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July 2, 2015



Health Promotion and Wellness Friday Facts

WEBINAR: "DOD'S EFFORTS TO INCREASE FRUIT AND VEGETABLE CONSUMPTION"

Please mark your calendars for the webinar, "DoD's Efforts to Increase Fruit and Vegetable Consumption" scheduled for Wednesday, 29 July, 1200-1300 EST.



Speakers:

- Karen Hawkins, RD, Dietitian, Office of Family Readiness Policy, Office of the Secretary of Defense, Military Community and Family Policy
- John Morse, Director of Administration and Management, DHA

Moderator:

- Sally J. Vickers, MS, CHES, Public Health Educator, Health Promotion and Wellness Dept., Navy and Marine Corps Public Health Center

Please watch for the upcoming calendar invite or visit the [HPW Webinars page](#) for more information.

NADAP LAUNCHES POSTER CONTEST FOR KWYE!



This summer, the Navy Alcohol and Drug Abuse Prevention (NADAP) Office is hosting a contest for Sailors to submit their ideas for a new poster and slogan for the Keep What You've Earned campaign. Please promote this effort to your Sailors so they can put their creativity to the test and show the Navy what responsible drinking means to them. The Keep What You've Earned campaign needs your help spreading these messages of responsible drinking to the Navy community. The campaign encourages all Sailors with creative and meaningful messages about responsible drinking to participate in the poster contest. Please email submissions and any questions to sara.sisung.ctr@navy.mil by 31 August 2015. There is no limit on



CONTENTS

- Webinar: "DoD's Efforts to Increase Fruit and Vegetable Consumption"
- NADAP Launches Poster Contest for KWYE!
- Peer-to-Peer Support Services
- Military Health System Health Innovations Webinar
- USDA FNS Summer Meal Site Locator



the number of submissions per Sailor, so feel free to explore all slogan and design ideas. The winner's poster will be featured on the NADAP website and will be available for download by our campaign partners. To learn more about the KWYE poster contest and read guidelines on how to submit ideas please visit the [NADAP Web page](#).

PEER-TO-PEER SUPPORT SERVICES

[Military OneSource](#) now offers a peer-to-peer specialty consultation service that launched 15 June. This resource connects service members and their families with counselors who understand military life including its unique challenges such as deployments, relocation, and other transitions. Peer consultants have similar life experience to the service members they assist, and the goal is to support service members during stressful times. All consultants have a minimum of a Master's degree in a relevant field and are qualified to provide non-medical counseling. Active duty service members, National Guard members, reservists, and family members are eligible to call for support services. Although not a crisis line, if someone calls in crisis, Military OneSource will ensure that callers are connected to the appropriate resources. Peer consultants are available via phone at 800-342-9647.



800-342-9647

**Military
Crisis Line**



1-800-273-8255
PRESS 1

MILITARY HEALTH SYSTEM HEALTH INNOVATIONS WEBINAR

TRICARE and Military OneSource are co-hosting a webinar to discuss new health innovations developed to enhance the lives of service members and their families. Join us Wednesday, July 8 at noon EST. Learn more: <http://www.health.mil/News/Articles/2015/06/30/Military-Health-System-Health-Innovations-Webinar>.

USDA FNS SUMMER MEAL SITE LOCATOR

The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) is making it easier for children, parents, and community leaders to find local summer meal sites near them. The Summer Meal Site Locator is a free, web-based application that features an easily-searchable map to help locate sites serving summer meals throughout the country. The tool is available at <http://www.fns.usda.gov/summerfoodrocks>. You can also call 1-866-3-HUNGRY. Summer Food Rocks! was developed by the USDA Food and Nutrition Service and provides information on sites where children can get summer meals.