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September 11, 2015



Health Promotion and Wellness Friday Facts



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BLUE H NEWS - REVISED 2015 MEDICAL AND FLEET CRITERIA

The following corrections have been made to the 2015 Blue H Award Criteria:

Medical 2015 Line 110:

Did your command conduct a stress management all-hands lecture (or set up a display with a continuous-running film, etc.) OTHER THAN GMT AND OTHER THAN CgOSC, during September (preferably) or at any other time this year? incorrectly showed "0" for max points. This should be "3" and has been corrected. Medical Treatment Facilities should use the new Medical Criteria Worksheet dated 1 Sept. 2015 for their 2015 Blue H application. Get the updated worksheet at: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/blue-h-worksheet-medical-2015.xlsx>



Fleet 2015 Line 77:

Incorrectly awards 3 points for completion of a "suspended" criterion. This defect has been corrected. FLEET and RESERVE commands should use the Fleet Criteria Worksheet dated 1 Sept. 2015 for their 2015 Blue H application. The updated worksheet is available at: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/blue-h-worksheet-fleet-2015.xlsx>

Blue H Award homepage: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

Questions? Contact Navy and Marine Corps Public Health Center - Blue H Award POC at: michael.r.macdonald2.civ@mail.mil or 757-953-0974 [DSN 377]





HOSPITAL CORPS SCHOOL SEES SUCCESS IN SMOKE-FREE CAMPUS

According to a story that was released and posted on 28 Aug. on America’s Navy, after becoming one of the first Navy commands to go 100 percent smoke-free in January, Navy Medicine Training Support Center (NMTSC) located at Joint Base San Antonio - Fort Sam Houston reported Aug. 28 success and promising trends for future and current Sailors.

Incoming staff and students are informed about the policy during their command indoctrination and smoking cessation classes are offered to them during their time at NMTSC.

Learn more about NMTSC’s success in combatting tobacco use at: http://www.navy.mil/submit/display.asp?story_id=90835

FIGHT THE ENEMY 3.0 VIDEO CONTEST ANNOUNCED

Fight the Enemy is a teen anti-tobacco video contest, sponsored by Operation Live Well under the Defense Health Agency. The competition is designed to encourage DoD teens to advocate against tobacco and think skeptically about claims that e-cigarettes are a “safe” form of tobacco.



Video Contest: Teens are encouraged to film and submit a short video (up to 29 seconds) that advocates against tobacco and displays skepticism towards e-cigarettes. The best videos may be used in future DoD tobacco counter marketing campaigns.

Contest Eligibility: Teens (ages 13-18) related to a DoD civilian or Service member may enter the contest. Teens can submit entries individually or as a team of up to 4 members (only one team member must be related to a DoD civilian or service member, including the National Guard and Coast Guard).

Submission Guidelines: Participants/teams must upload their video to YouTube.com and email the link and their application forms to DHA.FightTheEnemy@mail.mil in order to complete their submission. Prizes will be awarded to the top 3 videos decided by a senior judging panel. Full contest rules are available on our website.

For more information about the DoD’s Operation Live Well, go to: <http://www.health.mil/Military-Health-Topics/Operation-Live-Well>.

FDA WARNS AGAIN ABOUT THE USE OF POWDERED CAFFEINE

The Human Performance Resource Center (HPRC) has posted a blog about the repeated warning from the FDA regarding the use of powdered caffeine. At least two deaths (both teenagers) were associated with it in 2014, yet it continues to be sold, primarily in bulk online. The FDA notes that part of the difficulty is in determining the difference between a safe and toxic amount. Users need to be aware that one teaspoon is roughly the equivalent to the amount of caffeine in 28 cups of coffee. You can read the HPRC blog at: <http://hprc-online.org/blog/fda-warns-again-about-powdered-caffeine> or for more information about the FDA warning, go to: <http://www.fda.gov/Food/NewsEvents/ConstituentUpdates/UCM460097>.

Learn more about Dietary Supplements and Operation Supplement Safety (OPSS) at: <http://hprc-online.org/dietary-supplements>.

IN THE NEWS

[Break the Fast: Consuming a Healthy Breakfast](#) - DeCA

[How to eat for better sleep](#) - Health.mil