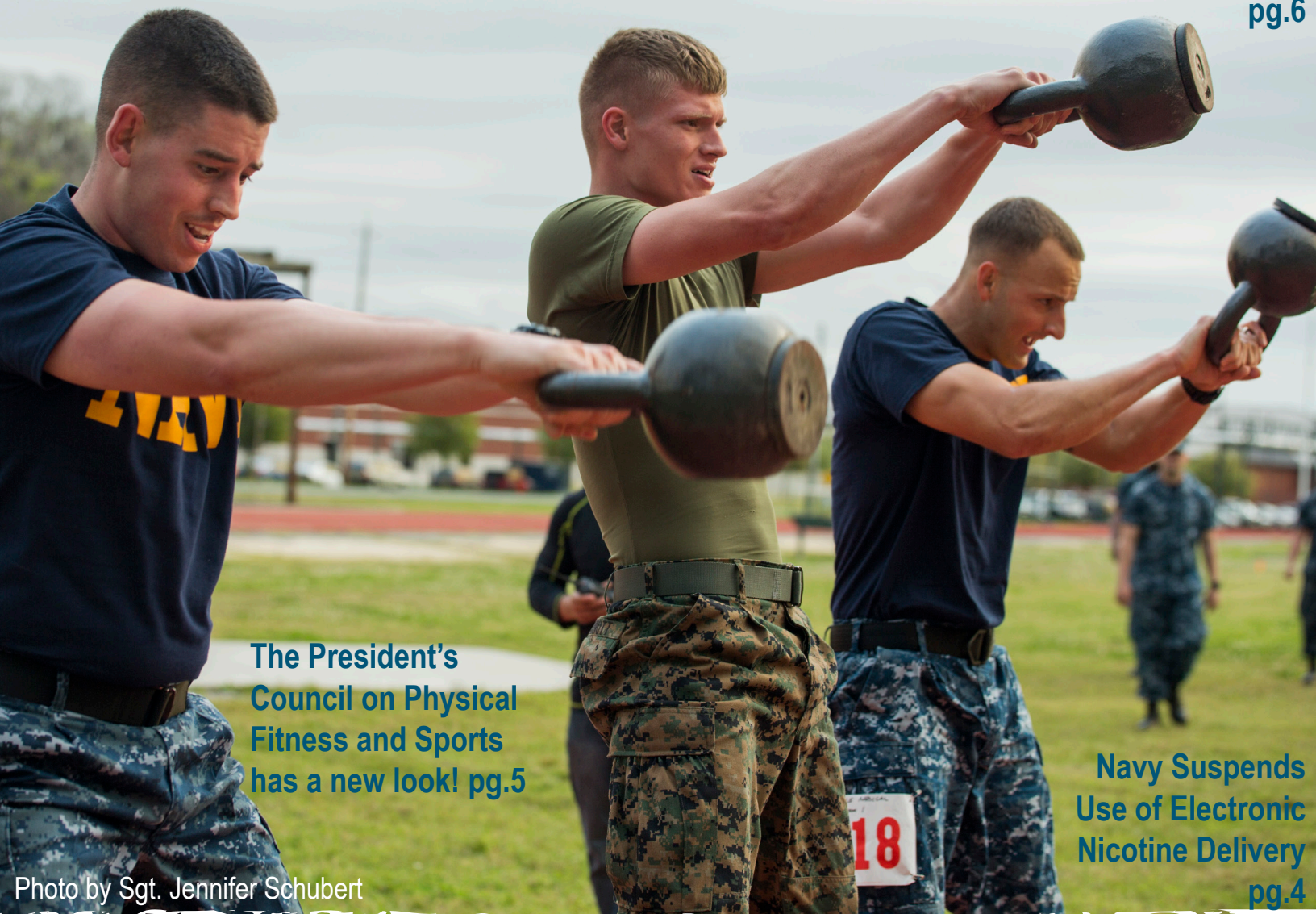


# Health Promotion & Wellness

June 2017

Looking for a great app to boost your health and fitness? Check out pg.6



The President's Council on Physical Fitness and Sports has a new look! pg.5

Navy Suspends Use of Electronic Nicotine Delivery pg.4

Photo by Sgt. Jennifer Schubert



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



# Stay Connected!

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# Health Promotion News and Resources

