

# Health Promotion & Wellness

January 2017

**Meet Our New HPW Team  
Member!**

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**Are You Ready for the  
Great American Spit Out?**

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Photo by Seaman Joshua Murray



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# Health Promotion News and Resources

## NMCPHC Health Promotion & Wellness Welcomes New Team Member!

The NMCPHC HPW Department welcomes Jennifer Meeks, Public Health Nutritionist to the staff. Jennifer is a Registered Dietitian Nutritionist (RDN) and she also has an MS in Nutrition. She is coming to us from Fort Belvoir Community Hospital, where she worked as an inpatient and outpatient dietitian, working with soldiers, sailors and airmen and their dependents on a wide range of nutrition concerns. Previously, she gained extensive experience working as a clinical dietitian with Veterans Affairs in California and Naval Hospital Bremerton. She is also in the Navy Reserve. Jennifer's primary responsibilities will be as Program Manager for the ShipShape, Weight Management and Healthy Eating programs. She will also be taking over as the primary of contact for the upcoming Crews into Shape Challenge for 2017, so you will be hearing a lot from her soon--get your teams ready. Again, we welcome Jennifer to the staff!

## Updated OPSS High Risk Supplement List

Some dietary supplement products contain stimulants, steroids, hormone-like ingredients, controlled substances, or unapproved drugs. The Operation Supplement Safety (OPSS) High-Risk Supplement List helps you identify supplements that might pose a potential risk to your health or career. Not all supplements on the list are illegal or banned, but all pose potential health risks. In addition, the list is not exhaustive, so something that isn't on the list can still be unsafe.



**OPERATION SUPPLEMENT SAFETY**

The OPSS High-Risk Supplement List is also a tool to help healthcare providers identify products that could pose a risk to the health of service members. It also identifies some products that have been found to contain undeclared ingredients, which could help healthcare providers identify possible adverse interactions.

Since May 2016, 43 dietary supplement products have been added to the OPSS High-Risk Supplement List, bringing the total number of products on the list to 247. You can access the [High-Risk Supplement List](#) from the OPSS web page or [download the app](#) (from the Apps tab) to your phone or tablet and take it wherever you go.

Visit [Human Performance Resource Center](#) for more information on dietary supplements

You can also visit [Navy Marine Corps Public Health Center - Dietary Supplements](#) for more resources on dietary supplements.



## Great American Spit Out 2017

On February 23rd, join the [Navy and Marine Corps Public Health Center](#) and [UCanQuit2.org](#) in observance of the Great American Spit Out. Sailors and Marines are currently using smokeless tobacco at rates much higher than the U.S. adult population. Smokeless tobacco is harmful to your health, just like cigarettes. Make February 23rd the first step on your journey to be tobacco free. Check out [resources](#) and [information](#) to prepare and get started today!

Join the **Great American Spit Out** on **February 23**. When romance is in the air, don't let dip get in the way of your relationship. Get started by setting a quit date at [UCanQuit2.org/Ready2Quit](#).



## Stay In Shape with Fit Boss While Afloat

By Nathan Owen

Special to Navy installations Command Public Affairs

WASHINGTON -- Sailors and Marines are able to keep physically fit and mission ready, thanks to those who fill the demanding yet fulfilling shoes of the Navy's bosses. Officially labelled afloat fitness specialists, the "fit bosses" spearhead all fitness facilities and programs onboard aircraft carriers and amphibious assault ships. Navy Installations Command's afloat fitness program is led by 12-15 fit bosses, who are responsible for the physical fitness of 3,500 Sailors while pier-side, and the more than 5,000 Sailors assigned to aircraft carriers and approximately 2,500 Sailors and Marines on a big-deck amphibious ship.

While underway with a ship, the fit boss creates a comprehensive fitness program for the ship that includes Flight Deck 5Ks, triathlons, row competitions, 1,000-pound weightlifting competitions, CrossFit competitions, pull-up competitions, push-up competitions, spin bike classes, marathons completed on treadmills, "Biggest Loser" weight loss competitions and more.

Instructing fitness classes is also a major role the fit bosses undertake multiple times a day while at sea. Traditionally, the fit boss will put together a monthly fitness class program and distribute the calendar throughout the ship to ensure all personnel are notified of the classes being offered.

Onboard the ship, the fit boss is the expert in terms of physical fitness and will be required, when asked, to create an individualized fitness plan for any Sailor or Marine in need of one. The fit boss will work with Command Fitness Leaders (CFLs) on developing workout routines for service members who are on the Fitness Enhancement Program (FEP).

While the ship is in homeport or conducting a yard period, the fit boss continues to focus on the overall physical readiness of the ship by coordinating with MWR personnel to ensure service members are able to work out at installation fitness centers. The fit boss may also design fitness programs that allow Sailors the ability to exercise off the ship by doing fun runs, trail runs or endurance-style runs.

