

# Health Promotion & Wellness

October 2016

Photo by Staff Sgt. John Bainter

Are You Ready for  
Tobacco Free Living  
Month? Page 4

**NH Okinawa Shares How  
They Promoted Women's  
Health This Month!**

**Page 9**

**Learn more on the  
USMC Semper Fit Health  
Promotion Program**

**Page 7**



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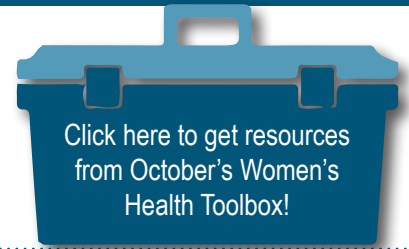
# In This Issue

HPW Health Observance	4
November is Tobacco Free Living Month!	4
Health Promotion News and Resources	5
Improving Human Performance Optimization of the Marine through a Health Promotion Collaboration	5
New 'Keep What You've Earned' Video Released	6
Training and Events	6
Upcoming Tobacco Cessation Facilitator Trainings	6
Upcoming Training FY16	6
Psychological Health Webinar: Post-Deployment Gender Differences in PTSD, Unhealthy Drinking: October 27, 2016: 1-2:30 p.m. (ET)	6
Partnership and Sharing	7
USMC Semper Fit Health Promotion Program	7
Social Media to Share: Navy Drug and Alcohol Program (NADAP)	7
Health Promotion Around the Globe	8
Naval Hospital Pensacola Medical Home Port Population Health	8
U.S. Naval Hospital Okinawa Celebrates Women Who Are "Feisty, Fabulous, and Forty & Beyond!"	9

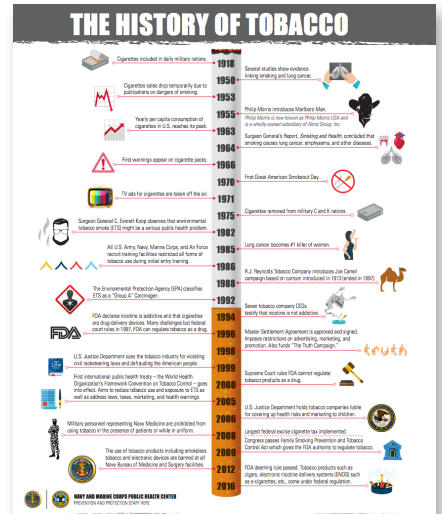


# HPW Health Observance

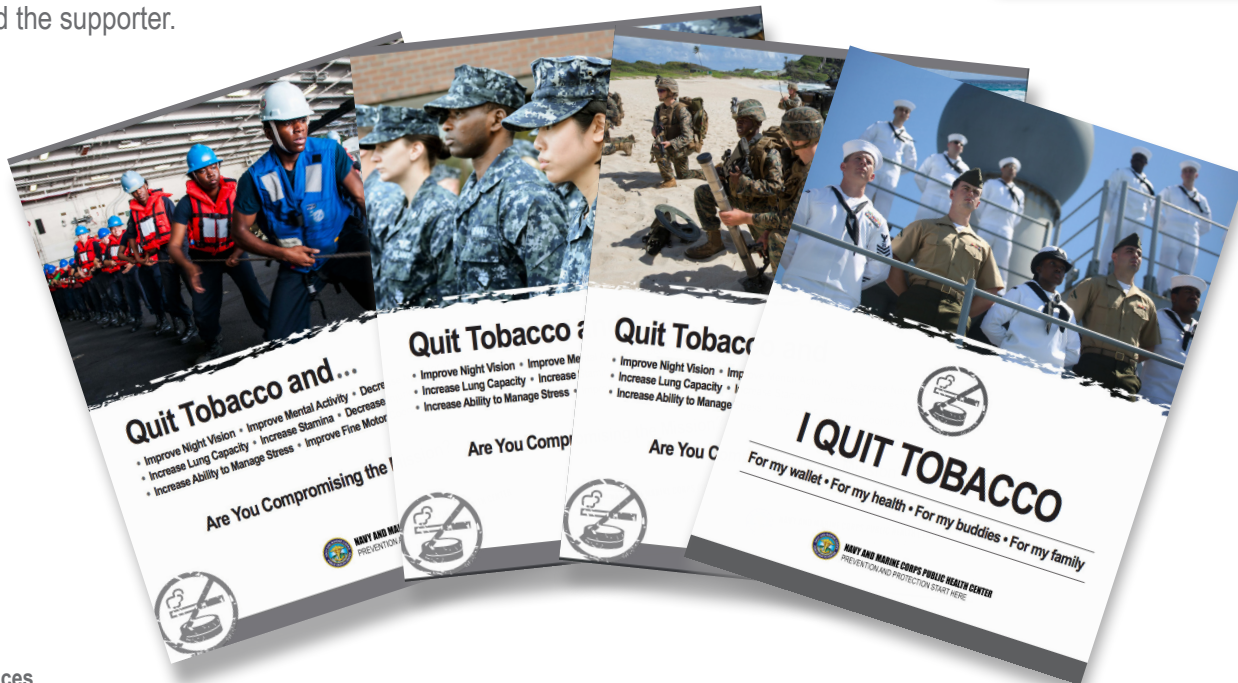
## November is Tobacco Free Living Month!



