

Health Promotion & Wellness

24 March 2016

**It's Official! HPW Has a
New Department Head.
Find out who on page 5.**

**Check Out How Our Friends in
Okinawa Celebrated the Great
American Spit Out!
Page 7**

**Prepare Your Sailors and
Marines with our Sexual Health
Month Toolbox!
More info on page 4**



Photo by Mass Communication Specialist 3rd Class Nathan Burke



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



Stay Connected!

There are a lot of ways you can stay connected with the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department. Visit, like, share, tweet, pin, and more with the sites below:



[HPW Website](#)



[NMCPHC on Facebook](#)



[NMCPHC on Twitter](#)



[NMCPHC on Pinterest](#)



[NMCPHC on YouTube](#)



[Subscribe to the HPW Monthly Newsletter](#)

You can also subscribe to other Health Promotion and Wellness newsletters at the following links:

[Subscribe to Blue H News](#)

[Subscribe to HRA News](#)

[Subscribe to SHARP News](#)



In This Issue

HPW Health Observance	4
April is Sexual Health Month: Sexual Health and Responsibility Program (SHARP)	4
Health Promotion News and Resources	5
NMCPHC Health Promotion and Wellness (HPW) Department Announces New HPW Department Head	5
Freedom Quitline Available to TRICARE Beneficiaries	5
NAVADMIN 061/16 Implementation of Physical Readiness Program Policy Changes Released!	5
CREWS Into Shape Update!	6
NMCPHC Wounded, Ill, and Injured Program Fiscal Year 2015 Annual Report	6
Semper Fit Updates	7
Great American Spit Out - Okinawa, Japan	7
Training and Events	7
ShipShape Updates	7
Upcoming Training FY16	7
Partnership and Sharing	8
Savor the Flavor of Eating Right during Navy Nutrition Month 2016	8
Brainbuster with Barkley	9



HPV Health Observance

April is Sexual Health Month: Sexual Health and Responsibility Program (SHARP)



HPV Vaccination: Have You Started? Have You Finished?

Human Papillomavirus (HPV) vaccine can protect you from the types of virus that cause 90% of genital warts and cervical cancers. The vaccine also provides some protection from HPV types that cause cancers of the head, throat, neck anus and penis. CDC recommends that all boys and girls ages 11 or 12 should get vaccinated. Catch-up vaccines are recommended for males through age 21 and for females through age 26, if they did not get vaccinated when they were younger. The vaccine is also recommended for gay and bisexual men (or any man who has sex with a man) through age 26. It is also recommended for men and women with compromised immune systems (including people living with HIV/AIDS) through age 26, if they did not get fully vaccinated when they were younger.

HPV is the most common sexually transmitted infection (STI). HPV is so common that most sexually active men and women will get it at some point in their lives. You can get HPV by having oral, vaginal, or anal sex with someone who has the virus. It is most commonly spread during vaginal or anal sex. HPV can be passed even when an infected person has no signs or symptoms.

Anyone who is sexually active can get HPV, even if you have had sex with only one person. You also can develop symptoms years after you have sex with someone who is infected, making it hard to know when you first became infected. In most cases, HPV goes away on its own and does not cause any health problems. But in some people, it can cause health problems like genital warts and cancers. Genital warts usually appear as a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower.

Ask for your HPV vaccination. HPV vaccines are safe and effective. HPV vaccines are given in three shots over six months; it is important to get all three doses. Even if you have been vaccinated, women aged 21 to 65 should still get a periodic pap test to prevent cervical cancer.

What if there was a pill to prevent HIV? There is...

HIV Pre-Exposure Prophylaxis (PrEP) is a medicine (Truvada) that, if taken every day by a person who does not have HIV, can reduce their risk of getting HIV by up to 90%. HIV PrEP is appropriate for people who are at high risk of getting HIV, such as men who have sex with men outside a long-term, mutually monogamous relationship with an HIV negative partner. Every military medical facility can get you started on HIV PrEP if you and your doctor think it is the right strategy for you.

The HIV epidemic is not over, consider the following:

- An active duty Sailor or Marine is diagnosed with HIV about every 4 days.

Check out these free, downloadable resources:

- [Fact Sheet--Genital HPV Infection \(CDC\)](#)
- [Navy HPV Vaccination Video \(NMCPHC\)](#)
- [Poster--HPV Vaccine \(NMCPHC\)](#)
- [Fact sheet--HIV in the Navy and Marine Corps \(NMCPHC\)](#)
- [Fact sheet--PrEP: A New Tool for HIV Prevention \(CDC\)](#)
- [Poster--HIV Prevention \(NMCPHC\)](#)

- Over 6100 active duty Sailors and Marines have been diagnosed with HIV since 1985.
- Sailors are diagnosed with HIV at about twice the rate compared to Marines.
- Most (98%) Sailors and Marines diagnosed with HIV are men and most are aged 20-39.
- Most active duty Sailors and Marines (at least 6 of 10) who are diagnosed with HIV are men who have sex with men.
- Black Sailors and Marines are diagnosed with HIV at much higher rates than white, Hispanic or other men.



