



HEALTHCONNECT

connecting patients for better health

PHYSICAL FITNESS

What does it mean to be physically fit? According to the nation's health protection agency, Centers for Disease Control and Prevention, physical fitness is the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.

Often times, many people find that their day-to-day schedules are too busy to fit in enough time for physical activity. The physical activity guidelines are to maintain at least 150 minutes per week of moderate-intensity, 75 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination of both for adults.

We can achieve these goals by simply changing the way we go about our day. Some ways might include: choosing to take the stairs instead of the elevator, parking in the furthest spot from the entrance when you are running errands, walking or biking to work if it is safe and feasible or even doing active household chores. If your job requires more time at your desk than up on your feet, make a change. Stand at your desk or instead of sending an email to your friend, walk over and talk to them.

To prevent injury it is important to incorporate stretching into your routine. Stretching is important because it helps you maintain your flexibility and range of motion in your joints. Research indicates that you should warm up with some cardiovascular activity such as jogging or jumping jacks prior to a stretching session. If you are unable to fit in a five minute jog you can stretch immediately after taking a hot shower since the shower helps to warm your muscles. Keep in mind though that stretching can easily be overdone. It is better to do a little stretching every day than a lot of stretching less often. Recovery from a stretching injury can be slow.

Obesity and Our Children

Worldwide, childhood obesity has been on the rise for the past two decades including more than 23-million children and teenagers in the United States alone.

You might ask, "What's the big deal?" Childhood obesity can lead to heart disease, diabetes (Type 2), asthma, sleep apnea, and social discrimination or fat shaming. To decrease the risks, get involved with your kids. According to the Physical Activity Guidelines for Americans, children and adolescents need at least 60 minutes of physical activity every day. Decrease the amount of time your children spend in front of computers, on cell phones, watching television and instead take them to the park or get them involved in a sport.

Another way to reduce the risk of childhood obesity is to make healthier food choices for your family. An everyday commitment to making healthy lifestyle choices is critical for the health of your child. Each one of those wise choices is a step closer to a healthier future.

MAY 2017

OBESITY

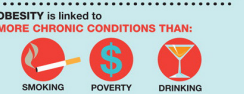
IN INFANTS TO PRESCHOOLERS



1 IN 3 CHILDREN and adolescents, ages 2-19, **ARE OVERWEIGHT OR OBESE** and nearly **NONE** meet healthy diet and physical activity recommendations.

An estimated **12.6 MILLION CHILDREN**, ages 5 years or younger, spend **33 HOURS PER WEEK** in **CHILD CARE SETTINGS** where they may **CONSUME MOST OF THEIR DAILY CALORIES**.

OBESITY is linked to **MORE CHRONIC CONDITIONS THAN:**

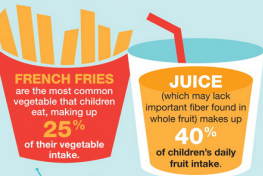


increasing the **RISK** of more than **20 PREVENTABLE CONDITIONS**, including sleep apnea, asthma, heart disease, Type 2 diabetes, osteoarthritis, high blood pressure and high cholesterol stroke.

RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

OBESITY MAY BE PREVENTED BY



Between 40% and 50% OF TODDLERS, ages 12- to 35-months-old, watch **MORE television** than is recommended.

Nearly **1/2 OF PRESCHOOL-AGED CHILDREN DON'T** get enough **PHYSICAL ACTIVITY**.

The COST of obesity

in the United States is staggering, totaling about **\$147 billion**.

Children who **EAT HEALTHY FOODS** and **GET DAILY PHYSICAL ACTIVITY** have:

- FEWER SCHOOL ABSENCES
- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF-ESTEEM
- FEWER BEHAVIORAL PROBLEMS

DEVELOPMENTALLY, BIRTH TO AGE FIVE, is an important time to **TEACH** children to **PREFER HEALTHY FOODS** and **DEVELOP GROSS MOTOR SKILLS**, setting positive patterns and habits.

heart.org/healthierkids

Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

Hampton Roads Appointment Center
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
www.RelayHealth.com





HEALTHY WEIGHT

ShipShape Weight Management Program - 8-week intensive program for adults. To register, call the HRAC at (866) 645-4584

Right Weigh - 4-week program for learning to manage your weight the right way. To register, call (757) 953-1925 or 953-9247

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1925

TOBACCO

Workshop - 1st Mondays, 8 a.m. - 12 p.m.
4-week class - begins 1st Tuesdays, 1 p.m. - 2:30 p.m.
Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2 p.m. - 4 p.m.

