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August 14, 2015



Health Promotion and Wellness Friday Facts



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HPW DEPARTMENT HOSTS SEPTEMBER WEBINAR, "SUICIDE PREVENTION AND INTERVENTION EFFORTS IN THE NAVY AND MARINE CORPS"

In observance of Mental Health and Suicide Prevention Month, the HPW Department at the NMCPHC will host a webinar on 1 September 2015 from 1200-1300 EST in collaboration with Navy Suicide Prevention Branch (OPNAV N171) and Marine and Family Programs to discuss evidence-based programs and tools for suicide prevention as well as intervention resources used in the Navy and Marine Corps. This webinar will be focused on efforts from the deckplate to the leadership level. Speakers will address the importance of recognizing and understanding the factors that put Sailors and Marines at risk for suicide and the importance of communicating with one another to connect the dots and take action.



The webinar will be presented by:

- Mr. Steve Holton, Deputy Director, OPNAV N171
- LCDR Sam Stephens, Psy.D., Marine and Family Programs, Community Counseling and Prevention
- Dr. Mark Long, Public Health Educator, HPW Department, NMCPHC





Registration is required for this webinar. To register, please navigate to: <https://survey.max.gov/933674>. For more information about this webinar visit the [NMCPHC HPW Webinars Web page](#).

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH.

If you have any questions on the webinar or registration, please email: usn.hampton-roads.navmcpubhlthcenpors.list.nmcpnc-pew@mail.mil.



NAVADMIN 178/15 ANNOUNCING NAVY PFA CHANGES RELEASED!

NAVADMIN 178/15, announcing the Navy PFA Changes was released on 3 August and is posted at the Navy Personnel Command's website at: www.npc.navy.mil. A video of a live interview with VADM Bill Moran, Chief of Naval Personnel, explaining the 7 Things to Know About Navy's PFA Changes can be viewed at: <http://navylive.dodlive.mil/2015/08/03/7-things-to-know-about-navys-pfa-changes/>

NEW WEBSITE, NEW MOBILE MESSAGING SERVICES, AND A MOBILE APP AVAILABLE!!

Just in case you haven't heard, there are several new mobile messaging services and mobile apps for you to try and use with your Sailors, Marines, family members, retirees, or DoD civilians!



- [Virtual Hope Box](#) - A mobile app designed for use by patients and their behavioral health providers as an accessory to their current treatment.
- [FitText](#) – An Army National Guard- Guard Your Health Initiative that provides physical training tips and techniques through text messages.
- [SmokefreeMIL](#) - A free texting program designed to help military members in their fight to quit tobacco. Users receive quit support messages sent directly to their phone.
- [Military Kids Connect](#) - A website that allows military kids to connect with each other, all over the world, and discuss topics that are important to them.

For more information on selecting mobile health apps wisely as well as a list of additional mobile health apps not mentioned here, please visit [NMCPHC's Medical Home Port Support Web page](#).

RESOURCES TO SUPPORT SLEEP HYGIENE

Looking for resources to support your military members and others regarding sleep? They may find these resources helpful: http://www.navy.mil/submit/display.asp?story_id=90544 This article highlights the critical need for sleep by the Office of Navy Research.

NMCPHC websites, specifically:

HPW: <http://www.med.navy.mil/sites/nmcpnc/health-promotion/psychological-emotional-wellbeing/Pages/sleep.aspx>

Wounded, Ill and Injured (WII): <http://www.med.navy.mil/sites/nmcpnc/health-promotion/Pages/Wii-sleep.aspx>



CDC RELEASES NEW BUILT ENVIRONMENT ASSESSMENT TOOL

A wide array of tools exists for measuring different features of the built environment, many of them well validated. These existing tools fall into three categories: 1) interview or self-administered questionnaires which primarily measure perceptions, 2) tools that collect archival (existing) data, often using GIS, and 3) systematic observation or audit tools.

The Built Environment Assessment Tool (BE Tool) (an adaptation of MAPS) was designed to alleviate some of the challenges posed by the significant number of narrowly focused tools aimed at only one activity (walking), one subpopulation (older adults), or one public health area (inactivity). It was created as a collaborative enterprise across multiple areas of public health - health promotion, injury prevention, environmental health, etc. It is a direct systematic observation data collection instrument for measuring the core features and quality of the built environment related to behaviors that affect health, especially behaviors such as walking, biking, and other types of physical activity.

The core features assessed in the BE Tool include: built environment infrastructure (e.g., road type, curb cuts/ramps, intersections/crosswalks, traffic control, transportation), walkability (e.g. sidewalk/path features, walking safety, aesthetics & amenities), bikeability (e.g., bicycle lane/path features), recreational sites and structures, and the food environment (e.g., access to grocery stores, convenience stores, farmers markets, etc.). Additional questions or modules could be added by users if more detail about an aspect of the built environment, such as the nutrition environment or pedestrian environment, is desired.

Access the CDC BE Tool at: <http://www.cdc.gov/nccdphp/dch/built-environment-assessment/>.

FDA PROPOSES ADDITIONAL REVISIONS TO THE NUTRITION FACTS LABEL

The U.S. Food and Drug Administration (FDA) is proposing additional revisions to the Nutrition Facts label for packaged foods. The supplemental proposal would, among other things, require declaration of the percent daily value (%DV) for added sugars. The percent daily value indicates how much a nutrient in a serving of food contributes to a daily diet and would help consumers make informed choices for themselves and their families. For added sugar, the recommendation would be that the daily intake of calories from added sugars not exceed 10 percent of total calories. This and other recommendations from the 2015 Dietary Guidelines Advisory Committee (DGAC), which is an independent advisory committee, will be considered in the development of the final 2015 Dietary Guidelines.

The FDA is seeking public comment on the proposal for 75 days. The agency continues to review comments received on the 2014 proposed rule and is reopening the comment period on its March 2014 proposal for 60 days to invite public comment on two consumer studies related to label formats. The agency will consider comments on the original and this supplemental proposed rule before issuing a final rule. The FDA started accepting public comments starting July 27, 2015.

To electronically submit comments to the docket, visit <http://www.regulations.gov>.

IN THE NEWS

[Products for concussions hit by FDA](#) - Health.mil

[Preventive Health: Tackle Life's Challenges with Help from Self-Care Website](#) - DCoE Blog

[Healthy Base Initiative activities encourage getting up from desk for better health](#) - Health.mil