

Health Promotion & Wellness

January/February 2020

Be Safe and SMART When Making Changes in the New Year

Happy New Year! It's a great time to take a look back at what we did last year and look ahead to how we would like to do things differently. According to the CDC, fewer than 10% of adults and children in the U.S. eat the recommended amount of vegetables. We did better on our fruit consumption, however, it is nowhere near the five daily servings of fruits and vegetables recommended. For a 2000 calorie diet, a well-balanced diet should include about 2 ½ cups of vegetables and 2 cups of whole fruit each day. Don't be afraid if you exceed this goal – research proves people with the most whole plant foods in their diets tend to live longer with less chronic conditions.

We don't have to make perfect choices all the time. Making small improvements in our eating habits can often have HUGE benefits, so start small. If kale isn't your thing, don't try to pound down a pound a day. Instead, add a handful of spinach to your meals (in your smoothie, in your pasta sauce, or in your salad) and add a handful of berries to your snack and pat yourself on the back that you got 2 extra servings of fruits and vegetables with very little effort.

Unsure how to plan your meals, to include those amazing fruits and vegetables? Use the resources available in the [MyPlate Plan](#) as a starting point.

Want to make eating healthier a priority this year? Set clear goals for healthier behaviors you want to adopt. Your goals should be SMART:

Specific – the goal is well-defined and focused

Measurable—there is a measurable outcome

Attainable—the goal is realistic

Relevant—the goal supports desired outcomes you are trying to achieve

Timely—the goal should have a timeline

An example of a SMART goal to help increase vegetable intake: I will eat 2 servings of vegetables for dinner at least four times a week for the next 3 months.

Remember that it takes time to adopt healthier habits and it also takes a while to see results in the mirror and on the scale. Sometimes dietary supplements claim to make things easier. Be sure to be an informed consumer and if you do plan to utilize dietary supplements be as safe as possible. Use the free resources available at Operation Supplement Safety to read about DoD prohibited ingredients, FDA public notifications of tainted/unsafe products and featured articles on trending topics.

For more information: check out the [CDC's tips](#) to increase fruit and vegetable consumption. Use [MyPlate](#) for meal planning help and please visit the [OPSS.org](#) site for the latest information on dietary supplements. For more resources for Healthy Weight month, don't forget to review the [NMCPHC HPW Toolbox](#).



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February is Heart Health Month: Rethinking Current Habits

We all agree that the heart is one of the most amazing organs in our body. The amount of blood vessels that connect it to every cell is unbelievable. Our Standard American Diet, however, does not lead us to take good care of it. We eat more saturated fat than we ever have, we consume less fiber than is recommended, and we sit while our avatars in video games have grand adventures.

Do your parents have heart disease or high blood pressure? Do you weigh more than you should? If you said yes to one or both of these questions, your risk of having heart disease is much stronger than you may think. Do your parents have a history of diabetes? Some habits could possibly guarantee future challenges.

Did you know that blocked arteries started yesterday? These deposits can happen at any age. To protect itself, your body will occasionally put a protective layer over the fatty deposits that develop over time. This keeps us from easily decreasing our build up once we decide to choose healthy habits.

We all know what we should be doing, but it seems like we are “missing out” if we don’t eat the cake, or losing money if we don’t go for the two-for-one burger. If you feel you shouldn’t waste food—would you rather “waist” it? Picture the added capillaries it takes to feed the extra weight. Your heart has to pump harder to reach those extra cells and overcome those inflexible fatty deposits.

These slow vessel changes may not affect you much now, but it could be the difference between living a life of your own adventure (not your avatars!) and living in a nursing home as you age. For wonderful ideas on how to eat healthy, check out page 1. For tips on fitness strategies, check out page 4. For more information on heart disease and risk factors check out the [HPW Heart Health Toolbox](#).

CDC Heart Disease Quiz

The Centers for Disease Control and Prevention (CDC) have a six question [quiz](#) to check your knowledge on heart disease. The questions are designed to really get people thinking of all aspects (risks, behaviors, symptoms, statistics) and the resources listed at the end correlate to the results. This could be fun to do with people in a class or the office and see how many get them all correct. The questions are challenging enough that it isn’t easy to guess. Nice way to get the conversation started and the resources are well done.

Diabetes Standards of Care Now Includes Heart Disease

The [2020 update to the American Diabetes Association \(ADA\) Standards of Medical Care in Diabetes](#) has been published. Major changes involve recommendations for cardiovascular disease (CVD) risk reduction, pharmacologic treatments, glycemic targets, and recommendations for individualized patient care.

In the Diabetes Prevention Program Outcomes Study, metformin was shown to be less effective than lifestyle modification for diabetes prevention. However, metformin was likely the more cost effective option.

