

Health Promotion & Wellness

July 2016

Be A Model...For
Preventive Health!
Page

Do You Know What Year
Warnings First Appeared
On Cigarette Packs?
Check Out The History Of
Tobacco On Page 7!

Photo by Mass Communication Specialist 2nd Class Seth Clarke



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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HPW Health Observance

Be a Model for Preventive Health With Three Healthy Habits



Flossing once a day, eating the recommended number of servings from the five food groups, and getting seven or more hours of restful sleep during every 24-hour period can provide a variety of health benefits and prevent illness. Regular flossing can decrease one's risk for gum disease and cavities.¹ Eating the recommended number of servings from the five food groups (fruits, vegetables, grains, dairy, and protein) helps Sailors and Marines get the nutrients they need to maintain health and perform at their peak. Sailors and Marines should get seven or more hours of restful sleep every 24-hour period because lack of sleep can create cognitive dysfunction, motor skill interruption, and increase risk for illness.³

Yet, according to the 2015 Fleet and Marine Corps Health Risk Assessment (HRA) Annual Report, 43 percent of active duty Sailor and 54 percent of active duty Marine respondents do not floss regularly.⁴ In regards to diet, among active duty Sailor respondents, 39 percent indicated they did not eat at least two servings of fruit a day and 37 percent reported they did not eat at least three servings of vegetables a day.⁴ Of the active duty Marine respondents, 45 percent were not eating at least two servings of fruit per day and 69 percent were not eating three or more servings of vegetables a day.⁴ In addition, 40 percent of active duty Sailor and 40 percent of active duty Marine respondents reported frequent consumption of high fat foods.⁴ In regards to sleep, 39 percent of active duty Sailor and 42 percent of active duty Marine respondents reported they did not get enough restful sleep.⁴

Tools and Resources to Share

4 Track Your Progress

Track your progress to reinforce the change, keep you accountable, and let you know how far you've already come. Maintain awareness of your progress, keep yourself motivated when you:

- Write down the actions you've completed that support your goal.
- Check off items on an action plan.
- Use whatever method is easiest and most convenient for you, whether on your phone, a piece of paper, or a voice message.

5 Fill the Void to Stop a Habit

Replacing a bad habit with a good one is much easier than stopping a bad habit cold turkey. If you're trying to quit a bad habit:

- Replace the bad habit with something else, preferably a healthy alternative.

6 Start a Friendly Competition

A friendly competition can serve as great motivation to stick to a new health behavior that you are trying to make a habit.

- Challenge your friends or family to a healthy competition to make being healthy fun.
- A competition provides social support, and helps keep you accountable.
- Once you have finished one competition, keep it interesting by upping the ante.

7 Reward Yourself

Rewarding yourself for what you do accomplish, and not dwelling on what you do not accomplish, keeps your focus positive.

- Rather than beating yourself up for not perfectly meeting your goals, reward yourself for what you were able to accomplish.
- Every step, no matter how small, is a step in the right direction.

1 WANT TO GET STARTED?

Try the 1-5-7 Wellness of the Day Challenge, which is built on these strategies. The challenge starts off small, but by the end, you will be forming healthy habits of things you never thought you had time for!

And remember, practicing a new habit regularly will help ingrain it into your daily patterns. If you skip a day, don't be deterred—you can get right back to it! The longer and more often the habit is practiced, the more likely it is to become second nature.

Next
Check
tools
> 1r
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Seven Tips for Shaping Healthy Habits

For many of us, our daily life is set around habits, structure, and patterns. Think about it: most of us wake up around the same time each day, eat a relatively similar breakfast, and our daily habits continue on from there. Habits can be helpful or hurtful to maintaining or achieving a healthy lifestyle. If you've ever tried to eat better, get at least seven hours of sleep each night, or floss daily, you know that habits are not easy to form or change. That is, unless you know some tricks of the trade. Here are some practical strategies to help you get started.

1 Be Aware

To make behaviors habitual, you need to repeat them or practice them frequently. To start a new habit or end a bad habit:

- Be aware of why you are practicing a certain behavior, and what your thoughts are surrounding it.
- By understanding why you are practicing a certain behavior, you can begin to alter it.

EXAMPLE: You floss every now and then, but you would like to start flossing on a more regular basis. Consider why you don't floss: Do you not have time to floss? Are you too tired to floss before bed? Do you forget to floss? Then consider what would make you floss more: What time of day would be most convenient for you to floss? Would setting up a daily reminder help?

2 Start Small

When we make a goal to "eat healthier" it can be easy to push it off until tomorrow because it seems vague and perhaps a little daunting.

- Rather than starting big, start small and be specific.
- Starting with a small, measurable step can help you get started on your healthy habit.
- Starting small also enables you to build off of the foundation that you have created with your first step.
- Try to find a healthy activity that will make you say "I can do that," and then try it out.

