

Health Promotion & Wellness

22 April 2016

Let's Get Physical with
the latest HP Toolbox!



National Take-Back Day
is April 30 Learn more!
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Photo by Cpl. Kelly Street



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



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HPW Health Observance

Seek to Go Beyond the Gym During Physical Fitness Month



Regular physical activity reduces the risk of many adverse health outcomes and increases life expectancy.¹ Being active also improves overall quality of life and performance – both on and off the job. According to the 2014 Fleet and Marine Corps Health Risk Assessment Annual Report, 27 percent of active duty Navy and 17 percent of active duty Marine Corps respondents indicated a lack of moderate or vigorous intensity aerobic exercise in their routine.² A smaller percentage of active duty Navy and Marine Corps respondents indicated a lack of strength training exercises, 21 percent and 10 percent, respectively.² The positive picture is that active duty Sailors and Marines exceed the general population in their activity levels, as

less than half of the overall U.S. adult population get the recommended physical activity needed each week.³

When Sailors and Marines incorporate physical activities that mimic job duties into their workouts, they will be able to work more efficiently and with less risk of injury.⁴ Completing aerobic, muscle-strengthening, and flexibility exercises will also help sustain physical activity over the long-term and reap greater health benefits.^{1,5}

During Physical Fitness Month, help your Sailors, Marines, beneficiaries, and civilian personnel learn about the benefits of incorporating exercise into their everyday lives. Share resources that show them how to change their mindset about exercise and demonstrate the small changes they can make to increase physical activity without hitting the gym every day. By incorporating these tips into their daily routines, Sailors, Marines, beneficiaries, and civilian personnel can meet their recommended weekly amounts of physical activity with ease! Visit the [May Physical Fitness Toolbox](#) for great resources!

Tools and Resources to Share

[Change Your Mindset: Change Your Life](#)

Develop strategies to change your mindset about making time for exercise and overcome other barriers to being physically active.

[Beyond the Gym - Adding Physical Activity to Your Daily Routine](#)

Being physically active and becoming fit doesn't have to mean spending hours at the gym. Start by making small changes to your day-to-day activities.

[Chair Exercises](#)

Learn five exercises you can complete anywhere – all you need is a chair!

1 U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed March 2016.

2 Navy and Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2014. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA-2014-report-final.pdf>. Published 2015. Accessed March 2016.

3 Facts About Physical Activity. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/data/facts.htm>. Updated 23 May 2014. Accessed March 2016.

4 NOFFS Training System Project Overview. Commander Navy Installations Command. <http://www.navyfitness.org/fitness/noffs-training/noffs-overview>. Accessed March 2016.

5 Adding Physical Activity to Your Life. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/basics/adding-pa/index.htm>. Updated 4 June 2015. Accessed March 2016.



Health Promotion News and Resources

AF DCOE Upcoming Diabetes ECHO webinar

The Air Force Diabetes Center of Excellence (AF DCOE) hosts monthly presentations entitled “[Diabetes ECHO](#).” These monthly webinars are free and provide current and quality information for diabetes educators with the opportunity to earn continuing medical education credits (CME). Previous topics discussed include “[Diabetes Related Distress](#),” and the “[ADA Clinical Practice Guidelines Update](#).”

The next Diabetes ECHO presentation “[ICD-10 Coding for Diabetes Management](#)” will be led by Sherry Terry, CPC on Friday 13 May at 1200-1300 CT. If you are interested in attending this webinar you must register for the Diabetes ECHO prior to participation: <https://education.mods.army.mil/airforcecme>.

Real Warriors' Five Tips to Stay Mission Ready

On or off the battlefield, it is important for service members to keep both their mind and body fit. Service members can maintain their psychological and physical resiliency by following these five tips to stay mission ready.

Order both sizes of the infographic for free [here](#) to share with your command.

The Real Warriors Campaign, out of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, encourages service members, veterans, and their families who are coping with invisible wounds to seek care for psychological health concerns. For more information about the campaign, please visit realwarriors.net.



FIVE TIPS TO STAY MISSION READY

WARRIORS SERVE AND PROTECT THE U.S., SERVING STATESIDE AND IN **150+ COUNTRIES** AROUND THE WORLD.* WHETHER YOU ARE AT HOME OR ABROAD, FOLLOW THESE TIPS TO STAY MISSION READY AND MENTALLY FIT. *SOURCE: DEFENSE DEPARTMENT

1. FIND TIME FOR YOURSELF
Keep a journal, improve your sleep habits, try yoga/meditation or participate in activities you enjoy.

