

# Health Promotion & Wellness

December 2016

**Tobacco use rates  
decline, but by how  
much?**

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**Check out the GASO's event  
from around the globe!**

**Page 4**



Photo by Mass Communication Specialist Seaman Amanda Chavez



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# Health Promotion News and Resources

## Improving Women's Health Fact Sheet

Heart disease is the leading cause of death for women in the United States.<sup>1</sup> Lung cancer is the leading cause of cancer death among women.<sup>2</sup> Depression is the most common women's mental health problem and more women than men are diagnosed with depression each year.<sup>3</sup> In response to these statistics, the [Community Guide](#) has a new fact sheet available that features the leading health conditions affecting women and provides evidence-based findings that can be used to improve women's health.

[What Works: Improving Women's Health fact sheet](#) features information on how heart disease, cancer and depression affect women and includes Community Preventive Services Task Force (Task Force) findings that can be used to improve women's health. This fact sheet was developed in collaboration with the U.S. Department of Health and Human Services, Office on Women's Health (OWH). OWH coordinates women's health efforts, works with federal agencies and external partners to address important women's health topics, and supports policies that improve access to health care services. Please visit the [Community Guide](#) for much more information.

[1] Xu, JQ, Murphy, SL., Kochanek, KD, Bastian, BA. [Deaths: Final data for 2013](#) National Vital Statistics Report. 2016:64(2). Accessed December 2016.

[2] U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999-2013 Incidence and Mortality Web-based Report. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2016. Available at: <http://www.cdc.gov/uscs>. Accessed December 2016

[3] National Institute of Child Health and Human Development. What health issues or conditions affect women differently than men? 2012. Available from <https://www.nichd.nih.gov/health/topics/womenshealth/>. Accessed December 2016

## Preventable Deaths Decrease

In a recently released Morbidity and Mortality Weekly Report from the Centers for Disease Control and Prevention (CDC), the CDC reported that preventable deaths for three of the five leading causes of death decreased between 2010 and 2014. Death from cancer, stroke, and diseases of the heart decreased 25%, 11%, and 4% respectively. Unfortunately, though, deaths increased due to unintentional injuries such as falls and drug overdoses (both prescription and illicit drugs). For more information, read the article, Potentially Preventable Deaths Among the Five Leading Causes of Death--United States, 2010 and 2014.

## Surgeon General Releases Report on Substance Misuse

Substance misuse and substance use disorders have become a public health crisis in the United States. In November 2016, the U.S. Surgeon General released the first-ever report on substance misuse. The report, entitled Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health addresses substance misuse, related consequences, a vision for the future, and recommendations for various stakeholder groups such as individuals and families, health care providers, communities, and researchers. The full report can be found [here](#) as well as [supplementary materials](#) such as report highlights, fact sheets, and social media messages.



## Tobacco Use Rates Declines but 40% of Diagnosed Cancers Linked to Tobacco Use

Tobacco use is the leading cause of preventable disease and death in the United States. Over the past few years, the smoking rate has been decreasing among U.S. adults. In a newly released Morbidity and Mortality Weekly Report from the Centers for Disease Control and Prevention (CDC), the [CDC reported](#) that the percentage of U.S. adults





who currently used cigarettes decreased between 2005 and 2015 from 20.9% (45.1 million smokers) to 15.1% (36.5 million smokers). Additionally, daily smokers decreased from 16.9% to 11.4%.

The bad news though is that while 1.3 million tobacco-related cancer deaths have been avoided since 1990 and the smoking rate is declining, 40% of all cancers diagnosed are linked to tobacco use and three in 10 cancer deaths are caused by cigarette smoking. In [November 2016's Vital Signs](#), the CDC addresses cancer and tobacco. It is never too late to quit tobacco; quitting at any age can reduce your risk of getting or dying from cancer.

## Evidence-Based Performance Exercise Training Heightens Navy's Command Fitness Leader Program

PORTSMOUTH, Va. (NNS) -- Thirty Hampton Roads-based Sailors took part in the Department of the Navy's (DON) command fitness leader (CFL) training, Nov. 15-19 at Joint Expeditionary Base (JEB) Little Creek-Fort Story, Virginia Beach, Virginia.

The five-day training gave participants an opportunity to experience firsthand the Navy Operational Fitness and Fueling System (NOFFS) -- the Navy's proven, evidence-based methodology to get and keep Sailors in top physical condition.

"The Navy Fitness Program has come a long way since I joined seven years ago," said Petty Officer 2nd Class Krystal Pierce, CFL for the "Golden Warriors" of Strike Fighter Squadron (VFA) 87. "Attending CFL School this week at JEB Little Creek was a real eye-opener to the changes the Navy is incorporating for optimum fitness and nutrition. I am excited to be able to deliver all I've learned to my command, and to incorporate these programs into my daily life. The fitness team at JEB Little Creek provides a fantastic program."