Health Promotion News and Resources



NMCPHC Health Promotion and Wellness (HPW) Department Announces New HPW Department Head



Anthony Barkley has been named the new NMCPHC HPW Department Head effective 3 April 2016. He has over 30 years of combined service with the US Army, Veterans Administration and US Navy, serving in a variety of roles; to include, Assistant Community Health Nurse, Combat Medic and Practical Nurse Instructor, Patient Health Educator, Staff & Nursing Educator, Health Promotion Coordinator and Public Health Educator. He is currently the NMCPHC Program Manager for ShipShape and HPW Training and will continue to support these programs until additional staff is hired. Anthony is a self-proclaimed “Out of the Box Thinker” and “Agent for Change” and is committed to ensuring quality programs and services that are relevant to the needs of the Force.



Freedom Quitline Available to TRICARE Beneficiaries

The Freedom Quitline is now available to TRICARE beneficiaries interested in quitting tobacco, including active duty service members, beneficiaries, and retirees. The proactive phone program line offers four counseling sessions as well as free nicotine replacement therapy mailed to a participant’s home. In addition, individuals who do not successfully quit tobacco during their first use of the Freedom Quitline are given a free second opportunity to complete the program. The quitline can be used in the United States and may also be available in some OCONUS locations.



Promotional materials, including posters, business cards, flyers, magnets, and post-it notes, are available for order [here](#). A [talking paper](#) and [TRICARE video](#) are also accessible for your use. For more information, including eligibility or questions, visit www.freedomquitline.org or email freedomql@uthsc.edu. The Freedom Quitline can be reached by calling 1-844-I-AM-FREE (844-426-3733).



NAVADMIN 061/16 Implementation of Physical Readiness Program Policy Changes Released!

NAVADMIN 061/16, announcing Physical Readiness Program Policy updates was released on 9 March and is posted on the [Navy Personnel Command’s website](#). This NAVADMIN amplifies and clarifies changes to the Physical Readiness Program as announced in NAVADMIN 178/15.

Sailors do not have to fail the PFA or a spot check to participate in FEP or ShipShape. Resources are in place for the benefit of all Sailors, and COs are encouraged to promote participation. FEP and ShipShape facilitators should flex the programs availability to meet the needs of the fleet.



CREWS Into Shape Update!

This year's CREWS participation has grown at a 26% increase from last year! We now have over 2460 individuals and 400 teams participating in this year's CREWS Into Shape Challenge! We are now heading towards the end of the challenge, but don't let things end there. Take a minute to think about the important things you have already learned about healthy eating and active living and the things you want to continue doing in your daily life after the challenge ends. Habits that you enjoy and can sustain over the long term. Don't forget to have fun!

Reminders for Crews Into Shape Teams:

- Email your completed Crew Worksheet to NMCPHC by 7 April
- Encourage Crew Members to register at the USDA Choose-My-Plate [SUPERTRACKER](#)
- Plan a weekly Crew Activity
- Ask the Crew to commit to participating in a local health-related event between April and June
- Ask Crew Members to provide feedback online by 7 April



3/17/2016 - Crews "Team Divas" from Bangor, WA share their innovative nutrition strategy for the week: "While our Thursday safety meeting has become an official "Donut Day" in our office, this week Team Divas put out a spread of veggies, hummus dip, fruits and yogurt dip! We really enjoyed the yummy fruits and veggies!"

NMCPHC Wounded, Ill, and Injured Program Fiscal Year 2015 Annual Report

Karen Jones, NMCPHC WII Program Coordinator

The [Navy and Marine Corps Public Health Center](#) (NMCPHC) developed the [Wounded, Ill, and Injured \(WII\) Project Fiscal Year 2015 Annual Report](#) to detail the services produced by NMCPHC and demonstrate the impacts of these achievements. The NMCPHC WII Program produces targeted resources and provides actionable data to operational and medical leadership to inform decisions and support mission readiness throughout the Navy and Marine Corps.

Over the past six years, NMCPHC has developed unparalleled data analysis and surveillance capabilities that have become an integral part of the Navy's public health mission. What transformed from an ad hoc capability to an established program has now become part of NMCPHC's enduring mission and core capabilities. This evolution fortifies NMCPHC's ability to analyze and monitor healthcare outcomes and disease prevalence across the Military Health System. It also allows NMCPHC to continue implementing insect control programs that prevent injuries and illnesses throughout Department of Defense. Going forward, NMCPHC

remains committed in its ongoing mission to provide services and products that inform decisions on healthcare policies and protect service members throughout the deployment cycle.

