



March is Healthy Eating Month



Food is fuel for the body. In order to perform at their peak, Sailors and Marines have to eat healthy and live a balanced lifestyle. Unfortunately, too many service members are not fueling their bodies well. The most recent results from the Fleet and Marine Corps Health Risk Assessment showed that only 34 percent of active duty Navy respondents and 28 percent of active duty Marine respondents indicated that they ate three or more servings of vegetables a day.¹ In addition, 40 percent of active duty Sailors and 46 percent of active duty Marines who participated in the assessment stated that they had a diet low in fruit.¹ Lastly, 40 percent of active duty Sailors and Marines also self-reported eating a high fat diet.¹

That is why the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department is recognizing Healthy Eating Month in support of National Nutrition Month® (NNM), which is sponsored by the Academy of Nutrition and Dietetics. This year's NNM theme is 'Bite into a Healthy Lifestyle,' and promotes healthy eating and active living.² Specifically, people are encouraged to consume fewer calories, make

Revitalized ShipShape Program to Launch in March

The Navy and Marine Corps Public Health Center (NMCPHC) will officially launch the revitalized ShipShape Program in March 2015. The ShipShape Program helps participants achieve healthy weight loss and maintain a healthy weight by facilitating changes in eating and exercise habits.

NMCPHC modernized the ShipShape Program curriculum and reporting forms, unveiled a new logo, adopted "Get Ready. Get Fit. Get Healthy" as its tagline, and redesigned the ShipShape Program website, which has garnered more than 6,000 unique visits since October 2014. NMCPHC also focused on increasing interaction with ShipShape Program Facilitators, and established a forum via milSuite for facilitators to ask questions, share their experiences, and provide program feedback.

Since November 2014, NMCPHC has trained and/or recertified approximately 182 ShipShape Program Facilitators from across the Navy.

Learn more about the ShipShape Program at: www.med.navy.mil/sites/nmcp hc/health-promotion/Pages/shipshape





informed food choices, and exercise regularly to help achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall health.²

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of March. 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: Bite into a Healthy Lifestyle

Living a healthy lifestyle means eating a balanced diet of nutrient-dense foods and engaging in regular exercise. [Click here](#) to learn how to incorporate these healthy habits into your daily routine.

Fact Sheet: Maneuvering Through Your Grocery Store

Navigating the grocery store can be challenging, especially when you are trying to find healthy foods to support healing and recovery. [Click here](#) for a map that will help wounded, ill, or injured Sailors and Marines take the guesswork out of grocery shopping.

Healthy Recipe Resource: Spice it Up!

Healthy food can also be tasty food. Cooking with herbs and spices enhances the flavor of food without adding fat, sugar, or salt. [Click here](#) for a list of herbs and spices that will improve your health and expand your palate.

Healthy Recipe Resource: Mastering Flavorful Cooking

Healthy cooking can be easy, fun, and rewarding! [Click here](#) to learn about healthy cooking techniques that capture the flavor of food, increase the nutritional quality of meals, and promote healthy eating behaviors.

Guide: Interactive Nutrition Resources

Healthy eating goes high-tech! [Click here](#) for the latest mobile apps and interactive websites that can help you track your food intake, calculate your body mass index (BMI), and provide you with timely health information.

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 Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help your service members eat healthy, please visit our [March 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:



It's time to Bite into a Healthy Lifestyle with this new fact sheet! #EatRight #NNM
<http://go.usa.gov/3xkzH>

Social media message 2:



Green...yellow...red? Learn how to go for green® to help you build a healthy plate! #EatRight #NNM bit.ly/18FCGRh

Social media message 3:



Before you eat, think about what and how much food goes on your plate or in your cup or bowl! Learn more from @My Plate on making sure you get the nutrition you need. #EatRight #NNM
<http://go.usa.gov/3xkuP>

Social media message 4:



We know you put a lot of effort into your workouts, don't let inadequate nutrition undo all of your hard work! #EatRight #NNM <http://go.usa.gov/3xkJd>

Social media message 5:



Myths busted! There are many misconceptions that prevent Sailors, Marines, and military families from getting the right amount of fruits and veggies. We have addressed some of those myths here: #EatRight #NNM <http://go.usa.gov/3xtp4>

Social media message 6:



Think Before You Drink. Energy drinks and energy shots can have serious consequences on your health. @OPSS @OLW #NNM bit.ly/1FOx80i

[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 monthly 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.

On 4 March 2015, in collaboration with the Air Force Medical Support Agency, Navy Medicine, and the U.S. Department of Health and Human Services' Million Hearts® Initiative, NMCPHC hosted a webinar entitled "Getting to the Heart of It: Preventing Heart Disease and Promoting Heart Health." The webinar and audio presentation can be found [here](#) under the archived webinar directory.

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.

Partnership News

Developing and maintaining healthy eating habits requires an all hands on deck approach. That is why NMCPHC partners with other organizations to support Sailors and Marines.

Operation Live Well: Eat Well to Live Well Cookbook

[Click here](#) for healthy, dietitian-approved recipes including preparation tips, suggestions for ingredient substitutions, and nutrition information.

References

¹ EpiData Center Department, Navy Marine Corps Public Health Center. Fleet and Marine Corps Health Risk Assessment 2013.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA2013-annual-report.pdf>. Published 2014. Accessed February 2015.

² Academy of Nutrition and Dietetics. National Nutrition Month®. <http://www.nationalnutritionmonth.org/nnm/>. Published 2014. Accessed February 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.

