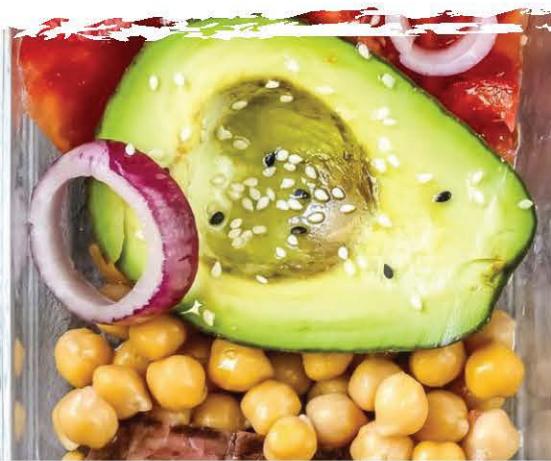


# Health Promotion & Wellness

July 2019



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



## Ten Safety Tips for this Fourth of July

By: Federal Emergency Management Agency (FEMA)

Click here to get resources for Summer Safety Month!

Ensure your Independence Day weekend is filled with celebration and not regret with these 10 fire safety tips, from the FEMA Region V office in Chicago:

- Be sure fireworks are legal in your area before using or buying them.
- Always have an adult supervise fireworks activities and never allow children to play with or ignite fireworks. Sparklers alone account for one quarter of emergency room fireworks injuries.
- If you set off fireworks, keep a bucket of water handy in case of malfunction or fire.
- If fireworks malfunction, don't relight them! Douse and soak them with water then throw them away.
- Never ignite fireworks in a container, especially one that is glass or metal.
- Use your grill well away from your home and deck railings, and out from under branches or overhangs.
- Open your gas grill before lighting.
- Periodically remove grease or fat buildup in trays below your gas or propane grill so it cannot be ignited.
- Declare a three-foot "kid and pet-free zone" around the grill to keep them safe.
- Avoid loose clothing that can catch fire when cooking on the grill.



(U.S. Navy photo by Mass Communication Specialist 3rd Class Danielle Baker)

For the full article, visit the FEMA [website](#).



## Exercise Programs to Prevent Gestational Hypertension

By: The Community Guide

Exercise programs are being recommended for pregnant women to reduce the development of gestational hypertension without the development of preeclampsia-eclampsia. This recommendation, made by The Community Preventive Services Task Force (CPSTF), is based on evidence from 17 studies identified in a systematic review published in 2017 (Margro-Malosso et al., 2017).

These exercise programs will engage women in regular exercise from before their 16th week of pregnancy through birth. The programs must include one or both of the following:

- Supervised exercise classes that meet at least three times each week and include 30-60 minutes of moderate-intensity aerobic exercise.
- Regular moderate-intensity walking sessions during which women, alone or in a group, walk 90-150 minutes per week or 11,000 steps per day.

Interventions should also include supervised resistance training, and additional education on physical activity, nutrition and weight management.

To view the article in its entirety and for more information, visit [The Community Guide](#).



## Legislation Proposed to Raise Tobacco Age from 18 to 21



Recently, lawmakers proposed two different pieces of legislation to raise the minimum age to purchase tobacco from 18 to 21. Many localities and states have already passed laws raising the legal purchase age, with many exempting service members, allowing them to purchase tobacco at age 18 while civilians must be at least 21. The new pieces of legislation could become federal law and would not exempt service members. Watch for updates! For more information, [click here](#).

## NMCPHC Presents at the 2019 World Federation of Athletic Training and Therapy (WFATT) World Congress in Tokyo, Japan

The theme of the World Congress was titled: Exercise for Total Health. As a leader in the international sports medicine industry, Ms. Diana Settles, Master of Athletic Training (MAT), Certified Athletic Trainer (ATC), from NMCPHC was selected to serve as a keynote presenter during the 2019 WFATT's World Congress held in Tokyo, Japan. The World Congress is held once every two years and is hosted by a different country each session.