Check out the [NMCPHC WII Project FY15 Annual Report](#) to learn more!

For more information on the health promotion and wellness initiatives in the WII Program, visit <http://www.med.navy.mil/sites/nmcpHC/wounded-ill-and-injured/Pages/health-promotion.aspx>



Semper Fit Updates

Great American Spit Out - Okinawa, Japan



Semper Fit, MCCS Okinawa partnered with US Naval Hospital at Camp Foster to promote the annual Great American Spit Out. The message was to educate personnel on the dangers of smokeless tobacco use. The partnership with the Navy Hospital was forged to showcase resources for tobacco cessation through a venue that is commonly used by a lot of folks – the Base Exchange. Some of the products displayed were flavored toothpicks, flavored coffee pouches, and informational handouts.

MARINE & Family | Health Promotion

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 FY16 can be 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.



ShipShape Updates

Stay engaged by visiting [our website](#), [contacting us](#) directly, or joining other facilitators in the [ShipShape Program Facilitators milBook Group](#)!

Share your successes with us by submitting a "Health Promotion Around the Globe" article [here](#)!

Upcoming Training FY16



- **Tobacco Cessation Facilitator:**
17 May at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:**
12 July at Naval Dental Clinic, Norfolk, VA
- **HPW Training:** 25-29 July at NEPMU5, San Diego, CA
- **HP at the Deckplates:** 8-12 August at NEPMU2, Norfolk, VA
- **Tobacco Cessation Facilitator:**
13 September at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:**
8 November at Naval Dental Clinic, Norfolk, VA



Partnership and Sharing

Savor the Flavor of Eating Right during Navy Nutrition Month 2016



The following [article](#) was originally published on The Official Blog of the Navy Operational Stress Control Program website. The OPNAV N17 [Navy Nutrition Program](#) creates a Navy environment that supports the healthful choice as the easy choice and empowers individuals to make informed choices about their nutrition. NMCPHC is featuring Navy Nutrition in recognition of Healthy Eating Month.

There are a variety of factors that influence our food choices, from childhood experiences to current hunger levels, the food around you, emotions and more. Our perceptions of “healthy” versus “unhealthy” food can be shaped by as many factors, including confusing labels, clever marketing and fad diets. March is Navy Nutrition Month and this year’s focus follows the Academy of Nutrition and Dietetics National Nutrition Month campaign theme: [Savor the Flavor of Eating Right](#). This theme encourages you to explore the different ways to follow a nutritious and balanced eating plan packed with tasty foods, while taking the time to enjoy and appreciate the many flavors and [social experiences](#) food adds to our lives.

Eating right and maintaining regular physical activity can be stressful in today’s busy world. This year make mindfulness a priority at mealtime by focusing on:

- Enjoying the sight, sounds and good memories associated with eating;
- Making half your plate fruits and vegetables;
- Trying one new food from each food group every week; and
- Having a basis of 3 meals daily with healthy snacks to hold you over when there’s more than 4-5 hours between meals.

A solid foundation within these concepts will help to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall physical and psychological health. You’ll also be well on your way to building new nutrition habits that can help take the stress out of healthy eating.

Remember, what you eat is only half of the focus – how you eat is equally as important. Engage all your senses when you eat – observe the shape and color of your food, savor the fragrant aroma, eat slowly, taste the different flavors and pay

attention to every bite. Make every meal an experience to enjoy the full benefit of your food!

Don’t think healthy foods can taste good? Think again! It is a common misconception that whole foods—such as vegetables, fruits, whole grains, beans and legumes—are boring, bland or tasteless. In fact, these foods have more inherent natural flavor than their fried, sugary, or heavily-salted processed counterparts. The great thing about preparing a dish with fresh and wholesome ingredients is that you can season to your taste and give the dish your own personal flare. By using herbs such as thyme, bay leaf or rosemary and spices like cumin, allspice or paprika, you can create savory dishes with minimal effort. Experimentation with spices will lead you to discover new and satisfying options for healthy foods. Visit the Academy of Nutrition and Dietetics [Library of Recipes](#) to find great-tasting options using easily accessible ingredients.