A major role of the fit boss while in the homeport is getting the ship's fitness spaces ready for the next underway period by coordinating with the local MWR Deployed Forces Support Office to ensure all equipment parts are ordered and all fitness program resources are fully stocked. This coordination often takes weeks or months prior to major deployments.

The role of the fit boss is always a very active and challenging position that requires adaptability, flexibility and commitment. During deployments, the days tend to be very long but are also very rewarding. As a fit boss, you are able to see some of the world's best ports, experience things you may never have been able to experience and help the United States Navy to complete their mission.

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>



Mr. Justin Vigil, MS, CSCS is the newly assigned FITBOSS to the USS GEORGE H W BUSH (CVN-77) located in Norfolk, VA. Justin is demonstrating the Navy Operational Fitness and Fueling System (NOFFS) Sand Bag sand bag exercises during a Command Fitness Leader training.



## CDC Releases New Quit Data on Smoking

In a recently released Morbidity and Mortality Weekly Report (MMWR), the Centers for Disease Control and Prevention released new data on quitting smoking. It is never too late to quit and the good news is that the percentage of adult smokers who want to quit remains high at 68%. Additionally, the percentage of smokers who made a quit attempt in the past year was higher when compared to 2000, 2005, and 2010. The use of evidence-based methods such as counseling and/or medication remains low. For information or to read the report in its entirety, visit: [Morbidity and Mortality Weekly Report](#).

## Tobacco Use Remains High Despite Falling Smoking Rates

In recent years, the United States has seen a falling smoking rate and an overall decrease in total combustible tobacco product consumption. Cigarettes are the most common combustible tobacco product used and between 2000-2015, decreased from 435.6 billion cigarettes to 267.0 billion. Despite the downward trend in cigarette consumption, there were more cigarettes consumed per capita in 2015 than in 2014. The increase from 2014 to 2015 is the first since 1973. The use of other combustible products such as cigars and pipes, and smokeless tobacco also showed increases from 2000-2015 with the use of pipes increasing 556.4%. This change in tobacco consumption highlights the importance of addressing all types of tobacco products and making cessation services readily available for all tobacco users. The full article can be accessed [here](#).

## 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 can be viewed at [HPW Training schedule](#).

For further information 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 Health Promotion Around the Globe: Naval Health Clinic Patuxent River Earns Prestigious Patient Engagement Award



Naval Health Clinic Patuxent River (NH CPR) was presented with the Patient Engagement Award as the Military Health System honored its top healthcare providers and facilities at the Association of Military Surgeons of the United States (AMSUS) awards ceremony Dec. 1, 2016 in Washington D.C.

The award, presented to the facility that best expands care and education beyond the clinic setting, was a result of NH CPR's success in carrying out the goals of its Health Promotion Community

### Upcoming Training



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



Engagement initiative, which included:

- Increasing awareness of available health promotion programs
- Providing outreach programs designed to promote health and wellness
- Demonstrating success in areas of tobacco cessation and healthy weight
- Providing the Medical Home Port (MHP) team with resources for the challenging patients in a welcoming, non-judgmental environment

NHCPR's Health Promotion & Wellness program competed against the entire DoD Military Healthcare System (MHS) for that category and won. "We're a small ambulatory facility staffed with one fulltime health promotion and wellness (HPW) coordinator, Nicole Quinn," said Jean Thurber, process improvement coordinator, and author of the NHCPR nomination form. "With support from command leadership, Nicole developed a model to establish relationships with medical and line community liaisons that could easily be replicated at similar sized installations."

The model for Quinn's health promotion program – established by working with a multi-disciplinary team of staff – incorporates low budget marketing and innovative communication tools to support initiatives that proactively reach the clinic's beneficiaries.

In addition to providing customized health education and counseling by appointment, Quinn also promotes the clinic's education programs by regularly visiting tenant commands and engaging people one-on-one; strategically placing marketing displays in high-traffic areas to ensure maximum visibility; collaborating with MWR to advertise healthy lifestyle information before each movie showing; utilizing the command website to provide resource links; offering health tips in the installation's Plan of the Week; submitting information to Tester on upcoming programs and health care topics; and pushing out updates via the secure messaging system.

At Pax River, in a 12-month timeframe, more than 70 individuals quit tobacco and the ShipShape weight management program recorded a total of 249 pounds shed among 42 participants, Thurber noted.

"It means a lot to me to win this award and even more that my peer took the time and effort to make the submission," Quinn said. "However, what means the absolute most is my allowance and privilege to serve our active-duty service members and their family."

NHCPR and its three branch health clinics – BHC Dahlgren, BHC Indian Head and Navy Detachment Malcolm Grow – serve a patient population of over 17,000 TRICARE beneficiaries and strive to encompass and provide the best education in a variety of health topics including nutrition, heart health and tobacco cessation, to name a few.



Photo courtesy of Naval Health Clinic Patuxent River: Executive Officer Capt. Karin Warner, Nicole Quinn, and Dr. Paul Ciminera were on hand to accept the Patient Engagement Award during the Association of Military Surgeons of the United States ceremony Dec. 1 in Washington, D.C.

