Disease (GERD) Awareness Week

#### Monthly:

- Pancreatic Awareness Month
- American Diabetes Month

- COPD Awareness Month
- National Healthy Skin Month
- Stomach Cancer Awareness Month
- Chronic Obstructive Pulmonary Disease Awareness

## MHS Monthly Observances

N/A

## 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/](http://www.facebook.com/warfighterwellness/)

Follow the W2 Instagram account: [www.instagram.com/warfighterwellness/](http://www.instagram.com/warfighterwellness/)

Like, comment, or share a post from the W2 Facebook and/or Instagram page.