"This was an incredible experience, and I enjoyed presenting a U.S. Navy Best Practice during the World Congress," stated Diana. The presentation was titled, "From the Battlefield to the Playing Field: Navy Operational Fitness and Fueling System (NOFFS)."

This session covered physical activity evidence-based best practices that are currently utilized in both the U.S. military and professional sports arena to reduce the intrinsic and extrinsic risk factors that are associated with injury occurrence and improve physical readiness. Injuries impose a greater ongoing negative impact on the health and readiness of U.S. military service members than any other category of medical complaint.

NOFFS is an award winning military performance training system that can positively affect physical performance, reduce injuries and improve diet, resiliency and durability of service members. It has over 450 published references supporting its usage. This can be used in large groups with minimal equipment and has been shown to improve performance in the military by up to 18% with a reduction in musculoskeletal injury to 9%. NOFFS can also be readily implemented into any fitness setting.

For more information on NOFFS, visit the [Navy Fitness website](#).



**ディアナ・セトルズ (Diana Settles)**  
**MAT, ATC**  
The Navy and Marine Corps Public Health Center (本部)  
Injury Prevention & Physical Readiness プログラムマネージャー

英語講演  
"戦場から競技場へ" Navy's Operational Fitness and Fueling System (NOFFS) 演習のケース  
レーショナルフィットネスと栄養供給システム) を採用した最長のパフォーマンス  
マネージャー

(From the Battlefield to the Playing Field: Best Practice Performance Training Utilizing the U.S. Navy's Operational Fitness and Fueling System (NOFFS))





## Diabetes Education: Facts on Who Can Teach

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Is your command interested in conducting diabetes prevention or management training, but not sure who can teach? Does the person have to be a Certified Diabetes Educator (CDE)? According to the resources listed below from the VA/DoD, the American Diabetes Association and American Association of Diabetes Educators, the answer to that is “no”. As long as one person on the team has been trained in diabetes, CDE not required, anyone can teach. There is no requirement that only CDEs can teach.

It is estimated that there are 114 million Americans who are living with diabetes or are at increased risk for diabetes. There are currently around 22,000 CDEs in the world. That is 5,000 patients for every CDE. It is mandatory for someone who would like to become a CDE to get hours teaching, and if we don't allow them to teach, they will never have a chance to even apply.

A Diabetes Self-Management Education Support (DSMES) Team is defined in the 2017 National Standards for DSMES reference below as, “at least one of the team members responsible for facilitating DSMES services will be a registered nurse, registered dietitian nutritionist or pharmacist with training and experience pertinent to DSMES, or be another health care professional holding certification as a diabetes educator (CDE) or Board Certification in Advanced Diabetes Management. Other health care workers or diabetes paraprofessionals may contribute to DSMES services with appropriate training in DSMES and with supervision and support by at least one of the team members listed above.”

The VA/DoD Clinical Practice Guideline has recommendations for medical facility goals and number two is, “create a support system for patients with Diabetes Mellitus such as online groups, chats, other support groups and diabetes education classes to enhance involvement and support among patients with diabetes.”

We encourage commands to support diabetes education as it is imperative for patient-centered care. NMCPHC hosts the milSuite Diabetes Resource Collaboration Hub for current information and will also be providing a webinar series on the 2019 Standards of Medical Care in Diabetes. Chances are very good that your command already meets the recommendations above for a great DSMES team, and we will be providing more education opportunities to help take your team to the next level.

### Resources:

- [VA/DoD Clinical Practice Guidelines, Management of Diabetes Mellitus in Primary Care \(2017\)](#).
- [2017 National Standards of Diabetes Self-Management Education and Support \(DSMES\)](#) from American Diabetes Association.
- [2019 Standards of Medical Care in Diabetes](#) from American Diabetes Association.
- [Community Health Workers' Role in DSMES and Prediabetes](#) from American Association of Diabetes Educators.

## Spread Your Word: Call for Articles

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We would love to share what you are up to! If you have a great program that could be replicated elsewhere, an innovative idea or new information, etc., let us - and everyone else - know! Deadlines are below for upcoming HPW Newsletters.

