

Health Promotion & Wellness

March 2017

We have new resources
from NMCPHC Tobacco
Free Living Program

Check out page 4

Interested in becoming a
Diabetes Champion?

Page 6

Get your copy of the
latest HPW Sexual
Health Infographic!

Details on Page 4

Photo by Cpl. Devan K. Gowans



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



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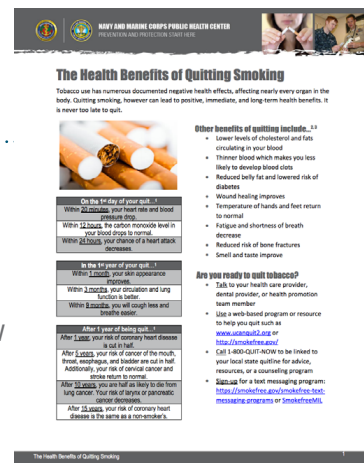
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Health Promotion News and Resources

New Resources from NMCPHC Tobacco Free Living Program

NMCPHC's Tobacco Free Living Program recently released three new resources on their website. Two of the resources, [Not Ready or Unsure about Quitting Tobacco?](#) and [The Health Benefits of Quitting Smoking](#) can be used by or with those thinking about quitting tobacco. The third resource is a new Web page with the latest information to help understand what is known and unknown about e-cigarettes, hookah, cigars, and other new products. These products are increasing in popularity but the long-term health effects OR benefits are still being researched. The new page can be found at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/tobacco-free-living/Pages/E-cigarettes-Hookah-Cigars-and-Other-New-Products.aspx>



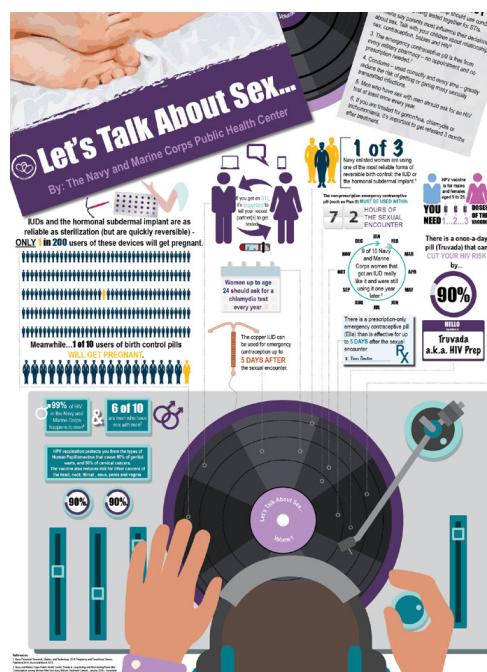
April is Sexual Health Month! "Let's Talk About Sex"

April is Sexual Health Month! Get your free copy of our new poster, "Let's Talk About Sex" (first 50 orders only)

Send email subject "POSTER" to SHARP: usn.hampton-roads.navmcpublthcenpors.list.nmcpHC-sharp@mail.mil

Download and print your own: ["Let's Talk About Sex" infographic](#)

Get more ready-to-use resources here: [Sexual Health](#)



Are You Getting a Good Night's Rest?

Getting enough sleep is essential to overall health and wellness. Insufficient sleep takes a toll on energy, mood, and ability to function during the day. In fact, insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. In addition to the conditions mentioned, insufficient sleep can also be responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year.

More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia. Getting sufficient sleep is not a luxury, it is a necessity, and should be thought of as a "vital sign" of good health.

Please visit [NMCPHC website](#) for valuable resources on sleep.



SAIL Suicide Prevention Program Launches Navy-wide: Sailor Assistance and Intercept for Life (SAIL)

The Navy's 21st Century Sailor Office announced on 6 February that the suicide prevention program Sailor Assistance and Intercept for Life (SAIL) is now available Navy-wide at all Fleet and Family Support Center (FFSC) locations.

SAIL, first launched as a pilot program last August in the Pacific Northwest, is designed to provide rapid assistance, on-going risk assessment and support for Sailors who have exhibited suicide-related behavior. It is aimed at supplementing existing mental health treatment by providing continual support through the first 90 days after suicide-related behavior.

SAIL is not designed to replace clinical treatment for any suicide related behavior. However, upon receiving information from commands about a Sailor who has demonstrated suicide-related behavior, Suicide Preventions Coordinators (SPC) will work with the CNIC, and in turn an FFSC case manager, whose responsibility will be to reach out to the individual Sailor to see if they would volunteer to participate in the SAIL program. Case managers will contact Sailors in the 90 days following suicide-related behavior.