According to Susan Lowry, fitness director at JEB Little Creek-Fort Story and coordinator for the latest Norfolk area, fleet-based CFL training, participants are always made to feel part of the group during the training regardless of what level they're working at.

"The CFLs are the heart and soul of an exercise program at a command, but they don't always have the background," said Lowry. "We're excited about the diversity of resources such as the NOFFS program we can bring to their commands. We have to have healthy Sailors. The CFLs and assistant CFLs will be able to utilize all

the resources from NOFFS for any environment, even confined spaces."

Commander, Navy Installations Command (CNIC) plays a vital role in delivering the CFL curriculum and providing NOFFS training to CFLs Navywide.

"The Navy Operational Fitness and Fueling System is in strong demand," said Tunde Ridley, manager of CNIC Navy Fitness Programs. "Over the past 5 years, we have certified over 280 MWR (Morale, Welfare, and Recreation) instructors that are consistently taking NOFFS to the deckplate by teaching local NOFFS training courses at local installations."



According to Ira Seth, CNIC's NOFFS manager, NOFFS is designed to improve operational performance and decrease the frequency and severity of musculoskeletal injuries related to limited, light duty or lost duty days.

For more information on Navy Fitness training tools, visit <http://www.navyfitness.org/> or download the NOFFS IOs/Android apps.

Visit NMPCHC's Active Living Website - <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx>.

## 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 FY17 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.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil).

## Partnership and Sharing

### What's On Your FITmas List?

### Navy Suicide Prevention Branch, OPNAV N171

While the holidays are a joyful time of the year and can offer a chance to reconnect with friends and family, they are not without their challenges that can impact physical and psychological health. Back by popular demand, Navy Suicide Prevention Branch's Every Sailor, Every Day campaign will launch the "21 Days of Total Sailor FITmas" to help Sailors and Navy families proactively navigate holiday stress and build resilience throughout the season and into 2017.

From December 14, 2016 through January 3, 2017, Sailors and their families can receive a daily dose of tips, hacks, and small acts to help keep the happy in the holidays. This 21 day journey—representing the 21st Century Sailor Office's diverse programs to help Sailors and families make healthy decisions—addresses topics with a seasonal spin, including financial readiness, transitions and deployment, fitness and nutrition tips, strengthening relationships, reconnecting with spirituality, and more.

You can unwrap new FITmas tools this season by following Navy Operational Stress Control on Facebook ([www.facebook.com/navstress](http://www.facebook.com/navstress)), Twitter ([www.twitter.com/NavStress](http://www.twitter.com/NavStress)), and Wordpress ([navstress.wordpress.com](http://navstress.wordpress.com)), and keeping an eye out for additional tips from our partners, such as Navy & Marine Corps Public Health Center, Real Warriors Campaign, Guard Your Health, U.S. Navy, and more. 'Tis the season of giving, so don't forget to encourage your shipmates, friends, and family to join in as well!

### Upcoming Training FY16



- Regional Facilitator Training, February 13, 2017 NEPMU 2, Norfolk, VA
- HP Advanced Training, February 14-15, 2017 NEPMU 2, Norfolk, VA
- Tobacco Cessation Facilitator Training, February 16, 2017 NEPMU 2, Norfolk, VA
- ShipShape Program Facilitator Training, February 17, 2017 NEPMU 2, Norfolk, VA
- Regional Facilitator Training, March 27, 2017 NEPMU 5, San Diego, CA
- HP Advanced Training, March 28-29, 2017 NEPMU 5, San Diego, CA
- Tobacco Cessation Facilitator Training, March 30, 2017 NEPMU 5, San Diego, CA
- ShipShape Program Facilitator Training, March 31, 2017 NEPMU 5, San Diego, CA





You can also spread holiday cheer by contributing to the 1 Small ACT Photo Gallery in three easy steps:

1. Visit <http://go.usa.gov/x8qNu> to select and print a 1 Small ACT Sign from the Every Sailor, Every Day campaign webpage. Choose from a seasonal gratitude sign to share what you and/or your family are grateful for, or our Small ACT Selfie sign to share your commitment to be there for yourself or others.
2. Personalize your sign and take a photo with you and/or your family holding it.
3. Submit your photo to [navysuicideprevention@gmail.com](mailto:navysuicideprevention@gmail.com) or upload to Facebook and tag @U.S. Navy Operational Stress Control for inclusion in the gallery on [Facebook](#) and [Flickr](#).

It's #FITmasTime! Follow us for tips to navigate stress and stay present this season.



# Health Promotion News Around The Globe

## Great American Smokout Events (GASO) in 2016



Great Lakes A School Galley  
Photo courtesy of James A. Lovell Federal Healthcare Center Communications Department



GASO\_Naval Branch Clinic San Diego BHC Kearny Mesa  
Photo courtesy of Marilou Brandes



Naval Hospital Bremerton -  
Photo courtesy of Patrick Graves

**Great American Smoke Out!**



Naval Health Clinic, Annapolis PO3 Ashley Cage and Susan Hennessy  
Photo courtesy of Susan Hennessy

