

August is Preventive Health Month



Lt. Cmdr. Jennie Stone, a theater security cooperation planner assigned to Commander, Task Force 73, demonstrates flossing techniques while passing out dental hygiene kits to children at a medical civic action project as part of Cooperation Afloat Readiness and Training (CARAT) Cambodia 2011. (http://www.navy.mil/view_image.asp?id=109337)

Preventive Medicine in the public health sector, as defined by The American College of Preventive Health, “focuses on promoting health, preventing disease, and managing the health of communities and defined populations.” As such, in August 2014, the Health Promotion and Wellness Department is promoting materials to motivate and educate Sailors and Marines on three health promotion topics that are low in investment and yield potentially high returns: flossing, supplement use (food first, supplement second), and sleep. The topics are tied together through the “1-5-7 WOD (Wellness Objective of the Day)” Challenge. For little to no extra time or money, adding flossing (1), eating the number of servings from the five food groups before supplementing (5), and getting seven

NMCPHC HPW Announces The August 1-5-7 WOD Challenge

This August, join your fellow Sailors and Marines in the 1-5-7 Wellness Objective of the Day (WOD) Challenge! Habits aren’t easy to change, unless you know some of the tricks of the trade. This is why the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department developed the Challenge.

This 21 day challenge is designed to help you achieve optimal health and readiness by creating daily health habits of three preventive-health activities: flossing, eating the recommended number of servings from the five food groups before supplementing your diet, and sleeping at least seven hours each day. With little to no extra time or cost, these three activities can provide health benefits and potentially prevent illness.

Challenge yourself and your peers to accomplish each of the daily healthy activities. The challenge starts off small, but by the end, you’ll be forming healthy habits of things you never thought you had time for. Take the challenge, and see how easy it actually is to start building healthy habits. For tips on forming healthy habits on your own, visit the HPW Shaping Healthy Habits Factsheet.





hours of sleep or more each day (7) can produce health benefits and potentially prevent ill health.

Flossing is a simple and important aspect of oral hygiene, and preventive health. Regular flossing clears away plaque (a form of bacteria) between teeth, and can decrease your risk for gum disease and cavities. And yet, results from the 2012 Fleet and Marine Corps Health Risk Assessment found that more than 40 percent of respondents do not floss regularly.

Likewise, eating the recommended number of servings from the five food groups contributes to preventive health as it helps ensure your diet includes the nutrients you need to maintain health and perform at your peak. Supplement use through liquids, powders, and tablets is often seen as a way to improve performance or as a quick fix for a poor diet. However, the Food and Drug Administration does not regulate supplements, which mean there is no guarantee that the products are safe or effective. You can save yourself money and ensure your body gets the nutrients it needs by eating the recommended number of servings from the five food groups: fruits, vegetables, whole grains, dairy, and protein every day.

Sleep rounds out our three preventive health topics as it is a vital function of our lives, but all too often, we don't get the sleep we need to stay at our peak. Lack of sleep can create cognitive dysfunction and motor skill interruption, as well as increase risk for illness. Some of us stay up too late playing video games or responding to work emails, while others suffer from insomnia. However, no matter the reason, there are things you can do that are proven to help you increase the duration and quality of your sleep.

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of August. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Additional HPW Resources

Check out our additional resources! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Campaign Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help keep your service members fit for service and improve overall health, please visit our [August Health Promotion Toolbox](#).





Factsheet: Strategies for Shaping Healthy Habits

You may have experienced it before. You set out to change your habits in the form of a New Year's Resolution and try to start or increase some things, or limit or stop others. But many times our resolutions are already broken just a few weeks or possibly months after we make them. Habits aren't easy to change, unless you know some of the tricks of the trade. Here are some practical, real-life strategies to help you get started. [Click here](#) to read more.

Poster: Get Off Your Feet, Sleep is Medicine

Lack of sleep can result in an increased risk of accidents, lowered response time, mood instability, and weight gain. [Click here](#) for tips to improve your sleep.

Poster: Power Up With a Power Nap

Restore energy, reduce fatigue, and improve your mood. [Click here](#) for tips on how to maximize a power nap.

Poster: Flossing 101

Did you know over 40% of Sailors and Marines DO NOT floss on most days? [Click here](#) for flossing facts and tips.

Upcoming Training

Our education and training equip Navy and Marine Corps command personnel with the tools, programs and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#)!

Facebook and Twitter Messages for you to post:

Social media message 1:



Kick off Preventive Health Month with the 1-5-7 Wellness Challenge! #HealthyHabits #ProtectionThroughPrevention <http://go.usa.gov/NY4e>

Social media message 2:



Habits aren't easy to change, unless you know some tricks of the trade. Here are some practical, real-life strategies to help you get started. #HealthyHabits #ProtectionThroughPrevention <http://go.usa.gov/NY2H>





Social media message 3:



Supplements are often seen as a way to improve performance or as a quick fix for a poor diet but are not always safe or regulated. Consider making wise food choices so supplements do not become part of your daily routine. #HealthyHabits #ProtectionThroughPrevention
<http://go.usa.gov/Egdh>

Social media message 4:



Prep for the week – buy fresh or frozen vegetables and add them to your meals today and throughout the week. #HealthyHabits #ProtectionThroughPrevention

Social media message 5:



Are you getting your 7 plus hours of sleep each night? Always remember: A well-rested service member is a ready service member. #ProtectionThroughPrevention. #HealthyHabits
<http://go.usa.gov/NYiJ>

Social media message 6:



Have you checked out our Flossing 101 poster? Print it out as a daily reminder to floss!
#HealthyHabits #ProtectionThroughPrevention <http://go.usa.gov/NYWj>

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).

Webinar Calendar

We host monthly healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW Department to motivate healthy behaviors.

Date	Webinar Title	Time
TBC	All-Partner Virtual Town Hall	1200-1300 ET

For many of our webinars we offer continuing education credit hours (CECH) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars click [here](#) for registration details.