To view the article in its entirety, visit [SAIL Suicide Prevention Program Launches Navy-wide](#)
For more information, visit <http://www.suicide.navy.mil>.

Injury and Violence Free Living: OPNAV Instruction / Marine Corps Order for Utilization of Certified Athletic Trainers Signed

25 January 2017, Vice Admiral C. Forrest Faison III, Surgeon General of the Navy, and Major General Robert S. Walsh, Deputy Commandant for Combat Development and Integration, signed the first joint OPNAV Instruction and Marine Corps Order for utilizing Certified Athletic Trainers throughout the United States Navy and the United States Marine Corps total force. "We are very pleased with the signing of the instruction defining relationships between Athletic Trainers and the medical staff in the Navy. This forms the foundation upon which we can build additional relationships within the musculoskeletal care community for the ultimate benefit of our patients," states CDR John Biery, Medical Corps, Navy SG Advisor for Sports medicine.

This instruction is a landmark document by becoming the first OPNAV instruction that provides scope, limitations, certification, utilization and guidelines for both physicians and certified athletic trainers working in partnership throughout the US Navy and US Marine Corps total force for the purpose of reducing the incidence/severity of musculoskeletal injury of Sailors and Marines.

Certified athletic trainers have "proven to be an asset in fleet concentration areas as well as in the rigorous training environment of entry level training commands – thus reducing the incidence and severity of our military's #1 health impediment to readiness, INJURIES," states Mr. Anthony Barkley, Department Head, Health Promotion and Wellness Programs, Navy and Marine Corps Public Health Center.

There are currently over 350 certified athletic trainers serving in various professional settings throughout the U.S. Armed Forces. The athletic trainers working within the Department of the Navy are most visible in the Navy and Marine Corps Special Warfare setting, at Sports Medicine and Reconditioning Team (SMART) Center locations – near proximity to a Medical Treatment Facility, and the Sports Medicine Injury Prevention (SMIP) locations throughout US Marine Corps areas. Most Navy and Marine Corps Sports Medicine programs at these locations closely resemble that of a NCAA Division 1



Photo from Sports Medicine And Reconditioning Team (SMART) Center:
Photographer: Dr. Joseph Moore



Athletic Training Room. For over 20 years, athletic trainers have been operating consistently throughout special warfare and Sports Medicine and Reconditioning Team (SMART) Center locations.

The athletic trainer's mission is to prevent musculoskeletal injury and increase the resiliency and durability of the warfighter. If an injury occurs, the goal is to quickly identify and rehabilitate/recondition the athlete Sailor or Marine back to optimum performance capacity as soon as possible. "OPNAVINST 6400.2 has established the role of certified athletic trainers in the multidisciplinary medical model and strengthened the team approach in mitigating the impact of musculoskeletal injuries in the military setting", states Michael L Hooper, Chair - Military Working Group - NATA Committee on Practice Advancement and President - Armed Forces Athletic Training Society.



Photo provided by Naval Special Warfare Group 4. Through the utilization of certified athletic trainers, the NSWG-4 program was able to reduce physical training related injuries amongst the SEAL/SWCC population from over 35% to under 10%. The program continues to serve as a "best practice" for injury prevention and for ensuring the resiliency and durability of operators.

For further information on injury prevention, visit the NMCPHC Health Promotion and Wellness and Injury and Violence Free Living Website: <http://www.med.navy.mil/SITES/NMCPHC/HEALTH-PROMOTION/Pages/default.aspx>, or the National Athletic Trainers Association Website: <http://www.nata.org>.

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 FY17 training can be viewed on the [HPW Training](#) page.

For further information send an E-mail to: usn.hampton-roads.navmcpubhlthcenpors.list.nmcpHC-hpw-training@mail.mil.

Upcoming Training



- Regional Facilitator Training, Mar 27, 2017 NEPMU 5, San Diego, CA
- HP Advanced Training, Mar 28-29, 2017 NEPMU 5, San Diego, CA
- Tobacco Cessation Facilitator Training, Mar 30, 2017 NEPMU 5, San Diego, CA
- ShipShape Program Facilitator Training, Mar 31, 2017 NEPMU 5, San Diego, CA

AF DCOE Diabetes Champion Course on 12-14 April 2017

Attention Diabetes Health Professionals and Health Educators: Earn 19.0 hours of continuing medical education (CME) and continuing nursing education (CNE) credits while learning to improve diabetes mellitus control at your medical treatment facility (MTF)!