November is Tobacco Free Living Month. Data shows us that active duty Sailors and Marines use tobacco at a higher rate than the adult civilian population for both smoking and smokeless tobacco. The 2015 Fleet and Marine Corps Health Risk Assessment shows that 22 percent of active duty Sailors and 28 percent of active duty Marines indicated they were current smokers (including electronic products) while 10 percent of Sailors and 21 percent of Marines indicated they use smokeless tobacco at least one day a week.<sup>1</sup> Compared to Sailors and Marines, the national smoking rate among American adults is much lower, at 16.8%<sup>2</sup>, as is the use of smokeless tobacco, at 3.4%.<sup>3</sup> In addition, some products such as e-cigarettes, hookah, and other novel and emerging products are becoming more popular. The good news is that the Centers for Disease Control and Prevention (CDC) reports that of current adult smokers, 68.8 percent said they want to quit completely.<sup>4</sup> Join us and [UCanQuit2](#) on November 17th in support of the 2016 Great American Smokeout. NMCPHC is committed to providing tools and resources to help Sailors, Marines, beneficiaries, and others quit tobacco for good.



- [November Toolbox](#) for the latest resources, posters, and factsheets. This includes the new [History of Tobacco Poster](#).
- Updated posters including 'I Quit Tobacco!', and three versions of 'Are You Compromising the Mission?' for the Sailor, Marine, or Ship. These are available on the [November Toolbox](#) or the Tobacco Free Living [Resources Page](#).
- [Starter Kit to Quit](#) includes tips, considerations, and specific actions for both the quitter and the supporter.



### References

- 1 Navy and Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2015. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2015-HRA-Report-TR-214-2016.pdf>. Published May 2016.
- 2 Centers for Disease Control and Prevention. Current Cigarette Smoking Among Adults—United States, 2005–2014. *Morbidity and Mortality Weekly Report* 2015;64(44):1233-40.
- 3 Centers for Disease Control and Prevention. Smokeless Tobacco Use in the United States. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/smokeless/use\\_us/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/use_us/index.htm). Updated 25 July 2016
- 4 Centers for Disease Control and Prevention. Quitting Smoking Among Adults—United States, 2001–2010. *Morbidity and Mortality Weekly Report* 2011;60(44):1513–19.





# Health Promotion News and Resources

## Improving Human Performance Optimization of the Marine through a Health Promotion Collaboration

The Navy and Marine Corps Public Health Center (NMCPHC) announced last month, a collaboration with Headquarters, United States Marine Corps; Manpower and Reserve Affairs (M&RA); and Marine and Family Programs Division to help ensure that Semper Fit Health Promotion Coordinators (HPCs) are better equipped to support Marines world-wide.

A key feature of the collaboration was a seminar for Semper Fit HPCs that was held Aug. 22-26 at Marine Corps Air Station (MCAS) Miramar, Calif. that focused on Human Performance Optimization.

Nearly 30 Semper Fit HPCs attended the week-long session intended to strengthen the Semper Fit health promotion program goals for knowledge development, skills and tools for health, resiliency, and optimal human performance of the Marine.

According to Mr. Anthony Barkley, Department Head for Health Promotion and Wellness (HPW) at NMCPHC, the Marine Corps has identified multiple areas including training, fitness/recreation, medical and safety, to initiate “innovative practices” for the purpose of elevating the human performance of the Marine. “Human Performance Optimization is an identified high focus area for the Commandant of the Marine Corps, General Robert Neller,” said Barkley.

