



April 2014

# BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

## HEALTH PROMOTION

## Sexual Health Month

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# Why Sexual Health Month?

## Sexual Health supports Sexual Assault Prevention and Response

### Provided by: U.S. Naval Hospital Health Promotion and Navy Fleet and Family Support Center, Sexual Assault Response Coordinator

The Navy Marine Corps Public Health Center promotes Sexual Health for the month of April. Sexual Health is not only the absence of sexually transmitted infections (STIs), it is about responsible sexual behavior that starts with positive approaches to relationships. U.S. Naval Hospital Yokosuka Health Promotion uses this month to also highlight Sexual Assault Awareness Month (SAAM) of April, recognized by both civilian and military communities. The Navy's Sexual Assault Prevention and Response Program is the cornerstone to the Department of Defense's goal of eliminating sexual assault from the military. Throughout the month of April military commands and organizations will promote sexual assault awareness. To report sexual assault contact, 24/7 CFAY SAPR Victim Advocate: 090-8046-5783, DoD Sexual Assault Safe Helpline at 1-877-995-5247 or <https://www.safehelpline.org/>. Finally, Health Promotion will host Sexual Health presentations for commands and organizations, during the month of April. While substantial progress has been made in preventing, diagnosing, and treating certain STIs, this problem still remains a major public health challenge.

Contact Health Promotion at: Fleet Rec Center-Rm 323, 243-9776 /046-816-9776, or [HP@med.navy.mil](mailto:HP@med.navy.mil).

#### Navy Fleet and Family Support Center SAAM Activities

##### 1 April 2014 - SAAM Day of Action

Post teal flags in front of Community Readiness Center; number of flags represent victims reported in FY13.

##### 4 April 2014 - SAAM Kick-Off Event

Information booths represented by various commands and organizations  
Proclamation signing (scheduled for 1130)  
Human Teal Ribbon - gather people willing to wear a teal t-shirt and have photo taken.

##### 6 April 2014 - SAAM Super Bingo

MWR staff will wear teal shirts provided by FFSC

##### 14 April 2014 - Self-Defense Lesson

1100 - 1300, 2nd Deck Auditorium in the CRC. Free of charge, open to all.

##### 16 April 2014 - VA Appreciation Luncheon and Ceremony at CFAY Galley

VAs will be offered this opportunity to dine for free at the Galley.

##### 16 April 2014 - Open Mic Night at Club Alliance

Collaboration with CFAY CSADD

##### 18 April 2014 - Men's Sexual Assault Awareness & Prevention Symposium

Guest speaker Dominic Guerra will focus on raising male awareness of violent behaviors that can lead to sexual violence, challenge men to take an active role in reducing sexual violence, harassment and abuse, and empower Navy leaders to mentor and educate their peers and Sailors on sexual assault prevention strategies.

##### 18 & 19 April 2014 - Wear Teal Day

Encourage the community to wear teal in support of SAAM.

##### 29 & 30 April 2014 - SCREAM Theater Performance

Sailors Challenging Reality and Education Against Myths (SCREAM) annual drama performance at the Benny Decker Theater.

Contact FFSC SAPR office for more information about these events and other sponsored promotions for SAAM.  
243-9608 / 046-816-9608