2. BREAK DOWN OBSTACLES
Break them down into small steps that you can tackle one at a time.

3. GET YOUR PT IN
Strengthen your muscles, your mind and your focus with regular physical training.

4. AVOID ALCOHOL & SUBSTANCE MISUSE
Avoiding substance misuse makes it easier to manage stress, sleep, relationships and responsibilities.

5. IDENTIFY PEOPLE YOU CAN TURN TO
Identify a friend, family member, chaplain or health professional you can talk with.

**REAL WARRIORS + REAL BATTLES
REAL STRENGTH**

VISIT REALWARRIORS.NET to learn about resources for staying mission ready, or join the @realwarriors community on Facebook and Twitter.

NEED TO TALK? Contact the DCOE Outreach Center for free 24/7, confidential support:

- 866-966-1020
- realwarriors.net/livachat
- resources@dcoeoutreach.org

Trained health resource consultants are ready to listen, answer questions about invisible wounds, and direct you to resources in your area.

REALSTRENGTH.REALWARRIORS.NET FACEBOOK.COM/REALWARRIORS TWITTER.COM/REALWARRIORS





National Take-Back Day Takes on Drug Abuse and Misuse

On 30 April 2016, the U.S. Navy is partnering with the Drug Enforcement Administration (DEA) to give Navy personnel and their families a safe venue to turn in expired, unused, and unwanted prescription drugs to a local drop-off site, anonymously and free of charge. Through Take-Back Days, Navy personnel can take a proactive role in preventing the misuse and abuse of prescription drugs. Collection sites in local communities can be found by visiting the [DEA'S Office of Diversion Control](#).

In addition to this event, the [Prescription for Discharge](#) website provides tips for all Navy personnel on the safe and proper use of prescription drugs, as well as offers materials for distribution and display at locations such as Navy Medicine military treatment facilities, pharmacies, waiting rooms, and barracks. The website also has resources for Navy leadership, medical personnel, and drug abuse prevention personnel to present at safety stand downs, briefings, or community health fairs.

Additional information and resources include:

- The Prescription for Discharge [training video](#) details the warning signs and facts about prescription drug misuse in the Navy.
- The Public Service Announcement "[Flooding the Brain](#)" describes how prescription drug misuse and abuse overwhelms normal brain chemical levels.
- The Public Service Announcement "[Toxic Agents](#)" explains the dangers of chemical build up and overload caused by prescription drug misuse and abuse.

Got Drugs?

Turn in your unused or expired medication for safe disposal
Saturday, April 30th,
10 a.m. – 2 p.m.

Visit www.dea.gov or call 800-882-9539
for a collection site near you.



Hazard Report On Electronic Cigarette Fires and Explosions

In the past six months, Surface Safety Cell has received multiple mishap reports of injury while using electronic cigarettes. In one report the Sailor was using an electronic vapor cigarette when it exploded in his mouth. He sustained disfiguring injuries requiring oral surgery and significant lost work days. In other reports, Sailors have been injured as a result of the batteries exploding while being charged, replaced, or coming into contact with metal objects while in their pockets. Other incidents have included house, kitchen, and car fires as a result of battery explosion with e-cigarette casing failure. In one civilian case, a device exploded while charging in a car igniting the baby seat in the rear seat resulting in first and second degree burns to a 3-year old. According to past and ongoing research, there is no proof that these devices are any safer than traditional cigarettes and the impact of their use and/or second hand smoke will have on others is still not understood at this time. The reports have shown that these devices can and will harm you.

NMCPHC's Crews Into Shape 2016 – Well Done Crews Teams!

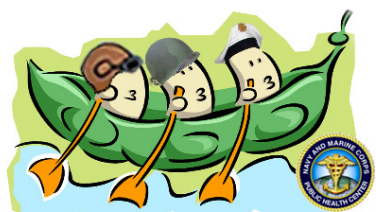
What a blast we had celebrating Crews into Shape 2016! Donut Dodgers, Veggie Slayers from Singapore; Cast a Weights; Get Off Your Seat; and over 400 other teams. WELL DONE! CONGRATULATIONS on completing Crews into Shape Challenge 2016!

This year's challenge saw a 30% increase in participation from last year with a total attendance of 2524





Health Promotion News and Resources



Crews Into Shape

[Pages/crews-into-shape.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx).

participants! The Crews Into Shape challenge is held every March in conjunction with National Nutrition Month and is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC). The intent of the challenge is to spark and guide workplace-focused, team-oriented, physical activity, and improved fruit & vegetable intake.

