



Attention All Friday Facts Subscribers: Please note that in the event your email address changes due to the Defense Enterprise E-mail migration, you will need to re-subscribe to continue receiving this newsletter. Re-subscribe [here](#).

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Health Promotion and Wellness Friday Facts



NOVEMBER IS TOBACCO FREE LIVING MONTH!

The DoD celebrates November as Tobacco Free Living Month. Visit the NMCPHC HPW Health Promotion Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-november.aspx> to obtain materials and resources to promote and support tobacco free living efforts at your command.



STARTER KIT TO QUIT TOBACCO

Are you or someone you know thinking about quitting tobacco? Sailors and Marines have a higher rate of tobacco use than the civilian population^{1,2,3} and the results impact their health, their families' lives, and mission readiness. The data shows that almost 70 percent of current tobacco users want to quit completely.⁴

With those statistics, it's likely that if you know someone who is using tobacco, you know someone who wants to quit. However, the vast amount of information about how to quit tobacco can be overwhelming. The *Starter Kit to Quit* gives you a place to begin if you are thinking about quitting or supporting someone who is.

The *Starter Kit to Quit* includes tips, considerations, and specific actions the quitter or supporter can take throughout the four phases of tobacco use: thinking about quitting, preparing to quit, your quit day, and the first 30 days after your quit day. The journey isn't over after the first 30 days, but this will equip you with the information and tools to help you or someone you know get started! For more information and resources, visit the Navy and Marine Corps Public Health Center's [Tobacco Free Living Web page](#).

Four Phases of Quitting

- 1 Thinking about quitting
- 2 Preparing to quit
- 3 Your quit day
- 4 The first 30 days after your quit day

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER PREVENTION AND PROTECTION START HERE

NMCPHC STARTER KIT TO QUIT TOBACCO

HPW has developed a new resource to assist tobacco users and their friends with the quitting process! Find it in the November HP Toolbox under Brochures and Guides at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-november.aspx>

Direct Link: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Starter%20Kit%20to%20Quit%20Tobacco.pdf>





GREAT AMERICAN SMOKEOUT® DAY

November 19, 2015 marks the annual American Cancer Society's Great American Smokeout® day. Activities and resources to sponsor and support the national awareness and education/motivation campaign may be found at: American Cancer Society (ACS): <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/>

Additional resources can be found at:

CDC: <http://www.cdc.gov/tobacco/calendar/nov/gaso/index.htm>

DoD Ucanquit2.org: www.ucanquit2.org

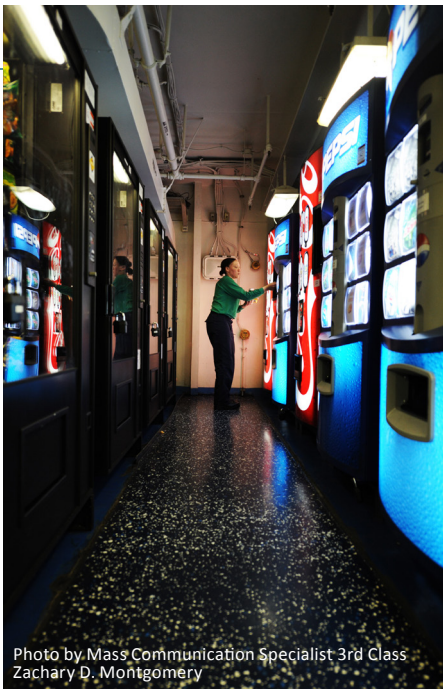


Photo by Mass Communication Specialist 3rd Class Zachary D. Montgomery

MILITARY HEALTH OFFICIALS CONSIDER FAST FOOD, VENDING MACHINE CHANGES

Military officials said they want to make vending machines and fast food on military bases healthier by changing menus and bringing in nutritionally better brands and options.

Fast-food franchises which have long operated under contracts with the Exchange service, are a common sight on military bases worldwide while vending machines of highly processed snacks are placed near barracks and other military facilities. Officials must work with the Exchanges to change the contracts, a process that can take a long time to implement.

The push towards more nutritious options comes as the DoD wraps up the Healthy Base Initiative demonstration. That study examined the health and habits of service members and their families at 14 bases worldwide and measured, among other things, their access to healthy food options. The final report will be released in January, 2016.