EXAMPLE: Instead of setting a goal to "eat healthier," make a goal to eat a piece of fruit with your breakfast at least four days a week.

3 Set Up Reminders

The longer and more often a habit is practiced, the more likely it is to become second nature. But before the habit is second nature, stay on top of your new habits by setting up reminders. Reminders include:

- Written notes.
- Physical reminders.
- Calendar reminders.

EXAMPLE: Written notes: Put a sticky note on your bathroom mirror to remind you to floss. Physical reminders: Place floss on your sink top. Calendar reminders: Set a reminder on your phone or email calendar to floss at the same time each day.

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The following resources can help educate Sailors, Marines, beneficiaries, retirees, and DoD civilians on the importance of these three preventive health practices in order to maintain optimal health and performance.

[1-5-7 Wellness Objective of the Day Challenge](#)

Participate in this month-long healthy habit challenge to incorporate flossing, eating fruits and vegetables, and getting enough sleep into your daily routine.

[Seven Tips for Shaping Healthy Habits](#)

Check out these helpful tips for making healthy behaviors habitual.

[The Beauty of Sleep](#)

This fact sheet discusses the importance of getting quality sleep and provides tips for those who have difficulty falling or staying asleep.

References:

- 1 Flossing. American Dental Association. <http://www.mouthhealthy.org/en/az-topics/f/flossing>. Accessed June 2016.
- 2 Dietary Supplements: What You Need to Know. National Institutes of Health: Office of Dietary Supplements. http://ods.od.nih.gov/pubs/DS_WhatYouNeedToKnow.pdf. Reviewed June 2011. Accessed July 2016.
- 3 Sleep and Sleep Disorders. Centers for Disease Control and Prevention. <http://www.cdc.gov/sleep/index.html>. Updated March 2012. Accessed July 2016.
- 4 Fleet and Marine Corps Health Risk Assessment 2015. Navy Marine Corps Public Health Center EpiData Center Department. <http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/general-tools-and-programs/2015-HRA-Report-TR-214-2016.pdf>. Prepared May 2016. Accessed July 2016.



Health Promotion News and Resources

Register for the 2016 DCoE Summit on PH and TBI

Join health care professionals, health educators, and academics to exchange knowledge on the **State of the Science: Advances, Current Diagnostics, and Treatments of Psychological Health and Traumatic Brain Injury in Military Health Care** at the 2016 Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Summit.



**DEFENSE CENTERS
OF EXCELLENCE**

For Psychological Health
& Traumatic Brain Injury

Presented live **13 to 15 September** from the Defense Health Headquarters in Falls Church, Virginia, this three-day hybrid event will virtually connect up to 1,500 participants from around the world for a real-time exchange. All attendees will have access to 28 hours of evidence-based treatment programming and opportunities to:

- Join session discussions and Q&As with speakers
- Earn continuing education credits
- Share experience through peer-to-peer learning
- Seek new and lasting collaborations with potential partners

Register today, and get additional information at: http://dcoe.adobeconnect.com/dcoesummit2016/event/event_info.html.

Join the conversation using #DCoESummit, and follow DCoE on [Facebook](#) and [Twitter](#).

The Food and Drug Administration (FDA) Tobacco Prevention Campaigns Targeting Teens

Most tobacco use begins during adolescence. The FDA is targeting teens in their tobacco prevention campaigns and has sponsored the [Real Cost Campaign](#), with many materials and is also addressing specific target groups with the [Fresh Empire](#) and [This Free Life](#) campaigns.

The FDA has free posters for their public health education on tobacco. They can be found at the following link: <http://www.fda.gov/TobaccoProducts/PublicHealthEducation/HealthInformation/ucm454411.htm#order>.