Thanks to all that participated in Crews into Shape this past month, and know that a team can participate in Crews into Shape ANY TIME of the year! Just visit our NMCPHC Crews into Shape Homepage: <http://www.med.navy.mil/sites/nmcphc/health-promotion/>

Training and Events

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. A complete list of all [HPW Training](#) for FY16 can be viewed at [HPW Training schedule](#).

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.nmcphc-hpw-training@mail.mil.



Upcoming Training FY16

- **Tobacco Cessation Facilitator:**
17 May at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:**
12 July at Naval Dental Clinic, Norfolk, VA
- **HPW Training:** 25-29 July at NEPMU5, San Diego, CA
- **HP at the Deckplates:** 8-12 August at NEPMU2, Norfolk, VA
- **Tobacco Cessation Facilitator:**
13 September at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:**
8 November at Naval Dental Clinic, Norfolk, VA



ShipShape Updates

Stay engaged by visiting [our website](#), [contacting us](#) directly, or joining other facilitators in the [ShipShape Program Facilitators milBook Group](#)!

Share your successes with us by submitting a "Health Promotion Around the Globe" article [here](#)!

Partnership and Sharing

Navy Alcohol and Drug Abuse Prevention Recognizes April as Alcohol Awareness Month

A partner of the Navy and Marine Corps Public Health Center (NMCPHC), [Navy Alcohol and Drug Abuse Prevention](#) (NADAP) offers assistance to individual and command personnel to prevent alcohol abuse and drug use. Similarly, the NMCPHC's [Preventing Drug Abuse and Excessive Alcohol Use](#) campaign provides health education materials and resources to help Sailors and Marines understand the negative effects of excessive alcohol use and misuse or abuse of drugs. In recognition of April's Alcohol Awareness Month, NMCPHC is featuring NADAP to raise awareness of the health and social problems that excessive alcohol consumption can cause for individuals, their families, and their communities.

Excessive drinking is a dangerous behavior that increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer.¹ Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices.



NADAP's [Keep What You've Earned \(KWYE\) Campaign](#) actively engages Sailors as advocates for responsible drinking. You can take advantage of the following NADAP programs and resources:

- A collection of eight posters are available, including new posters featuring "Know Your Limit," "Plan Ahead for a Safe Ride Home," and "Don't Try to Keep Up with Others."
- A graphic novel that visually depicts the story of two Sailors who face the consequences of drinking and driving.
- Short videos highlighting personal accounts from Sailors about responsible drinking. The latest videos feature "Sailors on the Street" answering trivia questions and sharing what it means to them to "keep what you've earned"; as well as a real look at the consequences

of drinking and driving. Check out the videos on the [NADAP YouTube channel](#).

- An update to the "Pier Pressure Mobile App" that includes a Game Center integration and other improved features. Pier Pressure helps Sailors understand the effects of their drinking habits, and learn how to recognize their limit and drink responsibly. The app is available as a free download for Apple and Android-supported devices at the iTunes and Google Play stores.

To access and download all NADAP resources, please visit the [KWYE website](#). Additionally, some resources may be available at the Naval Logistics Library. Take advantage of available resources during Alcohol Awareness Month, and help yourself and others make the healthy choice to enjoy alcohol responsibly.

Social Media to Share

During the month of April, you can share the following social media posts from NMCPHC partners NADAP and the Real Warriors Campaign highlighting key observances and events. NADAP's messages feature Alcohol Awareness Month, while the Real Warriors Campaign focuses on the Month of the Military Child.

NADAP

Follow NADAP on Facebook!



During April, you can follow the ongoing discussion on Alcohol Awareness Month by using the following hashtags: #drinkresponsibly #YouveEarnedIt #DontWasteIt #KeepWhatYouveEarned #knowyourlimit #DontDrinkandDrive #drinks mart.

- April is Alcohol Awareness Month, and the Keep What You've Earned campaign has a suite of materials to help you help others. Check out the "Get Involved" webpage to learn how you can make a difference. <http://ow.ly/105Wrq>
- Have you supported Alcohol Awareness Month activities? Post a photo with the hashtag #KWYE, and let us spread the message of responsible drinking!
- April is #AlcoholAwarenessMonth. Here's how you can get involved, help others. <http://ow.ly/105Wrq>
- Have you supported Alcohol Awareness Month activities? Post a photo with the hashtag #KWYE, and let us spread the message of responsible drinking!