The Marine Corps is already taking steps toward putting Human Performance Optimization philosophies into practice. “The upcoming release of the newly established Military Occupational Specialty (MOS) for Force Fitness Instructors (FFI’s) throughout the Marine Corps is a prime example of these innovative practices,” said Diana Settles, HPW Manager, Physical Readiness, Injury Prevention and Fleet Integration programs at the NMCPHC.

Settles indicated that components of the MOS training curriculum was acquired by first viewing “best practice” programs in the USMC. “The Marine Corps Special Operations Command (MARSOC) Human Performance and Rehabilitation program is an exceptional example of this. Overall, their unit’s injury numbers have consecutively been lower than other Marine units (approximately 42% lower). Much of this success is due to how this unit safely/effectively physically trains,” stated Settles.

According to Capt. Richelle Kay Marriner, NMCPHC Director of Population Health, the military services pour out millions of dollars and man hours maintaining their warfighting equipment and vehicles to ensure excellence in performance.

“Human Performance Optimization is much more comprehensive than just a culture of fitness,” said Capt. Marriner. “There are multiple elements of human performance optimization that align effectively to improve the resiliency and durability of the Marine. Optimal physical fitness, musculoskeletal injury prevention, and healthy nutrition practices, are the “high 3” that were emphasized throughout the Miramar training, but there are a multitude of other significant factors that impact human performance optimization of a service member - identified in MCO 1700.29.”

The reality is... these same Service Members are infinitely much more valuable than the equipment they wield, states Mr. Anthony Barkley, Head, Navy & Marine Corps Public Health Center Health and Wellness Program. “Health Promotion and Wellness is “Preventive Maintenance for the Warfighter” and is a shared individual and leader responsibility.”

It has been a real privilege to have our team of professionals at Navy and Marine Corps Public Health Center work closely with the Marine and Family Programs Division (MF) as a part of this endeavor, commented Diana Settles, Manager for Fleet Integration and Physical Readiness at Navy and Marine Corps Public Health Center. “This training in Miramar, CA was invaluable in building bridges with other health professionals so that we can better serve our Marines and Sailors,” states First Sergeant Monica Cervantes, USMC 7th Engineer Support Battalion.



Photo By: Maria Kirk



## New 'Keep What You've Earned' Video Released

Navy Alcohol and Drug Abuse Prevention (NADAP) recently released a new public service announcement (PSA) in support of their Keep What You've Earned campaign. The video entitled "[Choices](#)" shows how wrong decisions can't be taken back, especially related to alcohol.

Other videos are also available for the campaign including "[Pulled Over](#)" and "[A Day in the Life](#)". Information and resources on the Keep What You've Earned campaign including Tips for Sailors; resources for Navy leaders, Alcohol and Drug Control Officers, and Drug and Alcohol Program Advisors; and a multimedia suite of materials can be found at this [website](#).

## 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 [HPW Training](#) for FY16 can be viewed at [HPW Training schedule](#).

For further information and/or to request a Quota Request Form to attend any of this training, 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 Tobacco Cessation Facilitator Trainings

There are upcoming Tobacco Cessation Facilitator Trainings scheduled in the months ahead. For more information on the trainings including times, locations, and registration information, please reach to the POCs listed.

### Upcoming Training FY16

#### Tobacco Cessation Facilitator:

- 8 November at Naval Dental Clinic, Norfolk, VA
  - POC: Jackie Moran, 757-953-8542
- 8 November 16 at Location TBD
  - POC: Carol Allen, NENHC Groton 860-694-4466
- 5 December 16- Naval Hospital Pensacola
  - POC: Jim Sherrard, 850-505-6840



## Psychological Health Webinar: Post-Deployment Gender Differences in PTSD, Unhealthy Drinking: October 27, 2016: 1-2:30 p.m. (ET)

Female service members play an integral role in U.S. military history and current operations. Women filled approximately 10 percent of all positions among deployed forces in recent conflicts. Yet, there is limited research specific to women's combat experiences and post-deployment problems. This presentation will introduce attendees to recent research that focused on female service members and post-deployment gender differences in posttraumatic stress disorder (PTSD) and unhealthy drinking. The speakers will discuss VA/DoD clinical practice guidelines and empirically supported treatments for PTSD and substance use disorders.