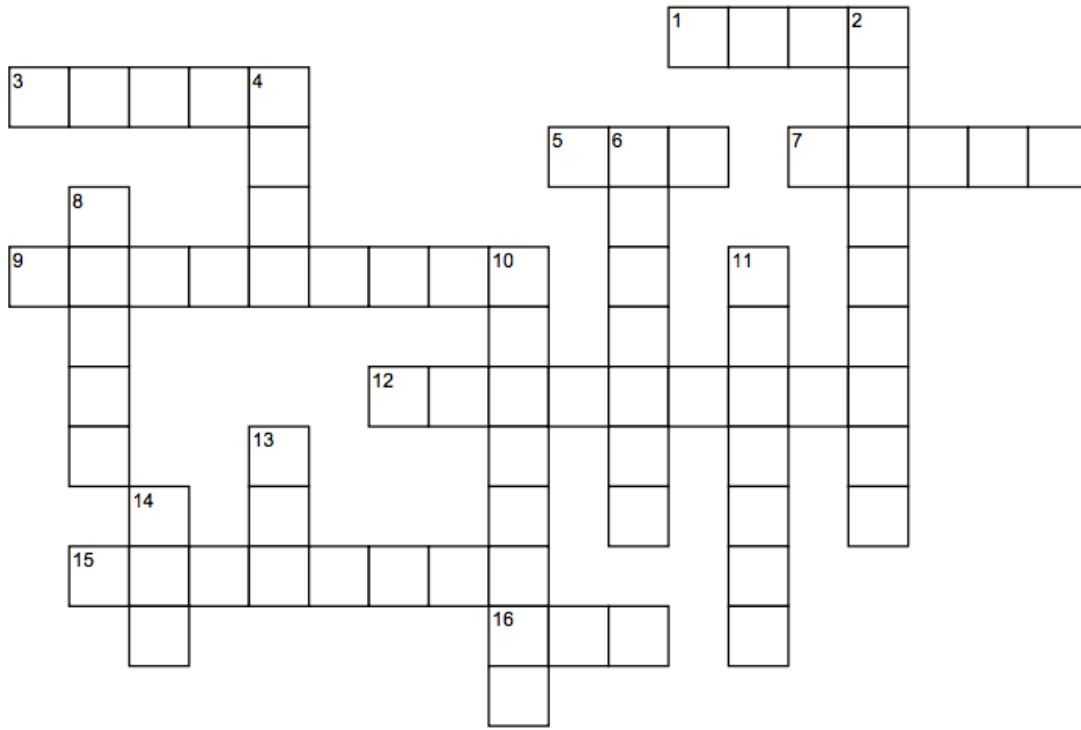
Savoring the flavor of eating right begins with having access to the right resources to help increase your knowledge of how to choose and prepare good foods that are good for you. Visit the [Academy of Nutrition and Dietetics](#) website for tips, meal ideas and more! Also, check out the recently published [Dietary Guidelines for Americans](#) for the most up-to-date evidence based information on how to eat for optimal health.

A balanced diet is an essential part of preserving our mission readiness and ability to thrive in our personal lives and careers. Lt. Cmdr. Amit Sood, the OPNAV N17 Nutrition Program Manager, is a Registered Dietitian and a Certified Specialist in Sports Dietetics. He has nearly 10 years of experience in counseling thousands of service members and their families on nutrition and health-related issues, having delivered close to 600 nutrition-related lectures to more than 20 commands and institutions across the DoD. Check out more of his healthy eating tips on NavyNavStress, like this post on [Healthy Eating Barracks Style](#). For additional Navy Nutrition resources, visit http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/navynutrition/Pages/default2.aspx.



Brainbuster with Barkley

This month's Brainbuster with Barkley is all about Sexual Health! Check out the [HPW Sexual Health Toolbox](#) to find answer:



ACROSS

- 1 The most reliable forms of reversible birth control are sometimes categorized as _____
- 3 NMCPHC's sexual health program
- 5 An incurable sexually transmitted infection diagnosed among active duty Sailors and Marines every 4 days
- 7 The emergency contraception pill that reduces the chance of a pregnancy if taken within 72 hours of the sexual encounter
- 9 A reliable source of news about military sexual health issues
- 12 6 of 10 pregnancies among Navy enlisted women are _____
- 15 90% of _____ cancers can be prevented by HPV vaccination
- 16 Reversible birth control device that is over 99% reliable and lasts for up to 3-10 years

DOWN

- 2 A _____ test should be offered every year to women up to age 24
- 4 Once-a-day-medication to reduce HIV risk by up to 90%
- 6 This hormonal birth control rod is over 99% reliable and lasts for up to 3 years
- 8 The number of doses of Human Papillomavirus vaccine needed for complete protection
- 10 A curable sexually transmitted infection, diagnosed most frequently among men who have sex with men, with rising infection rates in the U.S. and the Navy
- 11 90% of _____ warts can be prevented by HPV vaccination
- 13 The virus associated with cervical cancer and genital warts
- 14 _____ is a daily medication started within 72hrs of an exposure to blood or body fluids and continued daily for 28 days to greatly reduced HIV risk from that exposure

