

# Health Promotion

July 2017

## *& Wellness*

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Summer is the perfect time to remember food safety! View these recommendations p.6

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U.S. Navy photo by Mass Communication Specialist 2nd Class Austin L. Simmons/Released



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# HPW Health Observance

## July is SAFETY MONTH

### Sports Injury Prevention - Basketball



Basketball is the #1 sport in all services of the military that causes injury. A key reason is that it's played year round, unlike other sports.

Basketball, first introduced to the world in 1891 by Dr. James Naismith, using a soccer ball and two peach baskets. Today's high-speed, physical sport scarcely resembles the original game. With modern basketball's fast pace game come many opportunities for injuries. It is estimated that more than 1.6 million injuries are associated with basketball each year.

#### Here are 10 strategies to prevent basketball injury:

- Maintain proper fitness - injury rates are higher in athletes who have not adequately prepared physically
- Follow your fitboss, coach, or athletic trainer recommendations for basketball injury prevention
- Conduct appropriate pillar preparation and movement preparation (warm-up) before starting a game.
- Ensure you are wearing the correct shoes for the sport. For example wearing running shoes while playing basketball may cause the ankle to invert or sprain
- Remove any foreign objects from the basketball training surface
- Hydrate adequately - waiting until you are thirsty is often too late to hydrate properly
- Pay attention to environmental recommendations, especially in relation to excessively hot and humid weather, to help avoid heat illness
- After a period of inactivity, progress gradually back to full-contact basketball through activities such as aerobic conditioning, strength training, and agility training.
- Avoid over aggression or horseplay when an official is not being utilized. Keep it positive.
- Avoid overuse injuries - more is not always better! Participate in a variety of physical activity events for personal fitness.



U.S. Navy photo by Mass  
Communication Specialist Seaman  
Nicholas R. Burgains/Released

For more information on preventing sports injuries, visit [STOP Sports Injuries](#)



# Summer Safety and Injury Prevention Fact Sheet Series

## FUN – FOOD – FIREWORKS!

Summer is here! Vacation time for family, warm weather activities, events, and celebrations are being enjoyed by many throughout the Navy and Marine Corps! To assist health, safety, and fitness professionals in promoting Summer Safety and Injury Prevention, NMCPHC has developed a set of reproducible SUMMER INJURY PREVENTION FACT SHEETS that cover a variety of topic areas ranging from avoiding rip tides to being safe in large crowds. Check out the fact sheets today, and share with your service members and their family members. Let's keep everyone safe this Summer 2017.

### 10 Summer Safety Fact Sheet Series

- [Amusement Theme Park Safety](#)
- [Food and Picnic Safety](#)
- [Grilling Fireworks and Fire Safety](#)
- [Heat and Sun Injury and Hydration](#)
- [Rip Current Safety](#)
- [Safety in Large Crowds](#)
- [Poison Plant Safety](#)
- [Yard and Gardening](#)
- [Snake Bite Prevention](#)
- [Canoeing and Kayaking Safety](#)



PHOTO: Capt. Chris Cegielski, commanding officer of the Ticonderoga-class guided-missile cruiser USS Lake Champlain (CG 57), cooks food on the fantail during a steel beach picnic. (U.S. Navy photo by Mass Communication Specialist 2nd Class Nathan K. Serpico/Released)

## Tainted Products Marketed as Dietary Supplements

### What are High-Risk Supplements?



Many athletes or may be influenced to take dietary supplements that may actually slow performance or even hurt or cause risk to the body. It's important to be aware of healthy choices in fueling and performance before consuming anything..... Be smart. Be aware. Know what you are ingesting.

High-risk dietary supplements are those that may present serious health risks. Many have been found to contain undeclared drug ingredients, steroids, steroid-like ingredients, and/or stimulants, which can have negative and dangerous side effects. Products most commonly "tainted" in this way are those marketed for bodybuilding, performance enhancement, weight loss, sexual enhancement, and diabetes. Such products may also result in a positive drug test. For more information, read FDA's [Consumer Update](#) "Tainted Products Marketed as Dietary Supplements." For more information about urinalysis and drug testing, read OPSS's "[Dietary supplements and drug testing.](#)"

