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# Health Promotion and Wellness Friday Facts



## JOIN THE DIABETES RESOURCE AND COLLABORATION HUB TODAY!

NMCPHC is seeking new members for its recently launched Diabetes Resource and Collaboration Hub (DRCH). The DRCH is an online community intended for diabetes educators, Health Promotion and Wellness stakeholders with an interest in diabetes education, and health care providers who provide education and care to patients with diabetes. Why join? The DRCH offers members many benefits including:



- Diabetes self-management education and support resources that enable diabetes educators to focus their time and efforts on patient support.
- A central repository for diabetes education materials and resources that can be used to create a new, custom program or enhance an existing local diabetes self-management education (DSME) program.
- Access to fellow diabetes educators and health care providers who offer education materials and best practices as well as engage in online discussions and collaboration events about DSME.
- The opportunity to contribute, engage, and comment in the DRCH milBook group using features such as documents, discussions, and polls.

Interested individuals with a Common Access Card can visit <https://www.milsuite.mil/book/groups/diabetes-resource-and-collaboration-hub> to request access to the DRCH milBook group. If you are not already a milSuite user, a milSuite registration guide can be accessed <http://www.afcea.org/events/cyber/13/documents/HowtoRegisterformilSuiteScreenshots.pdf>. For more information on the DRCH, visit [http://www.med.navy.mil/sites/nmcpHC/Documents/health-analysis/NMCPHC\\_Diabetes\\_Hub\\_Fact\\_Sheet.pdf](http://www.med.navy.mil/sites/nmcpHC/Documents/health-analysis/NMCPHC_Diabetes_Hub_Fact_Sheet.pdf) to download the DRCH Fact Sheet.





## NAVY WEB-BASED SEXUAL HEALTH LESSON AVAILABLE ON NKO



The Navy and Marine Corps Public Health Center (NMCPHC) have announced the launch of a new Navy web-based sexual health lesson available on Navy Knowledge On-Line (NKO).

The theme is “Ask the Doc!” and encourages Sailors to ask their doc about key sexual health issues, such as long-acting reversible contraceptives, emergency contraception, and annual HIV screening for people at high risk.

The lesson format was developed in collaboration with multiple focus groups to maximize its resonance and relevance with young Sailors and leaders.

For more information concerning this product please visit the following link: [http://www.navy.mil/submit/display.asp?story\\_id=91693](http://www.navy.mil/submit/display.asp?story_id=91693)

## PARTNERSHIP HIGHLIGHT: REAL WARRIORS CAMPAIGN PROVIDES RESOURCES FOR VETERANS

Throughout November, as we celebrate and give thanks for the gifts in our lives and the freedom to enjoy them, the [Real Warriors Campaign \(through the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury\)](#), a partner of the Navy and Marine Corps Public Health Center’s Health Promotion and Wellness Department, would like to extend a special thanks to the men and women who have served in our nation’s military, and encourage them to reach out for care and support if they are coping with invisible wounds.



Whether a warrior has recently returned from deployment or has been out of the service for a number of years, it is not uncommon to experience invisible wounds as a result of deployment or life transitions, and care and resources are available. The campaign offers free, confidential tools to help veterans coping with psychological health concerns, as well as resources to assist veterans in managing other common challenges experienced in post-military life such as transitioning to a civilian career and understanding veterans’ health benefits. The website [realwarriors.net](http://realwarriors.net) features video profiles and PSAs of service members, veterans, and military families who reached out for psychological health care or support with successful outcomes, including learning coping skills, maintaining their security clearance, and continuing to succeed in their military or civilian careers. By sharing their personal stories, Real Warriors like veterans [Maj. Ed Pulido](#) and [Lt. Cmdr. Steve Dundas](#) are proving by example that reaching out for help makes a difference and is a sign of strength.

Veterans may have concerns about navigating the health care system, understanding benefits, and accessing needed care. Real Warriors provides resources to help with administrative discharge, reevaluation, combat stress signs and symptoms, and up-to-date treatment options. The website also has more than 20 articles for veterans, including:

- [Five Steps Veterans Can Take to Support PTSD Treatment](#)
- [Translating Military Experience to Civilian Employment](#)
- [Veterans Affairs in the Digital Age](#)
- [Five Resources for Returning to School](#)
- [Managing Stress in the Civilian Workplace](#)



## HOLISTIC TREATMENT FOR WOUNDED WARRIORS AT NAVAL BRANCH HEALTH CLINIC GROTON

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An innovative healing arts program at Naval Branch Health Clinic (NBHC) Groton's Traumatic Brain Injury Clinic is helping Wounded Ill and Injured Sailors and Marines along the path to recovery.

The program introduces service members to complementary and alternative treatment modalities such as art, yoga, journaling, mindfulness meditation, and guided imagery. The five-week intensive outpatient program is offered approximately nine times per year.

To view the story in its entirety, click on the following link: [http://www.navy.mil/submit/display.asp?story\\_id=91525](http://www.navy.mil/submit/display.asp?story_id=91525)

## NOVEMBER IS NATIONAL DIABETES MONTH

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There are three main types of diabetes: type 1, type 2, and gestational diabetes. More than 29 million people in the United States have diabetes, but 1 out of 4 don't know they have it. Most people with diabetes—9 out of 10—have type 2 diabetes.

Risk factors include being overweight, being 45 years or older, having a parent or sibling with type 2 diabetes, being physically active less than 3 times a week, or ever having gestational diabetes or giving birth to a baby that weighed more than 9 pounds.

<http://www.cdc.gov/features/livingwithdiabetes/>

Check with your local Naval Medical Center for more information on diabetes education and programs being offered.

## IN THE NEWS

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[Energy Drinks: Different Labels, Same Risks](#) - Health.mil

[Shadow Boxing: A Sweeter Rehabilitation Science](#) - Health.mil