Since changing which restaurants are available on base could take years, officials are focusing on making more immediate changes such as asking the restaurants to display calorie counts on menus.

Another push would place products in the vending machines that align with a set of nutrition standards developed by the National Automatic Merchandising Association, known as FitPick® or FitPick Select®.

Read more about this initiative at: <http://www.military.com/daily-news/2015/10/13/military-health-officials-consider-fast-food-vending-machine.html?comp=1198882887570&rank=2>

OVERCOMING STRESS EATING

As stated by Cmdr John Brooks, M.D., Lowell Federal Health Care Center, the author of a Blog that was posted on Navy Medicine Live, stress can affect the way we think of food, either consciously or subconsciously. Some people respond to stress by having a decreased appetite while others have an increased appetite. Usually the increase in consumption is with the foods that we enjoy or comfort us. These foods tended to be high-calorie, sweet, and fatty foods. Over time we developed a pattern and may continue to choose these same items when stressed, which could counter efforts by anyone who is trying to eat healthier and/or lose weight.

Although stress can trigger an increase in appetite, you can take steps to control these cravings and control your weight. To help control stress eating, Cmdr. Brooks recommends several tips which can be found in his archived Blog at: <http://navymedicine.navylive.dodlive.mil/archives/9500>.



BLUE H AWARD UPDATE



Blue H News - TRiPS Optional for OCONUS Commands

Regarding the criteria Medical 63 and Fleet 37 “Is there a command policy that encourages all Sailors and Marines to complete a TRiPS assessment [or similar local trip assessment between the traveler and supervisor] prior to travel on any long weekend, holiday or leave period?” OCONUS commands may not find TRiPS useful and may substitute with a similar command policy. This note has been added to the on-line criteria worksheets.

Blue H homepage:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

Questions? Contact Navy and Marine Corps Public Health Center - Blue H Award POC at: michael.r.macdonald2.civ@mail.mil or 757-953-0974 [DSN 377]

CHAPLAINS CONFIDENTIAL COMMUNICATIONS FACT SHEET AND FAQs AVAILABLE

The Navy Chief of Chaplains Office provides an informational fact sheet as well as a frequently asked questions (FAQs) fact sheet that can assist Sailors, Marines, Coast Guardsmen, and their families in understanding the unique relationship that chaplains and religious program specialists have in their communications with service members and family members. You can access these fact sheets on the NMCPHC HPW Department’s [Health Promotion Toolbox for September](#) under “Learn More” or by using the following direct links: [Navy Chief of Chaplains Confidential Communications Fact Sheet](#) and the [Navy Chief of Chaplains Confidential Communications FAQs](#).

To learn more about the Navy’s policy on confidential communications to chaplains, refer to SECNAV Instruction 1730.9: <http://doni.daps.dla.mil/allinstructions.aspx>.

PARTNERSHIP HIGHLIGHT: HEARING CENTER OF EXCELLENCE CELEBRATES NATIONAL AUDIOLOGY AWARENESS MONTH

Over the course of our lives, we are all exposed to dangerous noises. Hearing loss is a significant burden for those in the military, as loud noise is one of the primary environmental hazards faced by all service members, regardless of their specialty. Since WWII, hearing loss has been and continues to be the DoD’s most common service-related disability. The 21st Century Sailor and Marine initiative supports efforts to increase the readiness and safety of today’s forces. Therefore, it is important that medical staff work with their local command and safety officers to familiarize and educate themselves on hearing loss prevention strategies that focus on all service members, not just those whose jobs are known to involve daily risk. Service members can protect themselves and their families from loud noise by: wearing hearing protection, turning down the volume, or walking away from loud sounds.

The Navy and Marine Corps Public Health Center (NMCPHC) is joining the Defense Hearing Center of Excellence (HCE) in recognizing October as National Audiology Awareness Month. Please visit the [HCE website](#) and explore the many HCE Comprehensive Hearing Health Program (CHHP) educational materials designed to increase awareness and understanding of the hazardous effects of noise. These resources are free of charge to DoD/VA providers, and can be printed or ordered and sent directly to your DoD or VA clinic through the online shopping cart. Additional education, training, and other resources can be found on the [NMCPHC Occupational Audiology and Hearing Conservation Division Web page](#).