# 2014 Sexual Assault Awareness Month

U.S. Naval Hospital Yokosuka



Health Promotion  
HP@med.navy.mil

## “Live Our Values: Step Up to Stop Sexual Assault”

**Provided by: Rich McManus, U.S. Naval Hospital Yokosuka Public Affairs Officer**

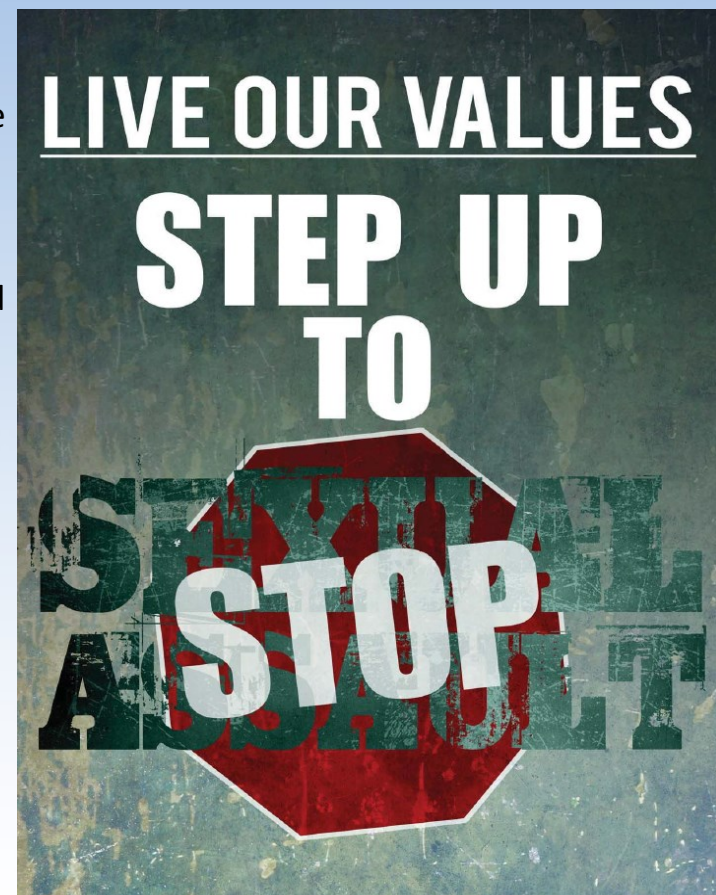
The Navy announced the 2014 Sexual Assault Awareness Month (SAAM) theme of “Live Our Values: Step Up to Stop Sexual Assault” and is focusing efforts on awareness and prevention of sexual violence.

U.S. Naval Hospital (USNH) Yokosuka’s goal is to eliminate sexual assault by fostering a culture of prevention which includes effective education and training, a 24/7 response capability to ensure victim support, reporting procedures available anywhere, anytime, and accountability that enhances the safety and well-being of all.

According to Rear Adm. Sean Buck, Director, 21<sup>st</sup> Century Sailor Office, “We've created changes in our reporting, investigative, and adjudicative procedures - changes which have earned critical trust and resulted in increased reporting, which deepen our understanding. No one should serve in fear. Don't be afraid to report if you've been a victim of sexual assault. Together, we will work to protect victims of sexual assault and hold perpetrators appropriately accountable.”

Sexual assault is a crime that destroys trust, divides teams and degrades operational effectiveness. More importantly, bystander intervention is vital in helping to stop unsafe behavior and a service members’ decision to act could prevent a sexual assault.

For more information, go to [www.sapr.navy.mil](http://www.sapr.navy.mil) and click on SAAM 2014.





# USNH Sexual Assault Prevention and Response Program

## U.S. Naval Hospital Yokosuka efforts to eliminate Sexual Assault in our Navy

**Provided by: Hospital Corpsman Chief Petty Officer Edward Wargo, Sexual Assault Prevention and Response**

U.S. Naval Hospital (USNH) Yokosuka has adopted the Chief of Naval Operations and Master Chief Petty Officer of Navy expectations of instilling a culture of respect for all Sailors and aligning our goals with the Navy's 21st century initiatives. During the Sexual Assault Prevention and Response (SAPR) General Military Education Trainings, Hospital Corpsman Chief Petty Officer Edward Wargo, USNH Command SAPR coordinator, has added potential scenario's involving sexual assault and how bystander intervention steps could be used to prevent such instances. HMC Wargo reports, "the overwhelming majority of Sailors understand the problem we face and are tired of the routine power point trainings.