GO FOR GREEN Video Release

By Jennifer Person-Whippo, NAVSUP Dietician

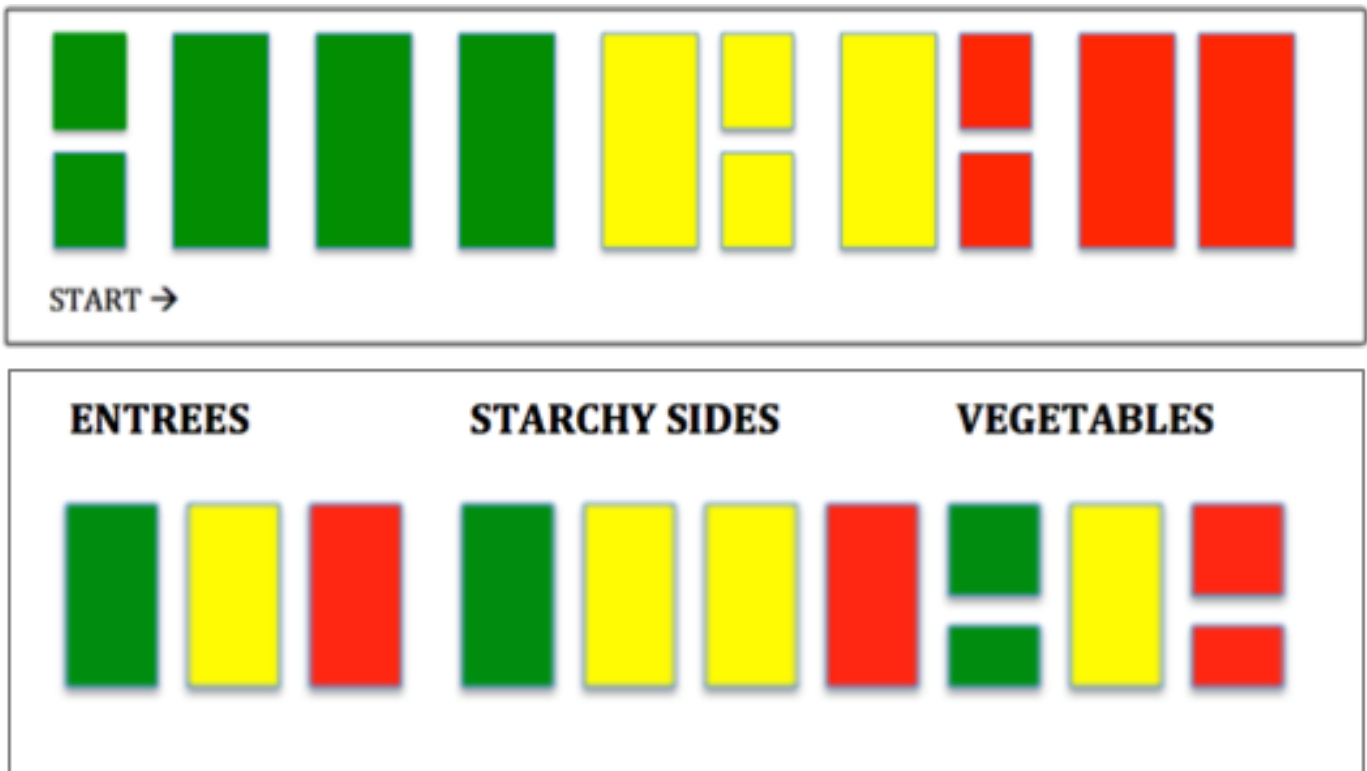
The NAVADMIN 178/15 and the ALNAV 050/15 speak to encouraging a healthy eating program at sea and ashore and for rolling out Go For Green fleet-wide by JAN 2017. Nutrition is paramount to ensure performance across the fleet within all rates globally. The DoD Nutrition Committee Go For Green working group comprised of joint service dietitians developed the program and the long awaited Go For Green program video is now available. It is posted on the Fleet and Family Readiness website. Below is the YouTube link for the G4G training video. In the link, theyoutu.be is NOT a typo. It is listed as Public so anyone can access it.

You can view it at: <https://www.youtube.com/watch?v=8N7lol0zAY4&feature=youtu.be>

The video introduces the fleet to nutrition labeling and choice architecture at the serving line. It educates, empowers, and motivates the fleet to choose foods in the galley assigned a green food label card. These foods are least processed, nutrient packed whole foods, high in fiber, low in added sugar and contain healthy fats.

This is a great training video applicable for all Navy personnel and educators. The video is 1 hour and 13 minutes. NAVSUP has also posted the video on the Navy Food Service Facebook page. Please use this dynamic training video during your seminars, classes and as a nutrition resource.

Example of Choice Architecture: 2 Configurations For Serving Line Set Up



I appreciate your support and for being a partner of the Go For Green campaign. For further information, please contact NAVSUP Dietician: Mrs. Jennifer Person-Whippo, jennifer.person-whip@navy.mil, 717-605-6897 (DSN 430-6897)



Learn the History of Tobacco!

Check out this new tobacco resource from the Navy and Marine Corps Public Health Center (NMCPHC)! Print your own [here](#). For more information on NMCPHC's Tobacco Free Living material visit, <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>.

Training and Events

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education and programmatic materials required to deliver best-practice programs and interventions at the local command level. A complete list of all [HPW Training](#) for FY16 can be viewed at [HPW Training schedule](#).

For further information and/or to request a Quota Request Form to attend any of this training, send an E-mail to: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil.

Upcoming Training FY16

- **HP at the Deckplates:** 8-12 August at NEPMU2, Norfolk, VA
- **Tobacco Cessation Facilitator:** 13 September at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:** 8 November at Naval Dental Clinic, Norfolk, VA

AF DCOE Diabetes Champion Course on 07-09 September 2016

Attention Diabetes Health Professionals and Health Educators: Earn 18.25 hours of continuing medical education (CME) and continuing nursing education (CNE) credits while learning to improve diabetes mellitus control at your medical treatment facility (MTF)!

