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November 20, 2015



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Health Promotion and Wellness Friday Facts



PARTNERSHIP HIGHLIGHT: UCANQUIT2 JOINS NMCPHC HPW IN RECOGNIZING TOBACCO FREE LIVING MONTH IN NOVEMBER

This November, the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department is partnering with Quit Tobacco – UCanQuit2.org to promote Tobacco Free Living Month.

QUIT TOBACCO
UCanQuit2.org

UCanQuit2.org offers many free, online resources to help service members and their family members quit tobacco. UCanQuit2.org offers cessation tools, educational articles, and news for those who are looking for more information on quitting and staying quit.

Twenty-five percent of service members smoke cigarettes, compared to 18 percent of the total U.S. adult population . On 19 November 2015 many smokers ditched their lighters and trashed their packs of cigarettes for the [Great American Smokeout](#). If you're one of the 25 percent still smoking, you don't have to wait until the next Great American Smokeout. If you're ready to quit, there are resources and programs available to support you.

Below is a list of online cessation support tools from UCanQuit2.org to help you learn more about quitting, [getting ready to quit](#), and making it through the weeks after you begin your tobacco free journey.

- Live Chat: Get personalized cessation support from expert coaches 24/7 when you click on the "Chat Now" box in the header of any page on UCanQuit2.org.
- Ready2Quit Interactive Quit Plan: [Ready2Quit](#) will guide you through making your quit plan and connecting you with support tools. Access Ready2Quit on any desktop, tablet, or mobile device.
- SmokefreeMIL Text Message Support: Get up to eight weeks of encouragement, tips, and advice delivered right to your phone to help you get ready and get through the





first weeks of quitting. Sign up by texting the word MIL to 47848.

- [Savings Calculator](#): Learn how much you'll save when you quit.
- [Support Locator](#): Find local and military cessation resources where you live.

For more information, please visit the [Tobacco Free Living page](#) on the Navy and Marine Corps Public Health Center's website or check out the [November Tobacco Free Living Toolbox](#).

1 Take the Lead and Quit for the Great American Smokeout. Quit Tobacco – UCanQuit2.org. <https://www.ucanquit2.org/News/PressRelease/November2015/GASO15.aspx>. Published 2015. Accessed November 2015.

DECEMBER- IMPAIRED DRIVING MONTH

Next month is the annual preventing alcohol and drug misuse awareness and education month. Please visit the December HP Toolbox for information to address this important topic at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-december.aspx> and the NMCPHC HPW website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/preventing-drug-alcohol-abuse/Pages/preventing-drug-alcohol-abuse.aspx>.

21 DAYS OF TOTAL SAILOR FITMAS IN DECEMBER!

Now through January, the Every Sailor, Every Day campaign will promote small acts to proactively navigate holiday stress and build resilience for the New Year. While the holidays are considered “the most wonderful time of the year,” they're not without challenges that can impact health -- from physical fitness, to emotional well-being, spiritual connectedness, relationship strength, financial readiness and more. Join us as we discuss ways to get ahead of the humbugs, leading into our 21 Days of Total Sailor Fitmas in December! Subscribe to our NavyNavStress blog (<http://navstress.wordpress.com>), like us on Facebook (<http://www.facebook.com/navstress>) and follow us on Twitter (<http://www.twitter.com/navstress>) to stay in the know.

FIGHTING HOLIDAY STRESS

Just thinking about the holiday season ahead, do you already feel that you will again over plan, overdo or become overwhelmed? Stress is certainly not supposed to be the central point of the holiday season. If you feel that you could use some suggestions to make your holiday season less stressful and more enjoyable, go to: <http://health.mil/News/Articles/2015/11/12/Fighting-holiday-stress>.

PARTNERSHIP HIGHLIGHT: DCOE OFFERS TRAINING OPPORTUNITY FOR HEALTH CARE PROVIDERS

The [Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury \(DCoE\)](#) is offering Web-based continuing education opportunities for health care providers including physicians, nurses, psychologists, occupational therapists, physical therapists, social workers, speech language professionals, rehabilitation counselors, and health care executives. Those who were unable to attend the 2015 DCoE Global Summit can access recorded sessions on topics related to psychological health and traumatic brain injury – now available online 24/7.