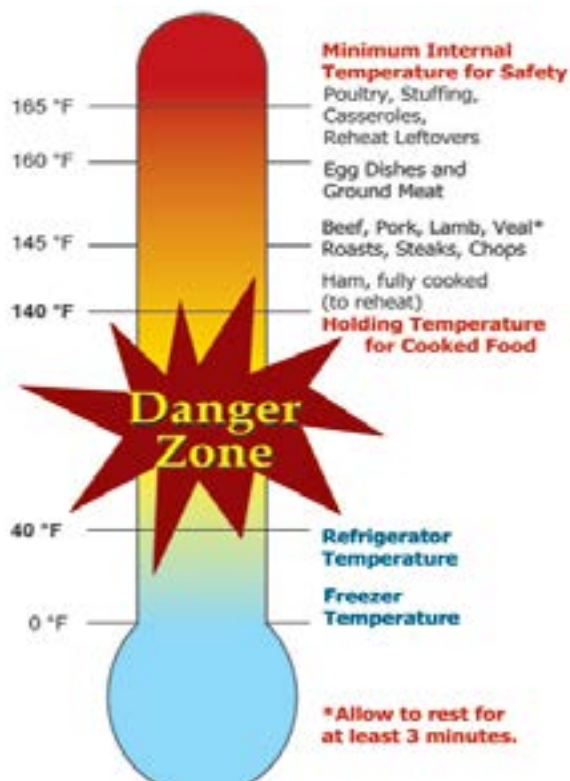
In addition, you can visit the [OPSS High-Risk Supplement List](#) for information about certain dietary supplements that may pose a health or sport anti-doping risk.

Navy Nutrition Experts teach often about the importance of "eating clean"..... eating foods closest to the natural food state. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian. For additional information on fueling for performance, check out the NOFFS Fueling (Nutrition) and performance information on the [Navy Performance Nutrition Website](#)



# Health Promotion News and Resources

## Summer Is the Perfect Time to Remember Food Safety Recommendations



Summer is here! The longer days of sunshine are the perfect time for grilling, picnics, potlucks, tailgating and enjoying a ton of great fresh fruits and vegetables. Unfortunately, these activities can be a risky time for foodborne illness to occur. This makes for an opportunity to review safe food handling practices. Even the most healthful foods can cause us to get sick if those foods are not handled appropriately. A great resource to keep at the ready is the USDA's Food Safety and Inspection Service [Safe Food Handling Fact Sheets](#).

### The following steps are the basics of food safety:

- Clean – start with clean hands, countertops, cutting boards and utensils.
- Separate – avoid cross-contamination of raw/cooked foods and all utensils used to handle those foods.
- Cook – check to make sure cooked foods reach the recommended internal temperature (having a food thermometer on hand is an excellent kitchen safety tool). It's also important to keep hot foods above 140°F, until they are served.
- Chill – refrigerate foods promptly to get foods out of the Danger Zone (between 40° – 140°F).

The Danger Zone is the temperature range that harmful bacteria can thrive in food, so it's important to minimize the time foods spend between 40° – 140°F. Generally foods left out to serve will fall within this danger zone. It's important to remember that foods left out over 2 hours, or 1 hour if the temperature is above 90°F, should be discarded.

Keep food safe! Practice safe food handling techniques to keep you and your loved ones healthy this summer!

Click on [USDA's Safe Food Handling Resources](#) for more information.



## Navy Soon to Release NEW Navy Fitness Suit



GREAT LAKES, Ill. (April 24, 2017) Recruits try on their newly issued fitness suits at Recruit Training Command in Great Lakes, Ill. (U.S. Navy photo by Susan Krawczyk/Released)

Navy announced 24 May the manner of wear and availability for the new Navy Fitness Suit in [NAVADMIN 125/17](#).

The new fitness suit completes the Navy's Physical Training Uniform (PTU) ensemble and will be a sea bag requirement for Sailors beginning Sept. 30, 2021. It is Navy blue, fully lined and made of water repellent, moisture wicking and odor-resistant fabric, with gold color NAVY logos and trimmed with silver reflective piping. Beginning in July 2017, the fitness suit will be available at select fleet concentration areas with Fleet-wide availability through Uniform Centers and the Navy Exchange Uniform Call Center no later than October 2017. Recruit Training Command is now issuing the fitness suit to new recruits. The suit is designed primarily for group and unit physical training activities and the semi-annual physical readiness test. The jacket should be worn over the PTU shirt, zipped at least three quarters up and sleeve cuffs should extend

beyond the wrist, but not beyond the lower knuckle of the thumb. The pants will be worn on the waist over the PTU shorts, should extend down between the shoe top and heel but not beyond the heel. The fitness suit is not authorized to be worn while in a duty status or when conducting official business on base, it may be worn off duty. Optional items that can be worn with the suit include the Blue Navy or Command Ball Cap, Navy Watch Cap, and thermal undergarments.