At the conclusion of the webinar, participants can:

- Discuss gender similarities and differences in combat exposure and post-deployment health problems
- Identify military and combat-related experiences associated with PTSD
- Demonstrate empirically supported treatments for PTSD and alcohol use for service members

Presenters:

Rachel Sayko Adams, Ph.D., M.P.H  
Scientist, Institute for Behavioral Health  
Brandeis University Heller School for  
Social Policy  
Waltham, Massachusetts

Mary Jo Larson, Ph.D., M.P.H  
Senior Scientist, Institute for Behavioral Health  
Brandeis University Heller School for  
Social Policy  
Waltham, Massachusetts

Nikki R. Wooten, Ph.D., L.I.S.W-CP  
Assistant Professor, University of South  
Carolina, College of Social Work  
Columbia, South Carolina



Moderator: Maj. Demietrice L. Pittman, Ph.D., Clinical Psychologist, Deployment Health Clinical Center, Silver Spring, Maryland

Continuing Education:

Continuing education credit is available from Professional Education Services Group (PESG). You must register by 3 p.m. (ET) Oct. 27, 2016, to qualify for the receipt of continuing education credit.

The awarding of continuing education credit is limited in scope to health care providers who actively provide psychological health and traumatic brain injury care to U.S. active-duty service members, reservists, National Guardsmen, military veterans and their families.

Registration:

Sign up for the webinar at <http://dcoe.cds.pesgce.com>. Please note, registration is required for each webinar regardless if the participant has an existing PESG account. Upon completion of registration, a confirmation email will be sent providing webinar event details. Once registered, you may use Adobe Connect or Defense Collaboration Services to attend the webinar.

If you have questions or need assistance, please email the DCoE webinar team.



Ms. Julie Burks, MCAS Miramar, teaches how nutrition plays a significant role in injury prevention and performance recovery.

## Partnership and Sharing

### USMC Semper Fit Health Promotion Program

The partnership between the NMCPHC, the specialized knowledge in Health and Fitness, and the wealth of information they bring will impact the Marine Corps Semper Fit Health Promotion Program for years to come. Ultimately, we strive to do the right things the right way for the health and well-being of our Marines and Sailors. The NMCPHC has been diligent in providing the Marine Corps Health Promotion Staff with the technical and financial support needed to ensure the Semper Fit Health Promotion Program meets its mission and frames its support to commands.

In August 2016, the NMCPHC provided the opportunity for the Marine Corps Health Promotion Program Staff to participate in professional development and in program planning for the Semper Fit Health Promotion Program. Health Promotion Coordinators were instructed on a series of nutrition topics and in the latest injury trends affecting Marine readiness. Available resources to support Health Promotion Staff's efforts in conducting health education aboard Marine Corps installations were also provided. Additionally, Health Promotion Staff identified program priority areas (tobacco cessation, nutrition/dietary supplements, and injury prevention) as part of planning for the future of the Semper Fit Health Promotion Program. It would have been difficult to accomplish these outcomes without the support from NMCPHC and the Semper Fit Health Promotion Program is grateful for this partnership.

## Social Media to Share: Navy Drug and Alcohol Program (NADAP)

Please take a few moments to share the following messages from NADAP on your social media platforms!

- Fact: @USNavy's zero-tolerance policy on drug use includes misuse of #RxDrugs. Wrongful use includes using a legitimately prescribed medication more than 180 days after the dispense date. Learn the facts at [www.nadap.navy.mil](http://www.nadap.navy.mil), then tell a friend or shipmate. #TakeCorrectly #ZeroToleranceInfiniteRisk
- #ReportPromptly: do you know the Navy's policy on self-reporting your prescribed medication? Learn the facts, then tell a friend. [www.nadap.navy.mil](http://www.nadap.navy.mil) #PrescriptionForDischarge



**Social Media Images:** Images to accompany social media posts are available on the Prescription for Discharge Flickr site at [https://www.flickr.com/photos/nadap\\_usnavy/albums/72157640123329374](https://www.flickr.com/photos/nadap_usnavy/albums/72157640123329374).

For more resources and videos, visit the Prescription for Discharge campaign website at [www.nadap.navy.mil](http://www.nadap.navy.mil) and the NADAP YouTube channel at <https://www.youtube.com/user/NavyNADAP>.