For more information, call (757) 953-1927 or 953-1925



Taking Control – Don't Let Stress Run Your Life

Stress is the reaction of your mind and body in dealing with life's challenges. Unmanaged stress can lead to depression, weight gain or loss, an increase in blood pressure, irritability, mood swings, and anxiety among many other social issues. Identifying what your stressors are and finding ways to cope with them is important in maintaining your physical wellness and your psychological and emotional stability.

Once you are able to identify what is causing stress in your life, you'll have the ability to manage and eliminate it. You can start by making a list of things that might be causing you stress. Once you have a list, ask yourself how you can address each stressor.

Taking care of your body can help you handle stress. Some ways to accomplish this is eating whole, unprocessed food, having a regular exercise routine, and forming good sleep habits so your body will get plenty of rest. Some immediate responses to dealing with stressors are deep breathing for muscle relaxation, listening to music, imagining happy situations, and staying positive!

Seek professional help if you experience any of the following: inability to sleep or sleeping all the time; withdrawing from friends, family and/or society; increased or excessive alcohol use; acting recklessly or engaging in risky activities; rage, anger, seeking revenge; anxiety or agitation; dramatic changes in mood; feeling like there's no reason for living or that there is no way out; feeling trapped; hopelessness.

Sometimes dealing with stress on your own just isn't enough. You may require additional help and support from friends and loved ones or professionals to help you manage your stressors. If you need help, don't hesitate to reach out and ask for it.

MHS Military Health System
health.mil

Let's **TALK**
ABOUT it



May is Mental Health Awareness Month

Ways to Maintain Good Mental Health



Getting enough sleep

Eating right and exercising



Taking care of basical physical and emotional needs



Staying connected socially



Stopping to assess how things are going in life



Managing the stressors in life



GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Safe Ride
 - Relay Health
 - ICE feedback
- and so much more!**



118,000

patients with a PCM at one of our ten facilities

22

Medical Home Port teams

440,000

patients we serve - active duty, retired and families

May – Mental Health Awareness Month

What is Cognitive Rehabilitation Therapy?

When people talk about Cognitive Rehabilitation Therapy (CRT), they're actually not talking about one therapy - they're talking about a constellation of techniques that are used to try to improve an individual's ability to function after injury. In other words, CRT is not a single therapy, but a collection of individual treatment strategies designed to improve problems with memory, attention, perception, learning, planning and judgment brought about by brain injury, neurological disorders or other illnesses.

Examples of cognitive rehabilitation therapies include writing tasks and interaction with computer-assisted programs. The goal of many of these therapies is to improve functions of memory, attention processing, social communications, problem-solving and the regulation of emotions.

So far, evidence supporting cognitive rehabilitation is encouraging, and efforts by the Department of Defense continue to study and test the effectiveness of several forms of CRT.

It should be noted that in cases of mild traumatic brain injury (mTBI), nearly 90 percent of patients recover with no residual problems and only those with persistent symptoms need to be evaluated and treated. Diagnostic tools for mTBI are not precise and neuropsychological assessments can be difficult to interpret. Therefore, medical evidence for effectiveness of cognitive rehabilitation therapies has been difficult to measure.

What is the difference between CRT and CBT?

Cognitive Rehabilitation Therapy is a collection of treatment strategies designed to address problems with memory, attention, perception, learning, planning and judgment brought about by brain injury, neurological disorders and other illnesses. Cognitive Behavioral Therapy is a common type of mental health counseling to help a patient become aware of inaccurate or negative thinking.

Does DoD/TRICARE cover CRT?

On April 14th, 2010, the Assistant Secretary of Defense (Health Affairs) directed the implementation of a broad based DoD pilot program intended to conform to the proceedings, and resulting guidance document, of the Consensus Conference on Cognitive Rehabilitation for Mild Traumatic Brain Injury held in April 2009. This guidance document outlined a standardized and measureable process for the provision of CRT services. This policy mandated the implementation of the guidance at 13 military treatment facilities (MTF's).

In 2010, DoD provided over 45,000 hours of care involving CRT to service members and over 32,000 hours to family members of active duty members and retirees. These treatments were delivered by a wide array of health professionals, including psychologists; occupational, speech and physical therapists; and physicians.

Drinking and driving

in the U.S.

