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February 27, 2015



# Health Promotion and Wellness Friday Facts

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## RESCHEDULED: “GETTING TO THE HEART OF IT: PREVENTING HEART DISEASE AND PROMOTING HEART HEALTH” WEBINAR ON 4 MARCH!

Just a reminder about our upcoming webinar for Heart Health Month! In collaboration with the Air Force Medical Support Agency, Navy Medicine, and the U.S. Department of Health and Human Services’ Million Hearts® Initiative, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center (NMCPHC) will host a webinar entitled “Getting to the Heart of It: Preventing Heart Disease and Promoting Heart Health” in support of Heart Health Month. On 4 March, from 1130-1300 ET, join NMCPHC and guest speakers to discuss the burden of heart disease in the United States, resources and programs to prevent heart disease and promote heart health, and how to recognize symptoms.



To view the webinar on the day of the event, click on or copy and paste the following link: <https://connectcol.dco.dod.mil/hearthealth/>  
For audio please dial: 1-877-885-1087 Passcode: 704-516-0523#

## IT’S NOT TOO LATE TO REGISTER FOR THE 15TH ANNUAL “CREWS INTO SHAPE” CHALLENGE!



It’s time to get Crewsin! The 15th Annual Crews Into Shape Challenge is taking place now through 28 March 2015. Crews Into Shape is a four-week challenge held every March in conjunction with National Nutrition Month®. It uses a team approach to promote wellness, combining the support of friends, colleagues, and family members to work toward a healthier lifestyle. Submit your registration to NMCPHC now!





The challenge is open to all Active Duty and Reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, as well as Department of Defense (DoD) family members and civilians. Participants generate teams of up to 10 members and earn points for eating fruits and vegetables, exercising, and maintaining or achieving a goal weight.

Last year's challenge brought together 1,786 registered crew members and 267 teams from across the DoD. Help us exceed that!

Check out the official Crews Into Shape website for registration details and resources supporting this year's challenge at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>.

## REAL WARRIORS RELEASES TWO NEW ARTICLES ON PSYCHOLOGICAL HEALTH AND ANXIETY

The Real Warriors Campaign recently released two articles on Psychological Health and Anxiety. The first article is entitled "[Discussing your Psychological Health with a Provider](#)". This article provides useful tips on how to help service members, military families and veterans choose a health care provider, prepare for their first appointment and maximize their visits. The second article, "[Understanding and Managing Anxiety Disorder](#)" describes anxiety disorders, outlines their signs and symptoms, and provides information on how to seek care.

## ARMY SPONSORED M-NEAT WEBINAR ON 10 MARCH

NMCPHC HPW Department Staff will be presenting at the Army sponsored m-NEAT webinar that will be focused on how the m-NEAT has been incorporated into the Navy Blue H Award. It will be held March 10 from 1500-1600 EST. We hope you can all join.



Dial-In Number: Commercial, (210) 249-4234  
DSN, 421-3272, (312) for Overseas DSN  
Conference Access Code: 10724#  
DCO Link: <https://connectcol.dco.dod.mil/mneat/>

## SIGN UP FOR CDC'S "DID YOU KNOW"



"Did You Know?" is a weekly feature from CDC's Office for State, Tribal, Local and Territorial Support to inform your prevention activities. You can sign up to receive the weekly email or view the archived editions here: <http://www.cdc.gov/stltpublichealth/didyouknow/index.html>.

## DEFENSE CENTERS OF EXCELLENCE OFFERS

Looking for new information on TBI and Psychological Health? DCOE provides two monthly webinars to provide information and facilitate discussion on a variety of topics related to psychological health and traumatic brain injury and has archived past webinars. To register or view the past webinars, visit: [http://www.dcoe.mil/Training/Monthly\\_Webinars.aspx](http://www.dcoe.mil/Training/Monthly_Webinars.aspx).



**DEFENSE CENTERS  
OF EXCELLENCE**

For Psychological Health  
& Traumatic Brain Injury



# GUARD YOUR HEALTH PUBLISHES HYPERTENSION INFOGRAPHIC AND ARTICLE ON IRON

The Army National Guard's Guard Your Health Campaign recently released an infographic on hypertension and blood pressure control. Check it out [here](#). They also released an article for females on iron, which can be viewed [here](#).

## IN THE NEWS

[Teacher Uses Initiative to Encourage Healthy Habits for a Lifetime in Students](#) - Health.mil

[Department of Defense will encourage warfighters to 'Go for Green' to improve health](#) - Health.mil

[Reducing stigma associated with behavioral health treatment](#) - Health.mil



### High Blood Pressure More Dangerous Than Combat?

Blood Pressure Facts Soldiers Need to Know Now

**More Soldiers may die from heart disease than in combat, studies suggest.** Every minute, one American will die of a heart disease-related event, such as a heart attack or stroke, according to the Centers for Disease Control and Prevention (CDC). High blood pressure or "hypertension" is one of the main risk factors of heart disease and stroke.



What is **Healthy Blood Pressure?**

**120/80** mmHg

"Blood pressure" is the force of blood pushing against the walls of your arteries as it travels to different parts of your body. A healthy level is necessary to deliver oxygen and energy to your muscles and organs to help you perform as a Citizen-Soldier.

What is **Pre-Hypertension?**

**120 to 139** mm —  
— over —  
**80 to 89** Hg

Slightly elevated blood pressure is known as pre-hypertension. If you have pre-hypertension, you are at risk of developing high blood pressure, which increases your risk of heart attack and stroke.

What is **Hypertension?**

greater than  
**140/90** mmHg

Doctors call hypertension "the Silent Killer" because it harms your body for years before being detected. If your blood pressure remains high for a long period of time, it can cause serious problems in your body such as ruptured blood vessels, heart attack, erectile dysfunction, and stroke.

**How Does Hypertension Harm My Body?**

When your blood pressure is high, you are

**4x**

more likely to die from a stroke

**& 3x**

more likely to die from heart disease

Take advantage of your annual physicals and pre-deployment health assessments to detect signs of high blood pressure early on.

### TOP 5 Risk Factors of Hypertension



Smoking cigarettes



Poor Diet



Unhealthy Weight



Lack of physical activity



Excessive alcohol use



The nicotine in a single cigarette can raise your blood pressure for up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high.

### How Can I Control My Blood Pressure?

If your blood pressure is outside the healthy range, small daily changes can help you control your levels:

Cut sodium intake down to 2,300 mg per day (or one teaspoon).



Keep your BMI below 25. Need to shed a few pounds? Talk to a medical professional to come up with a weight loss plan.



Limit alcohol intake to 1-2 drinks per day.



Get 30 minutes of moderate exercise, such as biking or climbing stairs, five days of the week.



Check your blood pressure in between check-ups using a cuff at your local pharmacy or armory.



Get 7-8 hours of sleep to reduce stress and keep blood pressure levels down.



[www.GuardYourHealth.com](http://www.GuardYourHealth.com)