# Health Promotion Around the Globe

## Naval Hospital Pensacola Medical Home Port

### Population Health



Medical Home Port (MHP) Population Health, or Integrated Healthy Communities Program as it's known at Naval Hospital Pensacola (NHP), is improving the health and quality of life in actively engaged participants. MHP Population Health is a population health framework pilot coordinated and implemented by the U.S. Navy Bureau of Medicine and Surgery (BUMED), with assistance from the Navy and Marine Corps Public Health Center (NMCPHC). MHP Population Health enlists the help of nutritionist, health educators, fitness coaches, and other experts to get patients on the right track with their health.

A 63 year old patient at NHP continued to struggle with weight, high cholesterol, type 2 diabetes, and pain due to worsening arthritis. One doctor at NHP decided it was time to try something different and referred the patient to MHP Population Health. Six weeks into the program, the patient had lost weight and was feeling better, stating the key to success so far has been finding time to be active and making simple changes to their diet.

"The Navy created this effort with a goal of saving money by targeting chronic users of the health care system to reduce the number of medical visits through the adoption of healthier lifestyles," said Jim Sherrard, Department Head of the Health Promotions Department.

Laticia Jackson, Health Educator, oversees the program and works one-on-one with each of the patients.

Doctors often spend just 20 minutes with a patient during a brief office visit and they do not have time to address chronic issues that require lifestyle changes.

"That's where we come in," Ms. Jackson said. "We work with the doctors to follow up on the care."

At NHP, officials started with about 4,000 patients identified as chronic users. They eliminated people under age 19 and over age 65, and those with chronic, underlying health conditions not related to lifestyle, Ms. Jackson said. The hospital then sent letters to all those who qualified inviting them to participate.

According to Mr. Sherrard, the first group of 24 patients included a mix of active duty sailors, retirees, military spouses, and dependents.

"So far, we are seeing great results. It's early, but we expect it to continue," he said.

#### References:

Navy program pushes health choices. Pensacola News Journal. <http://www.pnj.com/story/news/2016/09/19/quinoa-core-exercises-navy-program-pushes-health/90299412/>. Published 20 September 2016. Accessed 18 October 2016.





## U.S. Naval Hospital Okinawa Celebrates Women Who Are “Feisty, Fabulous, and Forty & Beyond!”

The U.S. Naval Hospital Okinawa (USNHO) Health Promotion team is always seeking feedback and suggestions from stakeholders, so when the Patient and Family Advocacy Committee requested information for women in their 40's and 50's, we were happy to oblige!

We reached out to our target audience for topic ideas and learned that while many women approach their 40's and 50's with confidence and excitement, as they have gained valuable insight, wisdom, and experience over the years, they may also experience new health questions or concerns. While most women realize they will experience physical and emotional changes as they age, it can be difficult to determine the difference between “normal” changes and those that should be addressed with a healthcare provider. Individual differences further complicate the issue. Our team put together a series of events for Women's Health Month targeting women who are “Feisty, Fabulous, and Forty and Beyond” to answer some of these questions.



**Kick-off Event:** We started the month with a health fair style event intended to provide an opportunity for beneficiaries to meet representatives from various departments in the hospital, as well as other support that is available on island. The focus was medical care topic areas to include: body fat, nutrition, cardiovascular health, and preventive exams.

**Girls Night Out – Menopause and the Media: Myth vs. Fact:** Our team facilitated three evening discussions on menopause, each lead by a Family Practice provider over light refreshments, and each on a different base across the island. We used various television show and documentary clips that address menopause symptoms in a humorous manner to guide an informal discussion about menopause symptoms and how menopause is perceived in our society.

**Lunch and Learns:** Our three lunch and learn activities addressed topics that were chosen based on feedback from beneficiaries to include:

- Achieving and maintaining a healthy weight
- Physiologic changes: Should I worry?
- Coping with transitions

Food for the events was generously provided by the American Red Cross.

- Monday Mocktail Hour - Memory and Migraines: The USNHO neurologist led a lively discussion on two topics of great interest here on Okinawa while attendees sipped mocktails and snacked on hors d'oeuvres.
- Town Hall Discussion: The month culminated with a panel discussion, where individuals could ask any outstanding questions or speak to subject matter experts about presentations they were unable to attend. Questions were taken via Facebook in addition to in-person to encourage maximum participation and access.

We engaged our partners early and received incredible support from the American Red Cross, Marine Corps Community Services Semper Fit and Families Overcoming Under Stress, the USNHO Radiology Department, our public affairs team, and the hospital providers. The topics were incredibly well-received and we are already looking forward to making it bigger and better next year!

