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March 13, 2015



Health Promotion and Wellness Friday Facts



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MARCH IS NATIONAL NUTRITION MONTH®

March is National Nutrition Month®, an annual public education campaign created and sponsored by the Academy of Nutrition and Dietetics. This year’s theme is “Bite into a Healthy Lifestyle,” encouraging the public to improve their diet and exercise habits to maintain a healthy weight and promote overall health. Healthy lifestyles include consuming fewer calories, making informed foods choices, and exercising daily.



During National Nutrition Month®, help your Sailors, Marines, and civilian personnel “Bite into a Healthy Lifestyle” by sharing resources with them from the March HP Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-march.aspx>. The March Toolbox has information about nutrition and shows them how to develop healthier eating habits that will contribute to their overall wellness, physical fitness, and mission readiness.

MARCH IS BRAIN INJURY AWARENESS MONTH



The month of March is dedicated to increasing awareness about traumatic brain injury (TBI), both those injuries sustained during combat and those injuries occurring as a result of an accident or a fall. Click [here](#) to access resources from the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury that provide more information about the prevention, recognition, and treatment of TBIs. Check out this [article](#), and read about how a regional education coordinator at the Defense and Veterans Brain Injury Center provides support to service members with TBI. You can also access additional resources from the NMCPHC [HPW Wounded, Ill, and Injured TBI Web page](#).





PROMOTING SLEEP EDUCATION AND AWARENESS

National Sleep Awareness Week was observed during the first week of March and is an annual public education and awareness campaign to promote the importance of sleep. Getting enough sleep is essential to overall health and wellness, and problems with sleep can affect energy, mood, and the ability to function during the day. Click [here](#) to access NMCPHC HPW Dept.'s sleep resources, and read more about the importance of promoting sleep awareness and knowing when to seek professional assistance when experiencing problems with sleep.

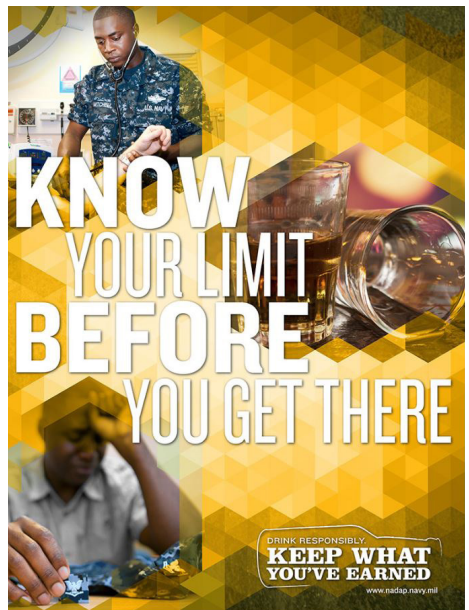
VETS4WARRIORS

Vets4Warriors is a 24/7 confidential and anonymous peer support service for service members (Active Duty, Reserve, and National Guard) and their families. The service is staffed with veterans and family members representing all branches of service who understand the challenges unique to military life. Peer support and follow-up is provided for those with ongoing concerns. The toll free peer support line is 855-838-8255. For those OCONUS, call the global DSN operator at: DSN 312-560-1110 (Be sure to dial as a DSN number only) or Commercial (719) 567-1110. E-mail or chat can be accessed via the [Vets4Warriors website](#).



NADAP RELEASES NEW POSTER SERIES!

Navy Alcohol and Drug Abuse Prevention (NADAP) has released a new poster series in support of their Keep What You've Earned campaign. The posters can be found at: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/drinkresponsibly/Pages/OrderMaterials.aspx.





DID YOU MISS THE FEBRUARY HEART HEALTH WEBINAR?



Were you unable to join us for our recent webinar, “Getting to the Heart of It: Preventing Heart Disease and Promoting Heart Health” held on 4 March with the Air Force Medical Support Agency, Navy Medicine, and the U.S. Department of Health and Human Services’ Million Hearts® Initiative, hosted by NMCPHC? You can view the archived presentation and audio on the NMCPHC Webinars page at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx> to learn about the burden of heart disease in the United States, resources and programs to prevent heart disease and promote heart health, and how to recognize symptoms.

“CREWS INTO SHAPE” CHALLENGE UPDATE

Participants have hit the halfway point and are Crewsin’ along now! The Crews Into Shape Challenge kicked off 1 March 2015 and will end 28 March 2015.

The Crews Into Shape Challenge continues NMCPHC’s ongoing commitment to provide programs that support lifelong healthy behaviors and lifestyles. Through this challenge, our goal is to provide a fun, free, and team-oriented activity that helps promote and guide improved physical activity and healthy eating habits.



Check out the official [Crews Into Shape website](#) for resources supporting this year’s challenge.

IN THE NEWS

[Public Health Center Announces Revitalized ShipShape Program](#) - Navy.mil

[Kicking Butts for Points Launches at Six Healthy Base Initiative Sites](#) - Health.mil

[Mindfulness Meditation Can Help Your Brain Handle Stress](#) - DCoE Blog