A partner of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department, DCoE provides expertise and resources to the DoD community on topics related to psychological health and emotional well-being. Online sessions and trainings include up to 36 hours of continuing education (CE) credits available for health care providers; number of CE credits vary by course.

Training is available on demand now through April 2016. To register, please follow these steps:

- Visit <http://dcoe.cds.pesgce.com>



- Once you are on the registration page, select: 2015 Summit Home Study Sessions
- Follow the instructions on the Web page

For more information, or if you have any questions, please contact the Summit Planning team at: usarmy.ncr.medcom-usamrmc-dcoe.mbx.dcoe-2015-hybrid-event@mail.mil.

BLUE H AWARD REMINDER

The Blue H application process for CY2015 will differ slightly from previous years. For 2015, in addition to your e-mailed application, we ask applicants to also enter their application/scores into the new Blue H Award application web-tool. This web-tool will provide you with immediate feedback about your tentative Blue H Award score.

Use of this tool is optional because you need internet with CaC access and some commands, like ships at sea, may not have this capability during the application season (Jan. 2016).

First-time users of the web-tool must associate their email address and CaC card by clicking on “New User: Click Here to Create a new account with Blue-H”. Thereafter, you can enter the web-tool by clicking on the blue box “Login using your CaC”.

Our new Blue H Web-tool Helpdesk may be reached at: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-BlueHWebtool@mail.mil

These application instructions, a link to the new web-tool and a step-by-step summary of how to apply for the 2015 Blue H Award are available on the Blue H Award home page at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>.

FIRST-EVER GUIDE FOR FARMERS MARKETS ON MILITARY INSTALLATIONS

Yes, there is now a Guide for Farmers Markets on Military Installations! You can read more about it on the USDA Blog: Bringing More Farmers Markets to Service Members. The USDA’s Agricultural Marketing Service (AMS) created this detailed manual with the U.S. Department of Defense’s (DoD) Healthy Base Initiative (HBI), and in partnership with Wholesome Wave. It explains how commanders can establish and successfully operate farmers markets on military installations.

The guide is filled with effective strategies to bring the benefits of farmers markets to service members and their families stationed at installations across the country. It also highlights success stories, showcasing existing farmers markets on military installations in Fort Bragg, NC; Fort Meade, MD; Fort Belvoir, VA; Camp Lejeune, NC; and Quantico, VA.

See more at: <http://blogs.usda.gov/2015/11/10/bringing-more-farmers-markets-to-service-members/>

LOOKING FOR INFOGRAPHICS?

Looking for Infographics? These, from Health.mil may be just what you are looking for. Check them out at: <http://health.mil/News/Gallery/Infographics>

DCOE OFFERS PSYCHOLOGICAL HEALTH WEBINAR ON THE DETRIMENTAL EFFECTS OF BLUE LIGHT FROM ELECTRONICS ON SLEEP

The Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury (DCoE) is hosting a Psychological Health Webinar focused on the effects of light on sleep and health. The webinar is taking place on 3 December from 1300-1430 EST.

The webinar addresses how different types and levels of light can affect a person’s ability to see clearly, identify people and objects, and drive safely. Certain types of light applied at certain times of the day can increase sleep efficiency of older adults and reduce symptoms of seasonal affective disorder (SAD) felt by many people during



winter months. If applied at the wrong time, light can lead to circadian rhythm disruption, which has been linked to increased risk for diseases and disorders. How and when lighting can be used to promote health and well-being of those suffering from circadian disorders will also be discussed.

Registration is required; please sign up for the webinar at <http://dcoe.cds.pesgce.com>. Upon completion of registration, a confirmation email will be sent providing webinar event details.

Once registered, you can attend the webinar via Adobe Connect or Defense Collaboration Services.

If you have questions or need assistance, please email the DCoE webinar team at usarmy.ncr.medcom-usamrmc-dcoe.mbx.dcoe-monthly@mail.mil.