Across the USNH enterprise we are working on providing focus groups to give our Sailors an opportunity to provide feedback and to have a say in the training, profiting mentorship of our Sailors at the same time. We are joining forces with Coalition of Sailors Against Destructive Decisions (CSADD), as well as Navy Drug and Alcohol Prevention program to accomplish these goals. We cannot expect a Sailor's moral compass to be aligned with the Navy's Core values just because we put them in dress blues. The millennial generation is the smartest group of Sailor's in the Navy's history. In order to secure their future, we as leaders will provide them mentorship to match their potential and hopefully get their buy-in on intervention at the deck-plate level. If we do not stop this problem, we are killing our Sailors without firing a weapon."



# Interpersonal Relationships and Sexual Health Awareness

## Navy Fleet and Family Support Center and U.S. Naval Hospital Yokosuka Health Promotion Educate Sailors on Interpersonal Relationships and Sexual Health Awareness

**Provided by: Mass Communication Specialist 3rd Class Chris Cavagnaro, USS George Washington**

During the month of February U.S. Naval Hospital (USNH) Yokosuka Health Promotion recognizes healthy interpersonal relationship awareness. On Feb. 25, Fleet and Family Support Center (NFFSC) and USNH Health Promotion conducted a seminar aboard the forward-deployed aircraft carrier USS George Washington (CVN 73), educating sailors on ways to overcome work, personal, and intimate interpersonal relationship challenges they may encounter.

Mr. Max Shannon and Lt. Rebecca Miranda, NFFSC social workers, discussed foundations of good communication to help balance work and personal relationships. One GW sailor commented that “being stationed overseas can be stressful and it can take a toll on my relationships back home...it’s nice to have classes like these to remind us to take the time to talk to your family or loved ones and continue building those relationships even though we’re far away.”

In the last hour of the seminar Lt. Cmdr. Te’Shara Felder, Division Officer for USNH Health Promotion, presented “For Ladies Only”. This presentation, adapted by Navy Marine Corps Public Health Center from an intervention recommended by the Centers for Disease Control and Prevention is for female Sailors and focuses on healthy intimate relationship choices. Health Promotion provides education and awareness activities designed to motivate behavior changes and improve health outcomes of our population. Contact Health Promotion at: Fleet Rec Center-Rm 323, 243-9776 /046-816-9776, or [HP@med.navy.mil](mailto:HP@med.navy.mil).



Lt. Rebecca Miranda speaks to GW sailors about healthy interpersonal relationships.



(Left) Female GW sailors listen to presentation, “For Ladies Only”



(Right) Lt. Cmdr. Felder speaks to *female* GW sailors about healthy intimate relationships.



# Sample Workout

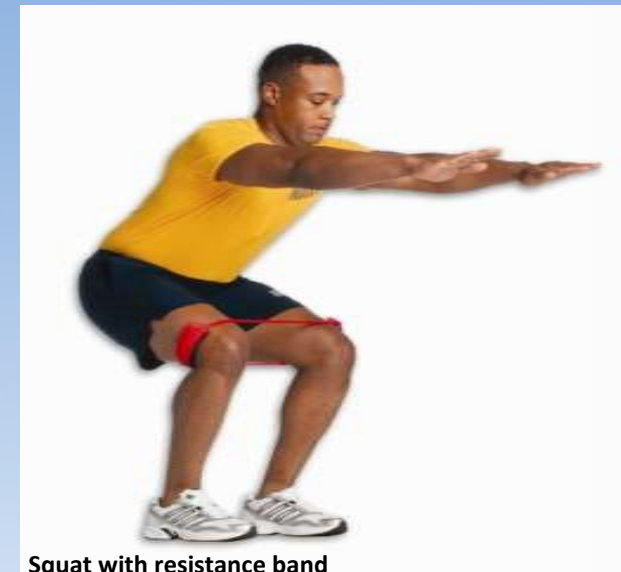
## “The Pingno”