The Air Force Diabetes Center of Excellence (AF DCOE) is hosting its semi-annual Diabetes Champion Course on 12-14 April 2017. This free program 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.

You can participate in the 3-day training in-person at Lackland Air Force Base, San Antonio, TX or virtually via DCS. Check out the [AF DCOE Diabetes Champion Course page](#) for more details. Please contact Connie Morrow at connie.morrow.ctr@us.af.mil to register.

If you are unable to attend the Diabetes Champion Course, you can find a variety of diabetes education resources and tools at the [Diabetes Resource and Collaboration Hub](#) page on [milSuite](#).



CY 2017 CFL Seminar Schedule

The purpose of the Navy's Command Fitness Leader (CFL) Seminars are to provide "real time" updates about the Navy's CFL Program. The Navy's Physical Readiness Program provides a Culture of Fitness that assists Sailors in developing the ability to complete tasks that supports the command mission and Navy operational readiness.



Megan Villapudua, the ship's fun boss, swings a kettlebell during a functional fitness class in the hangar bay aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). (U.S. Navy photo by Mass Communication Specialist 3rd Class Anna Van Nuys/Released)

- 20-21 March 2017 Naval Air Station Atsugi, Japan
- 23-24 March 2017 Naval Base Yokosuka, Japan
- 28-29 March 2017 Naval Base Sasebo, Japan
- 5-6 April 2017 Marine Corps Base Camp Lejeune, NC
- 19-20 April 2017 Naval Construction Battalion Center Gulfport, MS
- 1-2 May 2017 Naval Support Activity Naples, Italy
- 4-5 May 2017 Naval Air Base Sigonella, Sicily, Italy
- 8-9 May 2017 Naval Station Rota, Spain
- 31 May – June 1 2017 Naval Base Kitsap, WA
- 7-8 June 2017 Naval Station Great Lakes, IL
- 28-29 June 2017 Joint Expeditionary Base Little Creek, VA
- 12-13 July 2017 Naval Station Everett, WA
- 2-3 August 2017 Naval Submarine Base Kings Bay, GA
- 16-17 August 2017 Naval Air Station Corpus Christi, TX
- 13-14 September, 2017 Naval Air Station Pensacola, FL

*This schedule is subject to changes and cancellations. Seminar Registration Request can be found on the Navy's PRIMS website under the "HELP" tab.

Providing Evidence-based Family Planning: Contraception Resources from the CDC

"Providing Evidence-based Family Planning: Contraception Resources from the CDC"
21 March 2017; 12:00 – 1:00 p.m. EDT

Please join Dr. Cara Krulewitch and the Health Affairs Women's Health Issues Working Group (HA-WHIWG) for a webinar regarding hot-off-the-press topics.

Dr. Cara Krulewitch will introduce the new DHA-Interim Policy Memorandum (IPM) on Contraception that directs providers to use a set of CDC resources as guidance when providing contraceptive counseling and prescribing contraceptives. Dr. Katharine Simmons will provide training for providers on the use of the CDC resources referred to in the DHA-IPM. Objectives of her talk are: (1) Describe the U.S. Medical Eligibility Criteria for Contraceptive Use, 2016 (U.S. MEC) and U.S. Selected Practice Recommendations for Contraceptive Use, 2016 (U.S. SPR); (2) Understand how to apply CDC contraception guidance in specific situations, based on clinical scenarios.

This activity is approved for CME/CEU. Instructions for claiming credits will be available at time of webinar.

<https://ltd.adobeconnect.com/healthaffairs/>



Partnership and Sharing

DeCA's Nutrition Guide Program



Defense Commissary Agency (DeCA) Nutrition Guide Program (NGP) launched world-wide in January 2017. Establishment of criteria for the Nutrition Guide Program was collaboration between the joint service dietitians and the DeCA dietitian, Deborah Harris. The Nutrition Guide Program, with its color-coded shelf tags, serves as an easy-to-use guide for grocery shopping choices highlighting five nutrition attributes including low sodium, low fat, whole grain, no added sugar and great source of fiber. Organic items are also tagged. The Go for Green® (G4G) and Fueled to Fight (FTF) program criteria were utilized to maintain continuity between the galley and home nutrition, linking the “healthy cart” concept to service members shopping at the commissary. Learn more about the [Nutrition Guide Program](#) and visit [Healthy Living](#) for more health and nutrition information, resources, and tips to help you develop healthy habits and maintain a healthy lifestyle. Also available is the [Nutrition Guide Program video](#)

NAVSUP will continue to work with DeCA and other agencies on programs that build healthy eating patterns which supports readiness and resilience.

