



August is Preventive Health Month



Flossing once a day, eating the recommended number of servings from the five food groups, limiting high fat foods, and sleeping for seven or more hours each night can provide health benefits and prevent illness. Regular flossing can decrease one's risk for gum disease and cavities.¹ Eating the recommended number of servings from the five food groups (fruits, vegetables, whole grains, dairy, and protein) helps Sailors and Marines receive the nutrients they need to maintain health and perform at their peak. Lack of sleep can create cognitive dysfunction, motor skill interruption, and increase risk for illness.²

[The Preventive Health toolbox](#) offers Sailors, Marines, beneficiaries, DoD civilians, health promotion coordinators, and health information disseminators the resources to learn about the importance of flossing once a day, eating a healthy diet that is low in high fat foods and contains the appropriate food groups, and getting enough sleep.

Welcome to the New HPW Partners!

The Navy and Marine Corps Public Health Center, Health Promotion and Wellness Department is very excited to announce three new partner organizations! Recently, HPW welcomed the Defense Commissary Agency, the Defense and Veterans Brain Injury Center's A Head for the Future Campaign, and the Army National Guard's Guard Your Health Campaign as partners.. NMCPHC invites the participation of organizations and programs that share our commitment to the health and wellness of our armed forces. Through our partnership program, we strive to collaborate and help spread HPW messages and promote and advance the shared missions of partners through our communication channels. We want to thank all of our partners for your continued support! Welcome our newest partnership organizations and take a look at their Web pages below!

[Defense Commissary Agency \(DeCA\)](#)

[Defense and Veterans Brain Injury Center - A Head for the Future](#)

[Army National Guard - Guard Your Health](#)



Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of August. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Fact Sheet: Tips for Better Sleep

Getting enough sleep is important to your health and well-being but can be a challenge with a military lifestyle. [Click here](#) for tips on how to get better sleep and the reasons why it is so important.

Infographic: Flossing 101

Flossing is key to a healthy mouth. [Click here](#) to test your knowledge on flossing and "brush" up on some important information about the benefits of flossing.

Resources: Strategies for Shaping Healthy Habits

Much of your daily life is set around habits, structures, and patterns. Habits can be helpful or hurtful to what you would like to achieve in both the short and long term. [Click here](#) for some practical, real-life strategies for a healthier lifestyle.

Infographic: Size Up Your Servings

Have you ever wondered if you're eating the right portions of your food? [Click here](#) to view comparisons between portions of food to commonly known objects.

Graphic: 1-5-7 Wellness Objective of the Day Challenge

[This 21 day challenge](#) is designed to help you achieve optimal health and readiness by creating daily health habits of three activities: flossing, eating the recommended number of servings from the five food groups before supplementing your diet, and sleeping at least seven hours. With little to no extra time or cost, these three activities can provide health benefits and potentially prevent illness.

Additional HPW Resources

Check out the additional resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Fact Sheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn more about preventive health behaviors such as flossing and getting enough sleep, please visit our [August Health Promotion Toolbox](#).



Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

Social media message 1:



Join us for Preventive Health Month where we will share tips to keep you ready and resilient. #ProtectionThroughPrevention <http://go.usa.gov/3A7ZY>

Social media message 2:



Have you ever wished that you had more energy or fewer aches and pains? Physical activity to the rescue! #GetFIT <http://go.usa.gov/3A7ZQ>

Social media message 3:



It's never too late to form #HealthyHabits! Check out the 1-5-7 Wellness Challenge this month! <http://go.usa.gov/3A7ZB>

Social media message 4:



Learn how to improve your sleep so that you are safe on and off the job. #HealthyHabits <http://go.usa.gov/3A7Zw>

Social media message 5:



Why floss? Flossing prevents the build up of plaque. Did you know that plaque can lead to gingivitis and gum disease? #HealthyHabits

Social media message 6:



What are your food triggers? Use the tracker to help pin down the factors that contribute to your eating habits and take control! <http://go.usa.gov/3A7Ze>

Social media message 7:



Learn to be tobacco free! #QuitTobacco <http://go.usa.gov/3A7BH>

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).



Webinar Calendar

We host healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW Department to motivate healthy behaviors.

| Date | Webinar Title | Time |
|-------------|--|--------------|
| 20 August | HIV PrEP in DoD | 1200-1300 ET |
| 1 September | Suicide Prevention and Intervention Efforts in the Navy and Marine Corps | 1200-1300 ET |

For many of our webinars we offer continuing education credit hours (CECH) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars in the future click [here](#) for registration details.

AF DCOE Diabetes Champion Course 9-11 September 2015:

Attention Diabetes Health Professionals and Health Educators: Earn 18.25 hours of CME and CNE credits while learning to improve diabetes mellitus control at your MTFs!

The Air Force Diabetes Center of Excellence (AF DCOE) is hosting its semi-annual Diabetes Champion Course that focuses on training primary care staff in all MTFs to better manage patients with diabetes. The program is based on a team approach that includes providers/MD, nurses, and technicians. Primary care teams are encouraged to attend together. During the course, participants will develop and present a plan to implement clinical practice guidelines in the treatment of patients with diabetes, thus improving patient, provider, and MTF outcomes.

The Diabetes Champion Course will be held on 9-11 September 2015, join in-person at Lackland Air Force Base, San Antonio, TX or virtually via DCS. Check out [AF Diabetes Central](#) for more details. Please contact Connie Morrow at connie.morrow.ctr@us.af.mil to register.

References

¹Flossing. American Dental Association. <http://www.mouthhealthy.org/en/az-topics/f/flossing>. Accessed August 2015.

²Sleep and Sleep Disorders. Centers for Disease Control and Prevention. <http://www.cdc.gov/sleep/index.html>. Updated March 2012. Accessed August 2015.

Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs, and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