### Courtesy: Navy Physical Readiness Program

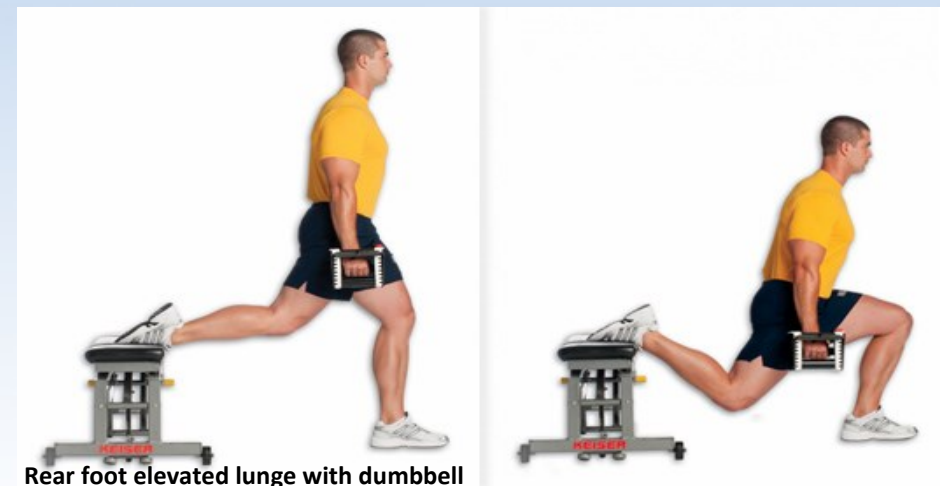
Start with a warm-up for 5-10 min. Then complete the following circuit:

1. 50 Squats, no weights. Intensify your squat with the use of a resistance band.
2. 50 Calf raises on elevated surface or step. This should allow for the ankle to move in a full range of motion, up and down.
3. 50 Lunges. Challenge yourself by incorporating a rear foot elevated lunge with dumbbell.
4. 50 Calf Raises on elevated surface or step. This should allow for the ankle to move in a full range of motion, up and down.
5. 2 Mile run (or time your 1.5 mile for practice if running PRT).
6. 5-minute or less rest.
7. Alternating push-ups with a partner. Both partners start in the front leaning rest position. First person completes a full push-up and stays in the up position while the other partner completes a push-up. The partners continue alternating until muscle fatigue.
8. Cool-down (light jog) and stretch 5-10 minutes.

[http://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/physical/Pages/SampleWorkouts.aspx](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/SampleWorkouts.aspx).



Squat with resistance band



Rear foot elevated lunge with dumbbell



# Well Child Visits

Keeping your child healthy means taking them to the doctor for their checkup.

This is the time for preventative care that will usually include a physical, behavioral and developmental check.

If your child will be any of the following ages, please schedule an appointment for their well child visit.

At birth: Physical exam and immunizations  
 1-3 days: Physical exam  
 2 weeks: Physical exam  
 2 months: Physical exam and immunizations  
 4 months: Physical exam and immunizations  
 6 months: Physical exam and immunizations  
 9 months: Physical exam  
 12 months: Physical exam and immunizations  
 15 months: Physical exam  
 18 months: Physical exam and immunizations  
 2 years/3 years: Physical exam  
 4 years/5 years: Physical exam and kindergarten immunizations  
 11-12 years/14-15 years: Physical exam and immunizations

Children ages 2-6 years should have a physical exam annually.

Children ages 6-18 years should have a physical exam at least for 6th and 9th grade, or even every one to two years if desired or concerns.

Influenza vaccines are highly recommended each winter for all healthy children ages 6 months and older.

Please call USNH Yokosuka Central Appointment at 243-5352.

For more information, please contact Family Medicine at 243-8721, Pediatrics at 243-5505 or Immunizations at 243-9840.





