



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

February 2016



What's New in Public Health

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Heart Health Toolbox

Heart health can be improved at any age through eating a nutritious diet that is low in saturated fat and sodium, taking part in moderate to vigorous physical activity most days of the week, maintaining a healthy weight, and quitting tobacco. In this toolbox, we provide resources related to heart health, including information on healthy weight, healthy eating, active living, and tobacco free living, as well as cholesterol, diabetes, and blood pressure. You can promote cardiovascular health by using the materials located in the toolbox for activities, education, and programs. [Click here to learn more>>](#)

Zika Virus Information & Resources

Zika is a viral infection spread by mosquito bites. Recently, Zika virus infections in pregnant women have been linked to infants born with birth defects. Ongoing Zika virus transmission is occurring in South and Central America, Mexico and the Caribbean. The Centers for Disease Control and Prevention (CDC) have issued a Travel Alert for all of these areas. Informational resources are available on the NMCPHC website to help you learn more about the Zika Virus. [Click here to learn more>>](#)

ESSENCE: Electronic Surveillance System for the Early Notification of Community-Based Epidemics

Syndromic surveillance using ESSENCE is useful in quickly assessing public health threats and ensuring timely recognition of suspected or confirmed medical events. Such surveillance activities support the evaluation, planning, and implementation of public health practice, disease prevention, and emergency response. [Click here to learn more>>](#)

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NMCPHC Updates

Health Literacy Resources

Health literacy is critical to mission readiness. Those with accurate knowledge about the body and disease have a better understanding of the relationship between lifestyle choices and health outcomes. This page offers health information disseminators tools and resources to help teach Sailors, Marines, beneficiaries, and DoD civilians how to understand basic health information so as patients, they can navigate their doctor visits and make better decisions about their health.

[Click here to learn more>>](#)

Requesting a Health Hazard Assessment

This document provides you with all the information you need when requesting a Health Hazard Assessment from the Navy and Marine Corps Public Health Center. [Click here to learn more>>](#)

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Public Health in the News

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Gym Safety: Helpful Tips

<http://health.mil/News/Articles/2016/01/13/Gym-Safety-Helpful-tips>

For many people, the start of a new year means making the resolution to get in better shape and maintain a healthy lifestyle. This may also include going to a local gym or signing up for a health club membership. There are however, potential health risks at these facilities.

[Click here to read more>>](#)

Navy Medicine Announces 2015 Sailor of the Year

http://www.navy.mil/submit/display.asp?story_id=92725

The U.S. Navy Bureau of Medicine and Surgery (BUMED) announced Navy Medicine's Sailor of the Year (SOY) at Defense Health Headquarters, Jan. 15. BUMED's panel of senior enlisted leaders selected Hospital Corpsman 1st Class (IDW) Jessica L. Wentlent, from Naval Medical Center San Diego as Navy Medicine's 2015 SOY. [Click here to read more>>](#)

You Asked: Is Yoga Good Exercise?

<http://time.com/4185626/yoga-exercise-workout/>

By almost any measure, the answer is yes—but don't let it be all you do. From CrossFit to Insanity workouts, exercise has lately trended toward the extreme. But physical activity doesn't always have to be vigorous to be effective. While it may seem mellow compared to most training programs, yoga's health benefits keep pace—and often outdistance—what many people would call “traditional” forms of exercise.

[Click here to read more>>](#)

How to Test for Lead in Your Home Water Supply

<http://www.cnn.com/2016/01/21/health/lead-testing-home-drinking-water/index.html>

The water crisis in Flint, Michigan, may have you asking, "Does my home's water contain lead?" It's possible. The Environmental Protection Agency says between 10% and 20% of our exposure to lead comes from contaminated water. It's even worse for the youngest and most vulnerable: Babies can get between 40% and 60% of their exposure to lead by drinking formula mixed with contaminated water. [Click here to read more >>](#)

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Vaccine Efforts Underway as Zika Virus Spreads

<http://www.usnews.com/news/articles/2016-01-22/vaccine-efforts-underway-as-zika-virus-spreads>

