



June is Summer Safety Month



Non-combat injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition—both in peacetime and in combat. Every year, more than half a million service members seek medical attention for their injuries.^{1, 2} What’s worse: according to the Naval Safety Center, between Memorial Day and Labor Day 2013, 16 Sailors and 10 Marines lost their lives in accidents, five of which were alcohol related.² Of these fatalities, 20 involved personal motor vehicle mishaps (10 motorcycle-related) and four were related to recreational activity such as swimming.² NMCPHC is committed to providing Sailors and Marines with the tools they need to maintain mission readiness by being safe and preventing injury.

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of June. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content

Partner Spotlight: Navy Alcohol Abuse Prevention (NADAP)

In line with Summer Safety Month, NADAP’s Keep What You’ve Earned campaign is hosting its second annual “Play to Live, Live to Play” summer [pledge to drink responsibly](#). We encourage you to share this pledge with your audiences.

The pledge asks you to commit to at least one responsible behavior: 1. Plan ahead for a safe ride home, 2. Don’t try to “keep up” with others, and 3. Know your limit for alcohol before you get there.

For Navy leadership and alcohol abuse prevention personnel, the Keep What You’ve Earned campaign also provides a wealth of resources for reinforcing these messages at your Command. The summer months in particular are a great time to organize a Keep What You’ve Earned event, rally, or march using the campaign’s [Event-in-a-Box toolkit](#). Last year, many Commands held these events successfully on the Friday before a long liberty weekend.





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: Summer Safety Fact Sheets

The NMCPHC Summer Safety Fact Sheet Series provides evidence-based guidance for enjoying the summer safely. The summer months are often a high point of the year as service members take a well-deserved vacation and spend time with family and friends at backyard barbecues and trips to the beach. However, many of the activities that are pursued during vacation time put service members and families at risk for accidents with potentially serious consequences. Click [here](#) to access the fact sheets.

Article: Your Guide to Summer Fun

By now, you're probably starting to feel that summer itch to let loose. The weather is getting warmer, the grills are firing up, and the pools are starting to open. But before you decide it's a good idea to let your buddy jump into the pool from the second story balcony, let's take a moment to remember what happened last summer. Click [here](#) to read more.

Article: Stay Safe, Stay Active

As the weather warms up, many of us head outside to participate in our favorite outdoor activities. Summer sports are a great way to have fun and get some exercise, and proper planning and common sense can help keep you safe while you play. Whether you participate in team sports, rock climbing, kayaking, water skiing, or any other outdoor activity, there are some things you should know before you head outside. Click [here](#) to read more.

Article: Summer Driving Safety

Travel plans are one of the hottest topics of the summer. Whether meeting family at the coast or taking a road trip to Las Vegas with friends, vacations are at the center of many conversations. With everyone planning their trips, it is not surprising that routes to popular travel destinations can become increasingly congested during the summer months - over the 2013 Memorial Day weekend alone, approximately 31.2 million people traveled by automobile! Although road trips may invoke images of driving along a wide-open, sunny highway, poor planning, bad driving conditions, traffic and other drivers can shatter these visions and lead to dangerous driving conditions. Click [here](#) to continue reading.

Additional HPW Resources

Check out our additional resources! 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 Campaign Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help keep your service members fit for service and improve overall health, please visit our [June Health Promotion Toolbox](#).






Social Media Messages


The following social media messages will direct you to resources for Sailors and Marines. Please feel free to share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#)!

Facebook and Twitter Messages for you to post:


Social media messages 1:

 Did you know injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition? Check out the Injury and Violence Free Living webpage to learn how you can #BeSafe. <http://go.usa.gov/8AAM>



Social media messages 2:

 Summer is filled with vacations, backyard barbeques, and trips to the beach. No one plans to be involved in a mishap, but when one occurs, a good time can turn tragic in an instant. Promote #SummerSafety! <http://go.usa.gov/8A7R>



Social media messages 3:

 Sooner or later, that "healthy tan" will become unhealthy skin damage if you don't start dodging the sun rather than welcoming it. If you fish, golf, hike, or go to the beach, avoid as much exposure as you can. You'll still get plenty of sun even with hat and sunscreen. #HPWSafetyTip <http://go.usa.gov/8AA9>



Social media messages 4:

  Your life and the lives of other drivers are too important to risk because you couldn't #W82TXT

Social media messages 5:

  If caught in a riptide, go with the flow. @Naval Safety Center #HPWSafetyTip

Social media messages 6:

  When you see a coworker or shipmate doing something wrong or risky, speak up. Get involved. Don't let them learn the hard way if you can help it. #HPWSafetyTip

Contact us if your organization would like to collaborate with us on social media messages or if you would like for us to share your messages on our [Facebook page](#).





Webinar Calendar

We host monthly healthy living webinars for health educators and other health professionals as well as beneficiaries to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW department to motivate healthy behaviors.

Date	Webinar Title	Time
3 June 2014	Blue H Webinar for NOSCs	1200-1300 ET
19 June 2014	Blue H Webinar for Medical Treatment Facilities	1200-1300 ET
18 July 2014	Blue H Webinar for Aircraft Carrier and Surface Ships	1200-1300 ET
29 July 2014	Blue H Webinar for Leaders	1200-1300 ET

For many of our webinars we offer continuing education units (CEU) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars click [here](#) for registration details.

Upcoming Training

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education, and programmatic practice programs and interventions 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.

- 1 U.S. Army Medical Surveillance Activity. Estimates of Absolute and Relative Health Care Burdens Attributable to Various Illnesses and Injuries, U.S. Armed Forces, 2005. Medical Surveillance Monthly Report. 2006;12(3):2-23.
- 2 Absolute and Relative Morbidity Burdens Attributable to Various Illnesses and Injuries, U.S. Armed Forces, 2013. The Medical Surveillance Monthly Report, Annual Summary Issue. 2014; 21(4): 4.
- 3 Naval Safety Center. Summer 2014 Safety Presentation. http://www.public.navy.mil/comnavsafecen/Documents/presentations/seasonal/Summer_2014.pptx. Published March 2014. Accessed 9 April 2014.

