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Health Promotion and Wellness Friday Facts

FDA WARNS CONSUMERS NOT TO USE MUSCLE GROWTH PRODUCT CALLED TRI-METHYL XTREME



The U.S. Food and Drug Administration (FDA) is warning consumers to stop using a dietary supplement for muscle growth called Tri-methyl Xtreme because it is linked to serious liver injury. Tri-Methyl Xtreme, distributed by Las Vegas-based Extreme Products Group, claims to contain anabolic steroids and is sold on the Internet and in some retail stores and gyms. See the recent FDA Press Announcement re: Tri-methyl Xtreme under the "Alerts" section on the main page of the Human Performance Resources Center (HPRC) website at: <http://hprc-online.org>.

NMCPHC WOUNDED, ILL, AND INJURED PROGRAM-FISCAL YEAR 2014 ANNUAL REPORT

The [Navy and Marine Corps Public Health Center](#) (NMCPHC) developed the [Wounded, Ill, and Injured \(WII\) Project Fiscal Year 2014 Annual Report](#) to detail the breadth and depth of services provided by NMCPHC for the WII population. The four WII projects, collectively called the [NMCPHC WII Program](#), develop innovative resources that promote healthy lifestyle choices, prevent disease and illness, facilitate treatment and recovery, and evaluate the effectiveness of Navy Medicine services for WII service members. This report presents an overview of the WII program and showcases the products and services of each WII project.



Highlighted Accomplishments

Some of the successes from the WII 141A Health Promotion and Wellness (HPW) Project include:

- Redesigned the [HPW WII Website](#) and developed over 100 new resources for the WII population to improve alignment with critical issues facing WII stakeholders.

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- Developed a virtual [WII Toolbox](#) that provides both promotional and practical tools. The promotional tools focus on helping health educators, providers, and case managers reach the WII audience while the practical tools aim at equipping WII service members in their daily battle for healing and recovery.
- Developed WII campaign materials to promote wellness and facilitate readiness among the WII population in the Navy and Marine Corps. The materials include specific messaging, resources, and tools to provide a holistic campaign in each HPW topic area.

Check out the [NMCPHC WII Project FY14 Annual Report](#) to learn more!

For more information on the health promotion and wellness initiatives in the WII Program, visit: <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/health-promotion.aspx>.

10 WAYS TO HELP KIDS CONQUER THE CHALLENGES OF MILITARY LIFE



The almost 1.88 million military kids often face unique challenges, but they don't have to face them alone. Afterdeployment.org has come up with 10 tips to help military kids and their parents adjust and thrive, even during times of change and adjustment. Find out more at: www.health.mil/News/Articles/2015/04/10/10-Ways-to-Help-Kids-Conquer-the-Challenges-of-Military-Life.

NEW RESEARCH REPORT FROM RAND ON SLEEP AND THE MILITARY

Sleep disturbances are a common reaction to stress and are linked to a host of physical and mental health problems. Given the unprecedented demands placed on U.S. military forces since 2001, there has been growing concern about the prevalence and consequences of sleep problems for service members.

The recent report published by RAND provides the first comprehensive review of sleep-related policies and programs across the U.S. Department of Defense (DoD), along with a set of actionable recommendations for DoD, commanders, researchers, and medical professionals who treat U.S. service members.

You can download the full report from the product page at: www.rand.org/t/RR739 or request a free print copy by sending an email to: pubs_order@rand.org and providing your contact information.

Download the research brief, "Sleep Problems and Their Impact on U.S. Service Members: Results of a Cross-Service Survey," at: www.rand.org/t/RB9823.

To download the research brief, "Improving Sleep Health for U.S. Service Members," go to: www.rand.org/t/RB9824.

17-23 MAY IS NATIONAL PREVENTION WEEK

National Prevention Week is an annual health observance supported by Substance Abuse and Mental Health Services Administration (SAMHSA) to increase public awareness of and action to provide support on substance abuse and mental health issues. See SAMHSA's [National Prevention Week Web page](#) for more information.

