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October 09, 2015



Health Promotion and Wellness Friday Facts



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COMMUNITY PREVENTIVE SERVICES TASK FORCE PRESENTS 2014-2015 ANNUAL REPORT TO CONGRESS

The Community Preventive Services Task Force recently presented its annual report to Congress. Each year, the Task Force's Annual Report to Congress, helps to build the evidence base for public health programs, policies, and services. This report includes past accomplishments and lays out future priorities and plans. The 2014-2015 report included a special update on its work in strengthening our nation's ability to prevent cancers and also includes areas where more research and programs are needed to prevent and reduce cancers.

You can access both the entire Community Preventive Services Task Force Report to Congress as well as the Summary of the Community Preventive Services Task Force's Annual Report to Congress, with Special Update on Recommendations to Prevent Cancers at: <http://www.thecommunityguide.org/annualreport/index.html>.

PRESCRIPTION TO MOVE CAMPAIGN URGES HEALTH CARE PROVIDERS TO PROMOTE PHYSICAL ACTIVITY

The Kaiser Permanente Institute for Health Policy and The American College of Sports Medicine (ACSM) have announced the Prescription to Move (#Rx2Move) campaign to raise awareness about the role health care providers can play to promote physical activity for patients and communities. The #Rx2Move campaign is about changing the role of medical professionals and health care organizations to encourage more active lifestyles. The campaign will be presented in a 3-part webinar series, targeted toward medical professionals and health care institutions.

The first webinar, "Making Physical Activity a Vital Sign" will be held on Tuesday, 13 October, 1530-1630 EST.

CDC's Division of Nutrition, Physical Activity, and Obesity is supporting this effort through participation in the campaign's second webinar on December 14, 2015 titled, "Designing





Active Health Care Environments”.

The third webinar is titled, “Investing in Community Health”, date and time TBD.

Learn more about how to register to participate in the webinar series at: <http://www.kpihp.org/rx2move-webinar-series/#sthash.3OpmNKa5.dpbs>

CDC ASKS: DID YOU KNOW THAT WASHING YOUR HANDS INVOLVES 5 SCIENTIFICALLY PROVEN STEPS?

According to the CDC’s “Did You Know?” website, handwashing can reduce the number of people who get diarrhea by about 30% and that it should involve 5 scientifically proven steps. Want to know what those 5 steps are? If so, go to: http://www.cdc.gov/stltpublichealth/didyouknow/index.html?utm_medium=email&utm_source=govdelivery

Use the link above to also view previous “Did You Know?” questions and find out how you can put “Did You Know?” on your website for free.

RESOURCES FOR CAREGIVERS

Caregivers are a critical and essential support for those who are recovering from injuries. Resources may be found on the NMCPHC WII Caregiver Resources website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-caregiver-support.aspx> and the U.S. Department of Veterans Affairs website at: <http://www.caregiver.va.gov/>.

IN THE NEWS

[October is Women’s Health Month](#) - Health.mil

[Important Health Screenings for Women in the Military](#) - Health.mil