To help determine the best fit, it is recommended that Sailors review the [Size Prediction Chart](#)

Click [Physical Readiness & Active Living Navy Soon to RELEASE New Navy Fitness Suit](#) to view article in its entirety

## MISCONCEPTION: If I Make the Choice to Use e-cigarettes, I am Only Harming Myself

Not only are you harming your body by inhaling the potentially harmful liquids found inside e-cigarettes, but having them available increases the danger of accidents to those around you. The Centers for Disease Control and Prevention (CDC) has reported that the number of calls to poison centers regarding e-cigarette liquids rose from one per month in September 2010 to 215 per month in February 2014. Over half of the calls involved young children under five years of age, and about 42 percent of the calls involved people ages 20 and older. In addition, there have been numerous news stories about e-products starting fires while plugged into the wall or charger or exploding, even when stored or in a pocket, causing injury.

In August 2016, the Naval Safety Center released a memo stating that electronic cigarettes, vaporizers, vape pens, and similar equipment pose a significant and unacceptable risk to Navy personnel, facilities, submarines, ships, vessels, and aircraft and that it is strongly recommended that these devices should be prohibited from use, transport, or storage on Navy facilities, submarines, ships, vessels, and aircraft. From October 2015 thru May 2016, there were 12 reports of mishaps with DON personnel, resulting in injuries or fires. According to the memo, it is extremely likely that other incidents were not reported by Navy or Marine Corps personnel. Of the reported incidents, eight of the 12 devices were being stored in the Sailor or Marine's clothing. Unfortunately, shorting or discharge resulted in first and second degree burns. Four of the reported incidents occurred while the device was in use, some causing facial and dental injuries. These 12 mishaps resulted in 77 days of lost work times and 157 days of light/restricted duty.



In April 2017, Fleet Forces Command and the U.S. Pacific Fleet temporarily prohibited the use, possession, stowage or charging of ENDS and associated ENDS components on board ships, submarines, aircraft, boats, craft and heavy machinery pending further analysis.

Additional information may be found at the following:

NMCPCH Tobacco Free Living - [E-Cigarettes, hookah, cigars, and other new products](#)

Centers for Disease Control and Prevention: CDC Newsroom - [New CDC study finds dramatic increase in e-cigarette-related calls to poison centers](#)

Murray, C.J. Department of the Navy, Naval Safety Center. "Electronic Cigarette Prohibition Guidance." Norfolk, VA. 11 Aug 16.

## Department of Defense Warrior Games Debuts Anthemic Video



The DoD Warrior Games are an annual Paralympic-style event designed to showcase the resilient spirit of our nation's wounded, ill and injured service members and veterans. (U.S. Navy video frame grab)

The 2017 Department of Defense (DoD) Warrior Games debuted its anthemic video highlighting the courage, sacrifice and dedication of the wounded warrior athletes who will participate in the 8th annual Warrior Games in Chicago, June 30 - July 8.

The video, shot exclusively in the City of Chicago, is the first in a series of videos that will highlight athletes from each service who will participate in the games.

U.S. Marine Corps veteran Lance Cpl. Sarah Rudder is featured running through city streets on her running blade prosthetic, passing wellknown landmarks and being joined by Chicago residents. The video concludes with Rudder and fellow athletes representing each of the U.S. military services and Special Operations Command standing proud in Soldier Field.

"We are very excited to begin promoting the 2017 DoD Warrior Games in Chicago," said U. S. Navy Capt. Brent Breining, director of the 2017 DoD Warrior Games. "These videos will be shown throughout the Chicagoland area with the purpose of inviting the community to attend the events and support our wounded warrior athletes and their families."

Legendary soul singer Sam Moore, of Sam and Dave, sings the anthem and is accompanied by the Chicago Children's Choir.

The video is part of the "By Air, By Land, or By Sea" campaign, which asks viewers how they will get to the games.

It can be viewed at <https://www.facebook.com/WarriorGames>.

To learn more about the 2017 DoD Warrior Games, visit [DoDWarriorGames](#)





# 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 FY17 training can be viewed on the [HPW Training](#) page.

For further information send an E-mail to: [usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil).

## Upcoming Training



- Tobacco Cessation Facilitator Training, July 25, 2017, Norfolk Branch Medical Clinic, Norfolk, VA
- HP Advanced Training, Aug. 22-23, 2017, NEPMU-2, Norfolk, VA
- Tobacco Cessation Facilitator Training, Aug. 23, 2017, Walter Reed National Military Medical Center
- Tobacco Cessation Facilitator Training, Aug. 24, 2017, NEPMU-2, Norfolk, VA
- ShipShape Program Facilitator Training, Aug. 25, 2017, NEPMU-2, Norfolk, VA