## Navy Suspends Use of Electronic Nicotine Delivery Systems in the Fleet

US Fleet Forces Command and US Pacific Fleet issued a 14 April 2017 message that suspends the use, possession, storage, and charging of electronic nicotine delivery systems (also known as ENDS or e-cigarettes) aboard ships, submarines, aircraft, boats, craft and heavy equipment. This policy prohibition goes into effect 14 May until further analysis is complete and is designed to protect the safety and welfare of Sailors and Marines and to protect the ships, subs, aircraft and equipment. The policy applies to all whom are assigned to the unit as well as those working on or visiting the units. Read this article in its entirety at [Navy Suspends Electronic Nicotine Delivery Systems \(ENDS\) on Ships, Subs, Aircraft](#).



Photo courtesy of the Center for Disease Control and Prevention

Click [here](#) to learn more about Electronic Nicotine Delivery System (ENDS).

## Current Stats in USN and USMC: Fitness Participation Exceeds General Population in Activity Levels

Physical fitness is a significant part of total force fitness – Sailors and Marines, regardless of their specialty, functionally lift, push, pull, and carry on a daily basis. Being active improves overall quality of life and performance, both on and off the job. According to the 2015 Fleet and Marine Corps Health Risk Assessment Annual Report, active duty Sailors and Marines exceed the general population in their activity levels as less than half of the overall U.S. adult population get the recommended physical activity needed each week.



Aviation Boatswain's Mate (Handling) Amanda Soiai, from Laie, Hawaii squats during a weightlifting competition aboard the aircraft carrier USS Nimitz (CVN-68). US Navy Photo by Mass Communications Specialist Raul Morano Jr.

**Improving Personal and Command Fitness:** There is though, room for improving physical exercise practices in both the Navy and the Marine Corps. According to the 2015 Fleet and Marine Corps Health Risk Assessment Annual Report, 28 percent of active duty Navy and 18 percent of active duty Marine Corps respondents indicated a lack of moderate or vigorous intensity aerobic exercise in their routine. A smaller percentage of active duty Navy and Marine Corps respondents indicated a lack of strength training exercises, 21 percent and 11 percent, respectively.

**Programs and Resources Available:** Interested in improving your personal fitness program? Outreach to your local MWR or SEMPERFIT Fitness location for guidance in starting or improving physical activity programs for yourself or for your command. These programs consistently offer various innovative training classes and fitness challenges at many different levels, from beginner to expert. They offer exceptional programs and resources!

For more information about physical fitness throughout the Navy and the Marine Corps active duty and reserve arena, visit the [2015 Fleet and Marine Corps Health Risk Self-Assessment](#). A total of 238,431 completed assessments were analyzed by NMCPHC from 02 January to 31 December 2015.

[May Fitness Month Toolbox](#) offers resources to assist your command in improving active living awareness.





## Preserving the Force Summer Safety Message

As summer approaches it's time to think about SAFETY! Preparation for your summertime activities such as hiking, jogging, biking, and time spent at the beach and pools, should include safety planning to reduce your risk of injury. It only takes a few minutes and the benefits will last a lifetime.

On 14 April 2017, Secretary of Defense released [Preserving the Force Summer Safety Message](#). Prepare, plan, and stay safe during this summer season. One loss is too many.



## HPW Health Observance

### June Is Men's Health Month! NOFFS Apps Offer Specialized Personal Training Programs

An important part of Men's Health is MENS FITNESS! Navy experts have worked with some of the top leaders in the world in developing the Navy Operational Fitness and Fueling System (NOFFS). The NOFFS complete exercise programs are easy to use, and the system literally is at the tip of your fingers due to the availability of the [NOFFS apps](#).

