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Health Promotion and Wellness Friday Facts



CONTENTS

- NMCPHC Health Promotion and Wellness (HPW) Department Welcomes New Staff Member!
- Congratulations Crews! 2015 Crews Into Shape Recap
- Webinar Planned on "Air Force Diabetes Center of Excellence Diabetes Central Overview"
- May 31 is World No Tobacco Day!
- Blue H Award Updates
- FDA Warns Consumers not to use Muscle Growth Product Called Tri-Methyl Xtreme
- In The News

NMCPHC HEALTH PROMOTION AND WELLNESS (HPW) DEPARTMENT WELCOMES NEW STAFF MEMBER!



The NMCPHC HPW Department welcomes Leisha Ferguson, Public Health Educator to the staff. Leisha has an MS in Health & Human Performance-Exercise Science, attended the Athletes Performance NOFFS training in 2012 and has extensive experience in the fitness arena with both the U.S. Army and U.S. Coast Guard.

Leisha's primary responsibilities will be as Program Manager for Active Living and Injury and Violence Free Living. She will also be the primary point of contact for Navy Reserve Health Promotion and will coordinate the Crews into Shape challenge. Again, we welcome Leisha to the staff!

CONGRATULATIONS CREWS! 2015 CREWS INTO SHAPE RECAP

During March 2015, the Navy and Marine Corps Public Health Center (NMCPHC) hosted the 15th Annual Crews Into Shape challenge. This year's challenge drew 311 Crews, comprised of 1,941 Crew Members from across the DoD who made the commitment to "Crews" in 2015.



Crews Into Shape is a four-week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help participants work toward a healthier lifestyle. Each crew member earns points for exercising, maintaining or achieving a goal weight and eating fruits and vegetables. The challenge is open to the entire DoD family.

An overwhelming majority of participants who provided post-challenge feedback indicated that Crews Into Shape helped them work toward a healthier lifestyle. According to the 2015 post-challenge survey, 82 percent of the 187 survey respondents indicated that Crews Into Shape improved their daily fruit and vegetable consumption habits and 78 percent said it

Continued on page 1





improved their daily exercise routines. Further, 77 percent of respondents indicated that they plan to continue their efforts to eat the daily recommended servings of fruits and vegetables even after the challenge has ended.

Check out these [post-challenge resources](#) and keep on Crewsin' throughout the year!

The next official Crews Into Shape challenge will be held in March 2016, but the Crews materials may be used by anyone at any time during the year to sponsor your own local four-week Crews Into Shape challenge. Visit the [Crews Into Shape website](#) for more information or contact the NMCPHC Crews Director at: usn.hampton-roads.navmcpubhlthcenpors.list.nmcpHC-crewsintoshape@mail.mil.

WEBINAR PLANNED ON “AIR FORCE DIABETES CENTER OF EXCELLENCE DIABETES CENTRAL OVERVIEW”

NMCPHC launched an initiative to help diabetes educators, health educators, and clinicians across the MHS who are interested in promoting diabetes self-management to gather best practices and lessons learned on diabetes prevention and control. This effort will allow educators and clinicians to focus more time on serving patients and less on building and maintaining their diabetes self-management programs.

Over the next few months, NMCPHC will lead a series of efforts in support of this initiative. The first is a webinar led by the Air Force (AF) Diabetes Center of Excellence (DCoE), entitled “Air Force DCoE Diabetes Central Overview.” Dr. Tom Sauerwein, Director of the AF DCoE will lead a demonstration of [AF DCoE Diabetes Central](#) and discuss online educational resources available to any diabetes educator or health educator wanting to kick start or supplement a diabetes self-management program.

Mark your calendar now and plan to participate in the upcoming webinar on 4 June 2015 from 1200-1300 EST. Additional information on how to attend is forthcoming.

The webinar is designated for diabetes educators, health educators, clinicians, and others in the health care field across the MHS who educate patients on diabetes self-management. Please contact Ms. Katie Riuli at katherine.j.riuli.ctr@mail.mil for more information.

MAY 31 IS WORLD NO TOBACCO DAY!

May 31 is World No tobacco Day. It's time to encourage service members to stop letting tobacco nag them! The staff at ucanquit2 have created several social media messages and other resources that can be used to support efforts to promote this day. Go to: <http://www.ucanquit2.org/Events/2015/WNTD.aspx> to access their resources. Questions? Email ucanquit2 at: info@ucanquit2.org.

BLUE H AWARD UPDATES



A Blue H customer has noticed a couple of issues with the 2015 criteria and we have made the following changes:

1. Medical Line 60 (GMT on domestic violence) was changed to “suspended for 2015” (like all 2015 GMT criteria). Note - this was already suspended in the 2015 Fleet criteria.
2. Medical Line 63 and Fleet Line 37 was changed to: “Is there a command policy that encourages all Sailors and Marines to complete a TRiPS assessment [or similar local trip assessment between the traveler and supervisor] prior to travel on any long weekend, holiday or leave period?”. This change was made because the TRiPS software does not cover islands and other places.

Please download a new criteria worksheet from the Blue H homepage at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/blue-h.aspx>





FDA WARNS CONSUMERS NOT TO USE MUSCLE GROWTH PRODUCT CALLED TRI-METHYL XTREME



The FDA is warning consumers to stop using the dietary supplement for muscle growth, Tri-Methyl Xtreme, linked to serious liver injury. The product is sold on the internet and in some retail stores and gyms.

Consumer who suspect they are experiencing problems associated with the use of this product should consult with their health care provider. Health care providers and patients are encouraged to report adverse events or side effects related to the use of these products to the [FDA's MedWatch Safety Information and Adverse Event Reporting Program](#).

For more information about Dietary Supplements, go to Operation Supplement Safety (OPSS) on the Human Performance Resource Center (HPRC) website at: <http://hprc-online.org/dietary-supplements/opss>. In particular, check out the Frequently Asked Questions section where you will get your answers to such questions as, *"I have seen products made with some form of hemp in stores, but I'm not sure if service members are allowed to consume these. What is the DoD's policy?"* which is listed under the Dietary Supplement Ingredients category.

IN THE NEWS

[Understanding Moral Injury](#) - Health.mil

[8 Resources to Help You Talk with Kids about Brain Injury, Mental Health](#) - DCoE.mil

[Sugar vs. Salt](#) - Navy.mil