This update also recommends metformin as an option for individuals at high risk for diabetes.



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SHARPNews: Syphilis Spike in October 2019

In October 2019, there were 17 cases of primary or secondary syphilis (P&S) among active duty Sailors and Marines (including two females) reported in DRSi. Another nine cases of "unspecified stage" syphilis were also reported. This monthly case number is the highest seen for any month in memory.

The 2018 rates among male Sailors (39.2/100,000) rose for the 3rd consecutive year and exceeded the national Healthy People 2020 objective (6.7/100,000) for the 9th consecutive year. The 2018 rates among male Marines (22.6/100,000) rose for the 4th consecutive year and exceeded the national Healthy People 2020 objective for the 4th consecutive year.

Cases reported as "unspecified" stage are not counted towards our incidence rates and this may dilute our understanding of the disease within our populations. Please do collaborate with the attending clinician to determine and report the stage for each case. DRSi users are encouraged to revise / update their syphilis report if you determine the stage after submitting the case report.

Syphilis Prevention:

1. Ensure all cases are referred to Preventive Medicine at the time of treatment to ensure these patients receive evidence-based risk reduction counseling and comprehensive sexual partner referral support. Recent sexual partners (last 3 months for primary syphilis and last 6 months for secondary syphilis) should be tested and treated.
2. Inform and encourage annual (at least) syphilis screening for men who have sex with men. Please pass the word.
3. Ensure semi-annual syphilis screening of people using HIV PrEP and encourage condom use along with PrEP.
4. Ensure syphilis screening of all patients treated for gonorrhea or chlamydia at the time of treatment.
5. Ensure syphilis screening of pregnant patients.
6. Inform your population of our syphilis rates and the risks among active duty members.
7. Make condom access easy and condom use the norm.

Resources

[Syphilis factsheet \(NMCPHC\)](#)

[Syphilis factsheets and treatment guidelines \(CDC\)](#)

[Syphilis poster \(NMCPHC\)](#)

[Syphilis case definitions \(Tricare\)](#)

[Condoms](#)



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New Year's Resolutions

40 to 45% of American adults make one or more resolutions each year and the top New Year's resolutions in America are all health promotion related! These are:

1. Losing weight
2. Participating in a regular exercise program
3. Stopping smoking/tobacco use.

Staying on track with your New Year's fitness resolutions is not always easy, especially when it involves fitness and weight loss. However, these resolutions can be achieved with a lot of work and dedication. About ½ of people who make New Year's resolutions keep them until the end of June. The most important key for success is to make a plan, and stick with it.

SEEK and you will find many exciting activities and events offered. The DoD offers many opportunities and benefits in the area of physical activity – whether it be structured fitness programming, group exercise classes, exercise on an app, or recreational physical activities. Contact your local MWR Fitness or SEMPER FIT program for a listing of current initiatives and events that are available in your area.

NOFFS & the NEW YEAR!

NOFFS (Navy Operational Fitness & Fueling System) provides the Navy with "best in class" physical fitness and nutrition information for Sailors, allowing the Navy to maintain peak physical readiness, which is a top priority of the 21st Century Sailor. Use on your SMART phone or Tablet. Download the top rated NOFFS app. today!

NOFFS at NASA!

27 April – 01 May 2020 – The US Navy will provide a full week of operational fitness and performance training to the auxiliary support team at Kennedy Space Center, Cape Canaveral, FL. Since 2018, The US Navy's Commander Naval Installations Command (CNIC) and the Navy and Marine Corps Public Health Center (NMCPHC) have been working with both the astronaut rescue and auxiliary support teams for NASA.

Latest In Musculoskeletal (MSK) Injury Prevention and Readiness

The Defense Safety Oversight Council, originally initiated by the Under Secretary of Defense for Personnel and Readiness, has recently organized a Defense Military Injuries Working Group per Charter, approved 28 June 2019. This group serves as a forum for collaboration among DoD safety, public health surveillance, and research stakeholders to identify data-driven, benefit-focused safety and public health policies, programs, strategies, and initiatives designed to contribute to reduction of military injuries. All services are represented on this working group, and the team is looking forward to advancing MSK injury prevention practices and initiatives throughout the services



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2020 NMCPHC Conference: HPW Track Looking Great!

The 2020 NMCPH Conference has finally been fully approved and will be held March 17-19, 2020 in the Tidewater Virginia area (specific place TBD). The theme is **“Naval Public Health. The Next Frontier in Global Warfighter Readiness”**.

The Health Promotion and Wellness Track has been created and there are so many great topics, such as: HIV PrEP, Veteran’s Administration’s Virtual Medical Center, Musculoskeletal Injuries and new data coming available, Adverse Childhood Events (ACE’s), Blue Zones, Diabetes Prevention, Fleet Readiness, how to create better presentations—not to mention our regular updates and discussions.