Alarmed at the surge of Zika virus in the Americas, the U.S. government has launched an effort to develop a vaccine. "We're already starting on it," says Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases. But while workers at the institute's Vaccine Research Center are armed with lessons learned from working to counter West Nile virus, chikungunya virus and dengue fever, Fauci says developing a vaccine for Zika will require "an extensive research and development effort." [Click here to read more >>](#)

Finding Your Motivation to Quit Tobacco

<http://navymedicine.navylive.dodlive.mil/archives/9638?platform=hootsuite>

Quitting tobacco is hard, but it's not impossible. Anyone can do it. The first step is making a personal choice and finding your reason for quitting, because no matter how many medications or nicotine replacement therapies you try, you have to really want to quit to make it happen and stick with it. I know because I am a former tobacco user. [Click here to read more >>](#)

Tips to Make February a Month to Love Your Heart

<http://wtop.com/health/2016/02/tips-make-february-month-love-heart/slide/1/>

There's Valentine's Day on Feb. 14, of course — but this is also Heart Month, dedicated to raising awareness of heart health. Heart disease remains the biggest killer in the United States. The Centers for Disease Control and Prevention says about 610,000 Americans die of it each year — that's one in every four deaths. But there is reason for hope. [Click here to read more >>](#)

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NMCPHC Upcoming Training and Conferences

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Disease Surveillance Training Series – Barriers to Reporting

February 23, 2016

Webinar

After completion of the course, attendees will be able to identify three barriers to disease reporting at the local level, be able to describe potential solutions to those barriers, identify tools that will help overcome barriers. This training is one of a series of disease surveillance trainings hosted by the PPS department and accessible online. [Click here to learn more>>](#)

Disease Surveillance Training Series – Case Finding module and Case Finding approaches

March 29, 2016

Webinar

After completion of the course, attendees will be able to identify ways, methods, and resources to find potential reportable events, including the DRSi Case Finding module; understand how to implement those practices and methods; and describe limitations and strengths of some of those methods. This training is one of a series of disease surveillance trainings hosted by the PPS department and accessible online. [Click here to learn more>>](#)

Navy Health Promotion and Wellness Course

March 7 – 11, 2016

Norfolk, VA

The course will be offered as part of a full week of Health Promotion and Wellness Training scheduled at NEPMU-2, Naval Station, Norfolk, VA to include: Navy HP & Wellness Course, Choose Healthy Options for Wellness (CHOW) Course, ShipShape Program Facilitator Training and Tobacco Cessation Facilitator Training. [Click here to learn more>>](#)

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NMCPHC Field Activity Education & Training

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Navy Entomology Center of Excellence (NECE)

The Navy Entomology Center of Excellence offers training to DOD Pest Management Professionals to include Pesticide Applicator Certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DOD Pesticide Applicator Recertification; Operational Entomology Training (preparing preventive medicine personnel to establish a public health pest management program where none exists; and Shipboard Pest Management (We serve as the Navy Program Manager for Shipboard Pest Control). [Click here to learn more>>](#)

Navy Environmental and Preventive Medicine Unit (NEPMU) 2

NEPMU-2's education and training mission is to provide fleet and staff training, leadership, and management, to ensure that required professional certificates for occupational, environmental and preventive medicine professionals throughout the Navy and Marine Corps are met.

[Click here to learn more>>](#)

NEPMU-5

The mission of the Education and Training Department of NEPMU-5 is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying FDPMU teams in support of operational commanders worldwide. Services offered: CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit's AOR, ashore and afloat. [Click here to learn more>>](#)

NEPMU-6

The Education and Training department of NEPMU-6 offers courses throughout the year including (but not limited to) Food Safety Manager's Course, Laboratory Identification of Malaria training, DoD Pesticide Applicator Certificate Refresher Course, Shipboard Pest Management training and Navy Ship Sanitation Certificate Program. [Click here to learn more>>](#)

NEPMU-7

NEPMU-7 provides Force Health Protection courses throughout the year including (but not limited to) Operational Entomology Training, Shipboard Pest Management, and Food Safety Managers/Supervisors Course. [Click here to learn more>>](#)

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