1 Dec is World AIDS Day
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Meet Jenni Osborne - Our New Health Educator at NMCPHC!

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U.S. Navy photo by Mass Communication Specialist 3rd Class Christopher Frost
Stay Connected!

There are a lot of ways you can stay connected with the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department. Visit, like, share, tweet, pin, and more with the sites below:

HPW Website

NMCPHC on Facebook

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You can also subscribe to other Health Promotion and Wellness newsletters at the following links:

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Subscribe to HRA News
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The NMCPHC HPW Department welcomes Ms. Jenni Osborne, MPH, CHES, CDE, Public Health Educator, to their staff team.

Jenni is a Certified Diabetes Educator with her Master’s Degree in Public Health. Ms. Osborne is coming to us from Naval Hospital Bremerton, where she worked as a health educator - teaching everything from Shipshape to Diabetes Management. Ms. Osborne assisted with Population Health, helped create the Intensive Diabetes Clinic, and she worked as an imbedded educator in the Medical Home Port Teams.

Jenni is a retired Navy Preventive Medicine Technician, and her duty stations included NEPMU 5, 1st Force Service Support Group (Marines), with Naval Support Force in Antarctica, Port Hueneme Naval Medical Clinic, and onboard the USS Carl Vinson (CVN-70).

Since she retired, she has worked in Health Promotion at both Bremerton and Eielson AFB in North Pole, Alaska.

Jenni’s primary responsibilities will be as Program Manager for Chronic Disease Prevention and Management. She will be working on creating programs to assist in guiding you in serving your patient population in preventing and managing diabetes, cardiovascular disease, hypertension and other chronic diseases.

Jenni is looking forward to seeing you at the upcoming conference in March!

Great American Smokeout 2017 – Share your Successes & Photos With Us!

Please send us your pictures, activities, materials and any stories in support of Tobacco free living month and the Great American Smoke-out day!

Send Information to the following email address: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-tobaccoffee@mail.mil

Blue H Awards – 2017 Submissions are due between 1 January & 1 February 2018

If you have not already started, now would be the best time to review your HRA numbers and go over your Blue H Worksheet before the Blue H Submissions are accepted on 1 January.

The Blue-H Navy Surgeon General’s Health Promotion and Wellness Award guides, encourages and rewards the promotion of health in Navy and Marine Corps organizations.
FDA Issues Consumer Warning on Sports Products That Contain SARMs

By Joanne Villaflor, MS, RDN, CSSD, LD
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A new warning was just released 31 October about selective androgen receptor modulators (SARMs) in dietary supplements from the U.S. Food and Drug Administration (FDA), and health hazards is hot off the press. Navy Fitness has been disseminating the warning via social media channels. NAVSUP received over 6,000 hits in a few hours!

Life threatening reactions, including liver toxicity, heart attack and stroke have occurred in people taking products containing SARMs. Consumers should stop using these bodybuilding products immediately and consult their health care provider if they are experiencing any adverse reactions associated with SARMs use. [https://www.fda.gov/newsevents/newsroom/fdainbrief/ucm583021.htm](https://www.fda.gov/newsevents/newsroom/fdainbrief/ucm583021.htm)


Up to 61% of military men and 76% of military women use supplements (vitamins/minerals, sports drinks, protein, energy drinks and creatine) for general health and performance enhancement. Sailors should consult with their health care professional prior to use. For a list of high risk supplements, visit [https://www.opss.org/](https://www.opss.org/).
HIV in the Military – 1 Dec is World AIDS Day

Another active duty military member is diagnosed with HIV about every 2 days. We can do better. Help our people protect themselves. Start talking about HIV, condoms, HIV PrEP and annual HIV testing for people at high risk. World AIDS Day on 1 December is a great time to reach out.

Here are some ready-to-use resources:

- Film: HIV Awareness in the Military (2016): Available on the SHARP Toolbox
- DVD or stream now:
  - Stream from YouTube: https://youtu.be/BYzHZr0S
  - Navy Medical Treatment Facilities (only) can stream the film from SWANK at: https://navy.swankhealth.com/default.aspx

Holiday Seasonal Safety

Command Personalized Flyer available for download! While decorating for the holidays is a festive way to embrace the season, exercising caution is a must. Electronically lit decorations and cold weather can put heavy demands on heating equipment and electrical output. In fact, each year U.S. fire departments respond to an estimated 25,900 home electrical fires. Eleven percent of home candle fires are caused by decorations in December alone, compared to four percent the rest of the year. Christmas trees can be additional holiday hazards. Based on data from the National Fire Protection Association (NFPA), one of every 40 reported home fires that began with a Christmas tree resulted in a death.

Prevention Tips

To make sure your friends and family enjoy a safe holiday season, keep your home in good shape with these safety tips: http://www.med.navy.mil/sites/nmcpch/Documents/health-promotion-wellness/injury-violence-free-living/IV_Holiday_Seasonal_Safety.pdf.
Health Promotion News and Resources

Holiday Health – Strategies to Minimize Weight Gain During the Holidays

Command Personalized Flyer available for download! The holidays are for spending time with friends and family, decorating, and of course, all your favorite holiday foods. Unfortunately, these foods are usually not of the healthy variety. Office parties and family gatherings can make it very difficult to maintain your weight during the holiday season, but not impossible. Don’t wait until the New Year hits to catch up. Establish a workout routine that you know you can follow during the holidays and stick to it. Make healthier food choices so that you can enjoy holiday dinners without feeling guilty. Below find tips to help you manage your weight during the holiday season.


Managing Stress During the Holidays

HPW has a Holiday series of 3 Tip Sheets on Maintaining your Sanity, Well-being and Budget that may be used:


Additional relaxation and stress resources may be found:


Mark Your Calendars! The NMCPHC Conference is Back! 20 – 22 March 2018

Naval Readiness Through Public Health. Mark your calendars! The Public Health Conference has been approved and will be held in the Portsmouth/Norfolk, Virginia area 20-22 March, 2018. More details will be forthcoming.

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Call For Poster Abstracts – Navy and Marine Corps Public Health Center Conference

The Navy and Marine Corps Public Health Center is excited to announce a call for poster abstracts for the NMCPHC Public Health Conference. The conference will take place in March 2018.

The deadline for poster abstract submissions is 30 November 2017 by 2359 EST. No late submissions will be accepted. Selected posters will be announced early January 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 to tina.m.luse.civ@mail.mil with the email subject: Poster Abstract – Last Name, First Name.

Poster subjects must be related to public health in the military including health promotion and wellness, force health protection, occupational health, environmental health, preventive medicine, mental/behavioral health and infectious disease.

Conference Date: 20-22 March 2018
Location: TBD (Hampton Roads Area)
Theme: Naval Readiness Through Public Health

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 FY18 will be released soon and 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.navmcpubhthcenpors.list.nmcphc-hpw-training@mail.mil.