

Health Promotion & Wellness

April 2017

Public Health Center
Publishes Population
Health Fiscal Year
2016 Annual Summary
Check it out on page 4

Don't miss World
No Tobacco Day!
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Looking for upcoming
training events?
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Photo by Mass Communication Specialist Seaman Daniel A. Baker



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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Health Promotion News and Resources



2017 World No Tobacco Day

On 31 May, the World Health Organizations and its partners will observe the annual event, World No Tobacco Day. The day is intended to highlight the risks and health effects of tobacco and to advocate for stronger policy. The 2017 theme is "Tobacco- a threat to development" with an emphasis on the impact of tobacco and tobacco use on sustainable development. For more information and resources, visit: <http://www.who.int/campaigns/no-tobacco-day/2017/event/en/>



Photo by Mass Communication Specialist 2nd Class Corwin Colbert

Burn Calories While Yardworking!

Improve your yard while improving your waistline! Doing yardwork may not be on your list of exercises to burn calories, but perhaps it should be. Depending on how much you weigh and the type of work you do, you can burn 240 to 448 calories per hour. In general, the more you weigh and the more vigorous the activity, the more calories you burn. The number of calories you burn while exercising is dependent on the exercise you do, your weight, and the time spent doing the exercise. (175 lb. push mowing 1 hour = approx. 446 calories).



Public Health Center Publishes Population Health Fiscal Year 2016 Annual Summary

The Population Health (PH) Directorate at the Navy and Marine Corps Public Health Center (NMCPHC) released its 2016 Annual Summary showcasing how the directorate produces targeted resources and provides actionable data to operational and medical leadership to inform decisions and support mission readiness throughout the Navy and Marine Corps. PH optimizes and supports force health protection and readiness by providing epidemiologic services to support disease and injury prevention programs, analyzing clinical data to assess quality and availability of care, and developing health promotion and wellness programs to enhance readiness and promote healthy behaviors and lifestyles.

For more information about how PH supports operational readiness, check out the summary here: <http://issuu.com/nmcphc/docs/ph-fy16-annual-summary-final?e=3486808/46853119>

Issuu Link (for reference): <http://issuu.com/nmcphc/docs/ph-fy16-annual-summary-final?e=3486808/46853119>

Blue H 2017 Instructions and Criteria Now Available



Navy and Marine Corps Public Health Center Blue H 2017 instructions and NEW criteria have been posted to the [Blue H homepage](#). A complete summary of changes is shown [here](#). Please download the new criteria worksheet and meet with your command HP Committee now to plan your 2017 events.

Visit NMCPHC [Health Promotion and Wellness](#) for resources available to you to assist in achieving Gold status.



What is Athletic Training and Who They Are

Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic musculoskeletal injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician as prescribed by state licensure statutes.



Photo by Naval Special Warfare Group 4

Athletic trainers improve functional outcomes and specialize in patient education to prevent injury and re-injury. Preventative care provided by an athletic trainer has a positive return on investment for employers. They are also able to reduce injury and shorten rehabilitation time for their patients, which translate to lower absenteeism from work or school and reduced health care costs.

Athletic trainers are sometimes confused with personal trainers. There is a large difference in the education, skillset, job duties and patients of an athletic trainer and a personal trainer. The athletic training academic curriculum and clinical training follows the medical model. Athletic trainers must graduate from an accredited baccalaureate or master's program; 70% of ATs have a master's degree.

Photo Set Provided by Naval Special Warfare Group 4. Through the utilization of certified athletic trainers, the NSWG-4 program was able to reduce physical training related injuries amongst the SEAL/SWCC population from over 35% to under 10%. The program continues to serve as a "best practice" for injury prevention and for ensuring the resiliency and durability of operators.

For further information on injury prevention, visit NMCPHC Health Promotion and Wellness [Injury and Violence Free Living](#) or the National Athletic Association Website: <http://www.nata.org>

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.



Photo by Mass Communication Specialist 3rd Class Robyn Gerstenslager

Upcoming Training

- Tobacco Cessation Facilitator Training, April 25, 2017, Norfolk Branch Medical Clinic, Norfolk, VA
- Tobacco Cessation Facilitator Training, May 2, 2017 USNH Okinawa, Japan



Blue H Medical “Gold” & Medical IG Checklist Listening Session Results Are In

NMCPHC Blue H Program Manager, Bob MacDonald, recently hosted the Blue H Medical “Gold” Criteria and Medical IG Checklist live listening session, to include 24 stakeholders representing their commands. The topic for the session, “Should the Blue H Medical Gold Star-Must-Do criteria, more closely mirror the Medical IG checklists for Health Promotion, Tobacco Cessation, and ShipShape?”

For the 2018 Medical Blue H criteria set, it has been agreed, the Blue H workgroup will more closely match Blue H Medical “Gold Star-Must-Do” criteria and the MedIG checklist, with the following exceptions to remain the non-Gold: (1) If an installation/base HPW council exists, the MTF has an HPW representative who participates assisting in providing an integrated HPW Program in a consistent manner across the installation (2) Is your MTF campus a tobacco-free compound (3) Is tobacco awareness level information offered during command indoctrination.

It’s not too late to provide your feedback at [Blue H and Med IG Synchronization questions MAX Survey](#)

Partnership and Sharing



Injury and Violence Free Living Posters

Navy Traffic Safety Posters Available ---- Download today at: http://www.public.navy.mil/NAVSAFECEN/Pages/media/posters/traffic_posters.aspx. Naval Safety Center offers a comprehensive set of traffic safety posters specifically designed for Sailors available for download.

Operation Supplement Safety (OPSS) New Website Launched to Promote Dietary Supplement Safety Awareness for DoD Personnel

Healthcare providers, commanders, and military service members looking for information on dietary supplements can now find evidence-based answers on a new Department of Defense (DoD) program website.



The Uniformed Services University of the Health Sciences’ (USU) Consortium for Health and Military Performance (CHAMP), a DoD Center of Excellence, recently launched the new Operation Supplement Safety (OPSS) website to promote awareness among DoD personnel and family members about dietary supplement safety.

In addition, the new website features information for service members and their families on different types of dietary supplements, including those for fitness, performance and general health. A special section for military leaders and healthcare providers offers informational materials and a portal to report adverse events. Other notable features include the Food and Drug Administration’s list of tainted products, a portal to “Rate Your Supplement,” and a way to directly “Ask The Expert” dietary-supplement-related questions that will be answered by CHAMP experts with tailored, science-based responses.

“The new OPSS website provides evidence-based resources and tools, as well as access to experts, to help service members, leaders and providers make informed decisions on selection of safe dietary supplements,” said Dr. Patricia Deuster, director of CHAMP. Visit [OPSS](#) to find out more information on supplement safety. Blue H 2017 Instructions and Criteria Now Available.