In honor and recognition of Men's Health Month, if you haven't already, try one of the NOFFS apps during your next workout.

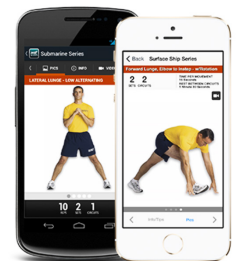
There are numerous benefits of exercise for men, such as increased self-esteem and improved body composition. Medically, exercise can prevent certain cancers and improve the outlook of those with cancer, reduce the risk of type 2 diabetes, heart disease, and stroke. It reduces erectile dysfunction, and eases stress and anxiety.

Exercise is such a key part of improving the resiliency and durability of Sailors and Marines.

**NOFFS APP: AVAILABLE NOW!**

# NOFFS

Navy Operational Fitness and Fueling System



## MOVE IN MAY! With President's Council on Physical Fitness and Sports



President's Council on Fitness, Sports & Nutrition (PCFSN) has a fresh new look! Check it out! Each year, the President's Council on Fitness, Sports and Nutrition encourages all Americans to #MoveInMay. Why? Because it's National Physical Fitness and Sports Month and what better time to focus on being active and becoming a healthier you!

**Be Active:** Physical activity benefits everyone! Learn about the Physical Activity Guidelines for Americans and access useful resources to help you get active.

**Resource Center:** Our Resource Center is a comprehensive source of information on physical activity, nutrition, and obesity in the United States.

**Programs and Awards:** The President's Council has a number of programs and initiatives to help inspire you to be

## 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 FY17 training can be viewed on the [HPW Training](#) page.

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).

### Upcoming Training

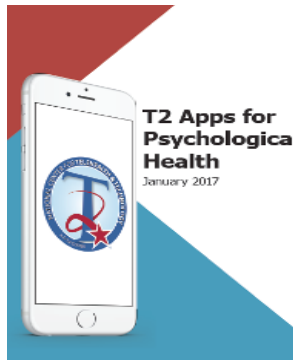


- Tobacco Cessation Facilitator Training, July 25, 2017, Norfolk Branch Medical Clinic, Norfolk, VA
- HP Advanced Training, Aug. 22-23, 2017, NEPMU-2, Norfolk, VA
- Tobacco Cessation Facilitator Training, Aug. 23, 2017, Walter Reed National Military Medical Center
- Tobacco Cessation Facilitator Training, Aug. 24, 2017, NEPMU-2, Norfolk, VA
- ShipShape Program Facilitator Training, Aug. 25, 2017, NEPMU-2, Norfolk, VA



# Partnership Spotlight

## T2 App Guide for Psychological Health



The DCoE National Center for Telehealth and Technology (T2) has developed a guidebook of their mobile apps. The T2 guidebook describes each of the free apps and the areas of psychological health which they address.

Visit [T2 Apps for Psychological Health](#) to download your T2 App guide and to request print copies of the guide.

# Health Promotion Around the Globe

## SEMPER FIT “Great American Spit Out” Event

The Great American Spit Out (GASPO) occurs in February of each year as a means to raise awareness of the dangers associated with smokeless tobacco. Events are held nationwide in an effort to encourage smokeless tobacco users to stay tobacco free for 24 hours. Branch Health Clinic Naval Station Norfolk partnered with Semper Fit representatives on Camp Allen to conduct a GASPO event for Marines and civilians.

“We reached 30 personnel during this event,” stated Peggy Smith, Branch Health Clinic Norfolk Nurse Educator. On the spot tobacco cessation counseling was offered and appointments scheduled for tobacco users that wanted further information. Health Promotion Coordinator, Jacqueline Moran was also on hand to provide oral hygiene education, along with participants receiving tooth brushes, tooth paste and floss.

Visit NMCPHC [Tobacco Free Living](#) for more information and valuable resources.



Photo courtesy of Peggy Smith, Branch Health Clinic Norfolk Nurse Educator



Photo courtesy of Peggy Smith, Branch Health Clinic Norfolk Nurse Educator