The Air Force Diabetes Center of Excellence (AF DCOE) is hosting its semi-annual Diabetes Champion Course that focuses on training primary care staff in all MTFs to better manage patients with diabetes. The program is based on a team approach that includes providers/MD, nurses, and technicians. Primary care teams are encouraged to attend together. During the course, participants will develop and present a plan to implement clinical practice guidelines in the treatment of patients with diabetes, thus improving patient, provider, and MTF outcomes.

The Diabetes Champion Course will be held on 07-09 September 2016 join in-person at Lackland Air Force Base, San Antonio, TX or virtually via DCS. Check out [AF Diabetes Central](#) for more details. Please contact Connie Morrow at connie.morrow.ctr@us.af.mil to register.

If you are unable to attend the Diabetes Champion Course, you can find a variety of diabetes education resources and tools at the [Diabetes Resource and Collaboration Hub](#) page on [milSuite](#).



Partnership and Sharing

Five Things You Should Know about Traumatic Brain Injury (TBI)

The following article was provided by Defense and Veterans Brain Injury Center (DVBIC) A Head for the Future Initiative.

Since 2000, more than 344,000 service members were diagnosed with a traumatic brain injury (TBI). Meanwhile, mild TBIs (or concussions) have become a major topic in the sports world — the subject of exposés, movies, and documentaries.

What do you need to know about TBI? [A Head for the Future](#), the TBI awareness initiative from the Defense and Veterans Brain Injury Center, offers these five tips to understand the injury, and take action if you, a family member, or a fellow Guardsmen experience a concussion.



- 1. Get treatment as soon as possible.** Early treatment for a TBI is proven to lead to better outcomes. Of course, knowing when to seek treatment depends on knowing what a TBI looks like. Get familiar with the [signs and symptoms of TBI](#). If you sustain a TBI, your provider will likely ask you to rest for 24 hours, then return to activity according to the [rate at which your symptoms fade](#).
- 2. You can still get help for previous concussions.** Early treatment is important, but seeking treatment for a TBI is beneficial any time after the injury. Former U.S. Navy Senior Chief Petty Officer Ed Rasmussen, A Head for the Future TBI champion, didn't realize he suffered from the symptoms of multiple concussions until his wife asked him to seek help. Even years after the incidents, [Ed got treatment](#) that not only eased many of his symptoms, but improved both his overall quality of life and his relationships.
- 3. Most people who sustain a concussion recover within days or weeks.** Former Army medic Randy Gross' TBI experience is a typical example of recovery. He had an automobile accident, sought help and [recovered quickly](#) and completely. In fact, more than 80 percent of service members recover from concussions completely with no lingering symptoms, and within just a few weeks. Not seeking treatment shortly after an injury may cause lingering symptoms.
- 4. Concussions are not a functional injury to the brain.** Concussions are usually a temporary disturbance of brain function, rather than damage to the actual brain. If you've seen recent news stories or movies about concussions, you may be worried that a concussion could hinder your quality of life forever. There is no evidence that a single, mild TBI will cause conditions like chronic traumatic encephalopathy (or CTE). However, people recovering from a mild TBI who don't rest appropriately are more susceptible to secondary concussions, which are likely to cause further injury to the brain.
- 5. Most concussions are reported in non-combat settings.** Despite a reputation as a key injury from the global war on terror, far more service members are injured in training-related incidents, motor vehicle collisions — including motorcycle crashes — playing sports, or simply falling down. The good news is that this means you can prevent most TBIs by taking simple safety measures such as wearing seat belts, wearing protective gear, and using non-slip mats in bathtubs and showers. Read more [prevention tips](#) on A Head for the Future's website.

About A Head for the Future

A Head for the Future is the U.S. Department of Defense traumatic brain injury (TBI) awareness initiative, providing resources for the military community to prevent, recognize and recover from TBI. A Head for the Future, led by the Defense and Veterans Brain Injury Center (DVBIC), features educational tools, including videos, fact sheets, and other informative materials for service members, veterans and their families. Visit dvbic.dcoe.mil/aheadforthefuture to learn more, and follow A Head for the Future on [Twitter](#) and on [Facebook](#).

About DVBIC

Congress established the Defense and Veterans Brain Injury Center (DVBIC) in 1992 after the first Gulf War in response to the need to treat service members with TBI. DVBIC personnel serve as primary TBI subject matter experts for the Defense Department. DVBIC is part of the U.S. Military Health System and is the TBI operational component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). Learn more about DVBIC at dvbic.dcoe.mil.