Quota requests and specific location will be announced soon.

Influenza and Military Readiness

Influenza or “flu” has the potential to adversely impact Navy force readiness and mission execution. Vaccination is the primary method to reduce the risk of influenza. It is Department of Defense (DoD) policy that all Active Duty and Reserve Component personnel be immunized against influenza.

The best way to protect yourself, your loved ones, and your shipmates against influenza is to get a flu vaccine every flu season. This is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. The Centers for Disease Control and Prevention (CDC) recommends everyone six months and older get an annual flu vaccine.

“Now 10 years since the H1N1 flu pandemic of 2009, the flu remains as a very real threat to military readiness. Anywhere our military is, that’s where we will get them the vaccine,” said Army Lt. Col. Todd A. Reeder, Distribution Operations Center (DOC) director.

“It could potentially take out a whole unit, making that unit ineffective or non-deployable if the flu virus is introduced into that unit,” he said. “This is why the military stresses that each military personnel get vaccinated annually with the flu vaccine in order to maintain unit and Soldier readiness.”

The CDC estimates that on average, between 5 to 20 percent of people in the U.S. are affected by the flu each season, with children and the elderly more susceptible.

The CDC recommends people get a yearly flu shot by the end of October. Flu season can last as long as beyond January.

Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

For more information and resources please go to

<https://www.med.navy.mil/sites/nmcphc/program-and-policy-support/Pages/Influenza.aspx>



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New CDC data and Strategies for ACEs prevention

A recent [Vital Signs](#) report from the Centers for Disease Control and Prevention (CDC) focuses on Adverse Childhood Experiences (ACEs) and the impact that exposure to ACEs can have on health. At least five of the top 10 leading causes of death in the United States are associated with ACEs. Preventing ACEs could potentially reduce chronic diseases, risky health behaviors, and socioeconomic challenges later in life.

Do your health promotion programs discuss adverse childhood experiences? Most don't. This is a great reason to team with mental health and behavior health professionals to help your patients look at all aspects of why patients choose the habits they do and better influence them to change to healthier options.

We currently have a great speaker from the Virginia Department of Behavioral Health and Developmental Services coming to the NMCPH Conference to discuss the deeper story behind behaviors and how to heal these impacts.

10 Essential Public Health Services

The following services are what the Centers for Disease Control and Prevention deem as essential services for the broad role of Public Health. As most facilities place Health Promotion and Wellness in these directorates, these are good to know as we move forward with changes.

1. Monitor health status to identify and solve community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws that protect health and ensure safety.
7. Link people to needed personal health services, assure the provision of health care.
8. Assure competent public and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of health services
10. Research for new insights and innovative solutions to health problems.

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. View a complete list of upcoming HPW trainings [here](#). For further information and/or to submit a quota request form to attend any of this training, send an e-mail to:

usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-hpw-training@mail.mil.



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Microwave Cooking Series: Microwave Curried Butternut Squash

Ingredients (serves 4)

- 1 Tbsp. olive or canola oil
- 3 1/4 cup butternut squash flesh, peeled, and diced (see notes)
- 1 large white onion, chopped
- 2 garlic cloves, minced
- 2 Tbsp. dried curry
- Dash of dried red pepper flakes (optional)
- 1/2 tsp salt
- 5 1/2 cups vegetable broth
- 1/2 cup nonfat evaporated milk or nut milk
- 1 Tbsp. maple syrup or honey (optional)

Directions:

1. In a very large microwave safe dish, place the diced squash, onions, and garlic. In another bowl, whisk together 2 cups of the broth with the oil and spices. Pour this mixture over the squash and gently toss. Cover and microwave on high for 8-10 minutes or until the squash is tender.
2. Carefully remove the cooked squash from the microwave, pour into a blender and add the milk. May need to do this in batches.
3. In the same dish, the squash was cooked in, add the remaining broth and oney or maple syrup (if using), cover and microwave for one minute.
4. Gently transfer the pureed squash to the heated broth and gently whisk together. Serve immediately.

Notes:

- A 2 1/2 pound whole butternut squash should yield enough flesh called for in this recipe. If there is not enough, decrease the broth by 1/3 cup.
- This soup can be prepared on the stove top using a very large pot. Just sauté the onions in the oil, add the squash, spices and liquids, and simmer for 15 minute or until the squash is fork tender. Use an immersion mixer or blender to puree and then add the honey or maple syrup.
- Serve with a dollop of nonfat plain Greek yogurt.
- Add a little more salt and some black pepper to taste, if needed.
- After the squash has been pureed, fold in some cooked shredded chicken breast to make the soup heartier.
- Can use coconut oil instead of the olive or canola oil.