Follow the Real Warriors Campaign on Facebook and Twitter!



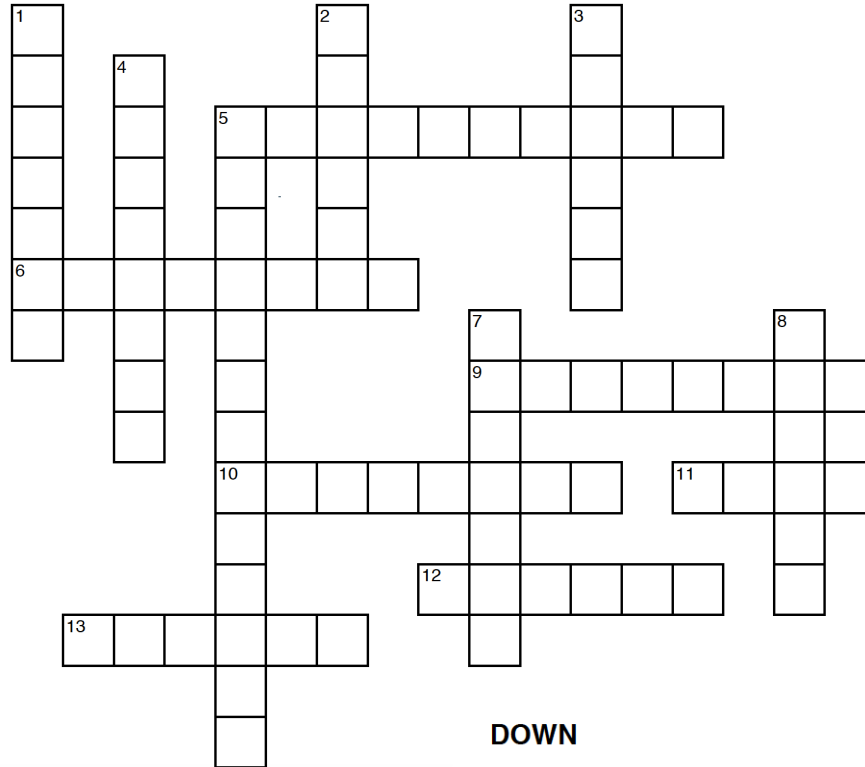
April is Month of the Military Child, and you can use the following messages to bring awareness to the many sacrifices and resiliency of military families across the country. The Real Warriors Campaign encourages active duty service members, reserve, veterans, and their families to seek care and support for psychological health concerns.

- Celebrate your kids in honor of the Month of the #Military Child! <http://ow.ly/10b76u>
- Boost your family's resilience! Use these pre-deployment tips to help military kids prepare: <http://ow.ly/10b7bA>
- Transitions can affect the entire military family. Talk with kids about changes with these tips: <http://ow.ly/10b7lj>
- Find ways to manage military life's changes and build your resilience: <http://ow.ly/10b7qx>



Brainbuster with Barkley

This month's Brainbuster with Barkley is all about Fitness! Check out the [HPW Physical Fitness Toolbox](#) to find answers throughout!



ACROSS

- 5 Research shows that you should warm-up prior to _____.
- 6 Marine Corps High Intensity Tactical Training and the Navy Operational Fitness & Fueling System are designed to _____ the physical performance of Sailors and Marines.
- 9 For higher intensity aerobic activity, try _____ training.
- 10 Beat the heat by staying _____ during outdoor activities and workouts.
- 11 Pressure can be applied to muscles to release tension and increase joint mobility using this type of roller.
- 12 Incorporating physical activities that mimic job duties enables Sailors and Marines to work more efficiently and with less risk of _____.
- 13 Replacing calories _____ workouts is generally not required except when training exceeds one hour.

DOWN

- 1 You should include both _____ and muscle strengthening activities in your workout routine.
- 2 Active living enhances your overall quality of life by reducing _____.
- 3 Percentage of children that watch three or more hours of television each school day.
- 4 According to the 2014 FMCHRA, 27% of Navy and 17% of Marine Corps indicated a lack of _____.
- 5 Moderate to vigorous-intensity muscle _____ is recommended at least two days a week.
- 7 Prolonged _____ can contribute to weight gain and associated health risks like cardiovascular disease, diabetes and some cancers.
- 8 An example of a short, high-intensity, interval-training consisting of eight 20 second rounds of intense exercise with 10 second rest periods in between.