**August:** June 21

**September:** July 18

**October:** August 22

**November:** September 19





## Keep Your Produce Safe This Summer

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Summertime is a great time to enjoy delicious fruits and vegetables fresh from the farm. Unfortunately, if we don't handle our food correctly, we could put our health at risk. The Academy of Nutrition and Dietetics has some great tips to help us stay safe in the kitchen:

- Buy loose produce rather than packaged for more control over what you select.
- Avoid produce with visible mold, bruises or cuts.
- Select only the amount of produce that you will use within a week.
- Refrigerate fresh produce within two hours of peeling or cutting.
- Discard cooked vegetables after three to four days.
- Wash all fresh fruits and vegetables with cool tap water immediately before use.
- Clean produce skin before peeling or cutting to prevent dirt and bacteria from passing from the knife onto the fruit or vegetable. Gently rub produce while holding under running water; no soap needed. If produce is firm (like melons), scrub with a clean produce brush.
- To avoid cross-contamination from animal products, use a separate cutting board for your fruits and vegetables.

For more information about safe food handling tips, [click here](#).

## Training and Events

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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. View a complete list of all HPW trainings for FY19 [here](#).

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.nmcphe-hpw-training@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-hpw-training@mail.mil).

## HPW Stakeholder Webinars: Upcoming 2019 Schedule

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This is a recurring event happening the third Thursday of each month at 1400 EST (other time zones: 1300 CST, 1200 MT, 1100 PST, 0800 HI, 0300 Japan).

**Date:** June 20

**Topic:** Sleep Research with Dr J. Lynn Caldwell

**DCS Link:** <https://conference.apps.mil/webconf/HPWWebinarJun2019>

**Date:** July 18

**Topic:** Nutrition with Jennifer Meeks

**DCS Link:** <https://conference.apps.mil/webconf/HPWWebinarJul2019>

**Dial In Number for Both:** 757 953 2834 **DSN:** 377 2834 **Conference ID:** 6537 **Passcode:** 0792

The webinar page on our website is getting a complete overhaul and we will be sending out an email when it is done. You can download the slides and listen to the audio at a time that is convenient for you. CEUs are available for these classes also. If there is a particular topic you would love to hear more about, feel free to let us know by emailing [usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-contactpw@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-contactpw@mail.mil).





## Summertime Spaghetti Squash Salad

### Ingredients:

- 1 medium-sized spaghetti squash (5 - 6 lbs.)
- 1/3 cup Italian salad dressing, divided
- 2 tbsp. apple cider vinegar
- 1 lb. fresh raw shrimp
- 1/2 red bell pepper
- 1/2 green bell pepper
- 1/2 orange bell pepper
- 1/2 bunch fresh cilantro

### Directions:

1. Carefully slice the squash in half lengthwise and scoop out the seeds. Place the halves cut side down in a microwave safe baking dish and fill the dish with 1 inch of water.
2. Microwave on high for about 12 - 14 minutes, or until the squash is easily pierced with a fork. Set aside and allow it to cool before handling.
3. While the squash is cooking, add 2 tbsp. of Italian salad dressing to a medium-sized skillet and heat over medium-high heat. Once the dressing is heated, add the shrimp in a single layer. Flip after 1 minute and continue cooking until the shrimp turns pink. Quickly remove from the pan, set aside to cool. Reserve the pan drippings.
4. Thinly slice the bell peppers and chop the cilantro.
5. Once the squash has cooled, make the noodles using a fork to scrape out the spaghetti-like strands by starting at the outer part of the squash and pressing down while pulling the fork towards the center and repeat until the entire squash is scraped. Place the noodles in a large bowl.
6. Peel and devein the shrimp and add to the noodles. Add the peppers and drizzle the pan drippings, remaining Italian salad dressing and vinegar. Gently toss to mix. Top with the fresh cilantro and serve.



*(Photo courtesy of Defense Commissary Agency)*

### Note:

- This salad can be served immediately as a warm salad or you can chill it in the fridge and serve cold.
- Consider adding other vegetables like raw broccoli, cut into bite sized pieces and halved cherry tomatoes.

For more great recipe ideas from DECA, [click here](#).