# Next **ShipShape** Course Coming Soon...

## **SHIPSHAPE** WEIGHT MANAGEMENT PROGRAM

**Next Course begins May 28, 2014**

**Class Option #1, Wednesdays 1100-1230**

**Class Option #2, Wednesdays 1500-1630**

**8-week lifestyle change program that includes:**

**Nutrition Education**

**Strategies to Increase Exercise**

**Behavior Modification Skills**

**Open to all TRICARE Beneficiaries**

**Contact Health Promotion**

**Schedule your spot in the course today!**

Fleet Rec Center-Rm 323, 243-9776 / 046-816-9776, or [HP@med.navy.mil](mailto:HP@med.navy.mil)





# Health Promotion Services

## HEALTH PROMOTION PROGRAMS AND SERVICES

**8-WEEK SHIPSHAPE WEIGHT MANAGEMENT**

**HEALTH FITNESS ASSESSMENTS**

**4-SESSION TOBACCO CESSATION CLASSES**

**PREVENTIVE HEALTH EDUCATION / SAFETY STAND-DOWNS**

**Contact Health Promotion today!**

Fleet Rec Center-Rm 323, 243-9776 / 046-816-9776, or [HP@med.navy.mil](mailto:HP@med.navy.mil)



# Health Promotion Calendar

## April 2014 SEXUAL HEALTH MONTH

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 SAAM day of action HFA 0800, 0830, 0900, 0930 & 1000	2 TOB CESS & PREV #1 1300-1400 HFA 1400-1430	3 HFA 0800, 0830, 0900, 0930 & 1000	4	5
6	7 HFA 0800, 0830, 0900, 0930 & 1000	8 HFA 0800, 0830, 0900, 0930 & 1000	9 TOB CESS & PREV #2 1300-1400 HFA 1400-1430	10 HFA 0800, 0830, 0900, 0930 & 1000	11	12
13	14 HFA 0800, 0830, 0900, 0930 & 1000	15 HFA 0800, 0830, 0900, 0930 & 1000	16 TOB CESS & PREV #3 1300-1400 HFA 1400-1430	17 HFA 0800, 0830, 0900, 0930 & 1000	18 USS George Washington Pre-deployment Fair Purdy Gym, 0800-1500	19
20	21 HFA 0800, 0830, 0900, 0930 & 1000	22 HFA 0800, 0830, 0900, 0930 & 1000	23 TOB CESS & PREV #4 1300-1400 HFA 1400-1430	24 HFA 0800, 0830, 0900, 0930 & 1000	25	26
27	28 HFA 0800, 0830, 0900, 0930 & 1000	29 HFA 0800, 0830, 0900, 0930 & 1000	30 HFA 1400-1430		18 <sup>th</sup> and 19 <sup>th</sup> Wear Teal Day	

### HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body and provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals and preparing a personalized plan to meet those goals. Initial appointments are available in approximately 1-hr increments Mon, Tues, Thurs 0800, 0830, 0900, 0930 & 1000 as well as Weds 1400 & 1430; follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment!

**\*BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN\***

### **USNH HEALTH PROMOTION**

Fleet Rec Center, Rm 323  
243-9776 / 046-816-9776 / HP@med.navy.mil

### TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!



# Meet the Staff



From left to right:  
(Top Row) **Paje, Jessica CIV**, Operations Assistant; **HM1 Thompson, Trevor, LPO**; **HM2 Duong, Vannak**, Staff Corpsman; **Vetrano, Rebecca CTR**, Health Technician.  
(Bottom Row) **HN Franklin, Myka**, Staff Corpsman; **HN Sparks, Daniel**, Staff Corpsman.

The Balance newsletter is an official publication of U.S. Naval Hospital Yokosuka Health Promotion. If you have any comments or suggestions about this publication, Health Promotion events, or programs, please contact our staff at 243-9776 or [HP@med.navy.mil](mailto:HP@med.navy.mil).