



# BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

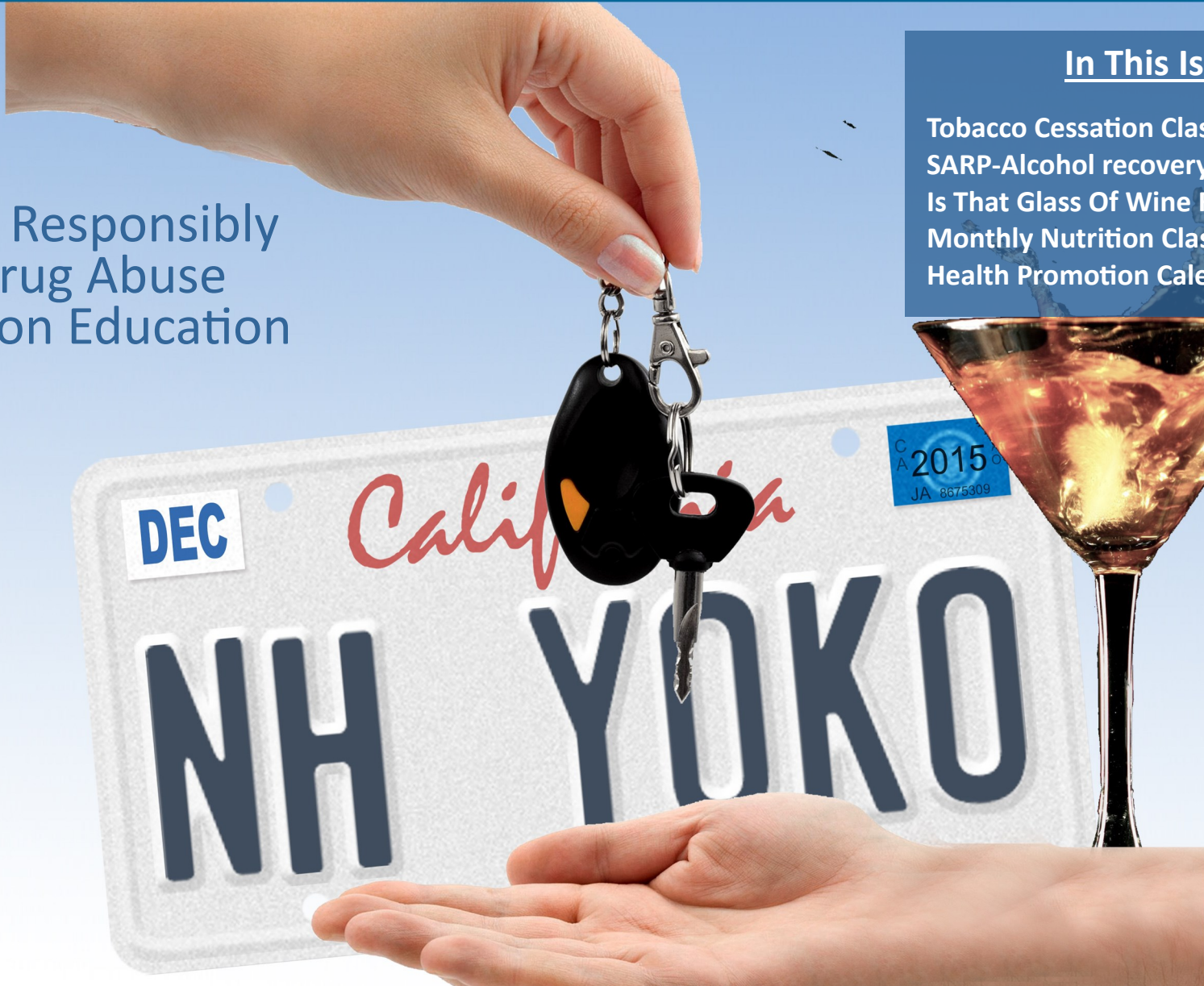
HERE TO SERVE WITH CARE

## HEALTH PROMOTION

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- Health Promotion Calendar

Drinking Responsibly  
And Drug Abuse  
Prevention Education







# U.S. NAVAL HOSPITAL YOKOSUKA

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## HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotions  
HP@med.navy.mil

## Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!  
Call or email us at 243-9776 / 046-816-9776 [HP@med.navy.mil](mailto:HP@med.navy.mil)

### Course Information

There are 2 options, Option 1 is 4 class sessions over 2 weeks or Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





# SARP

## Alcohol Recovery Support

By: SARP Yokosuka



### WHAT IS RECOVERY?

Recovery from substance abuse disorders and/or mental disorders is a process of change through which individuals:

- > Improve their health and wellness
- > Live a self-directed life
- > Strive to achieve their full potential

Recognizing that you have a problem with alcohol is the first step in recovery. Command referrals and self-referrals are means of early intervention in the progression of substance abuse where members

can obtain help before a problem becomes more advanced and more difficult to resolve without risk of disciplinary action.

### FOUR MAJOR DIMENSIONS SUPPORT A LIFE IN RECOVERY:

**Health:** Make informed, healthy choices that support physical and emotional wellbeing.

**Home:** Have a stable and safe place to live.

**Purpose:** Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to participate in society.

**Community:** Build relationships and social networks that provide support.

### DEVELOP A RECOVERY PLAN:

If you are struggling with a substance abuse or mental health problem, you may want to develop a written recovery plan.

Recovery plans:

- > Enable you to identify goals for achieving wellness
- > Specify what you can do to reach those goals
- > Include daily activities as well as longer term goals
- > Track any changes in your mental health problem
- > Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them





# Fact or Myth? Drinking and Health

## Is That Glass Of Wine Really Healthy?

By: LT. Pamela R Cole MS, RDN, CSSD

It's a well-known fact that drinking a moderate amount of alcohol can yield some heart healthy benefits. The problem is that most people are not aware of what moderate drinking actually is. It's very easy to get carried away after that first serving when inhibitions are down. Overconsumption of alcohol can pack risks for a variety of health concerns that go far beyond just the liver.

### What are the risks?

Alcohol packs a ton of calories even if it isn't mixed with anything. The large calorie load can easily lead to weight gain, especially if you're someone who gets the munchies when drinking. Mixing alcohol with juice, soda, sour mixes and syrups adds lots of extra calories that go down faster than most desserts with the same calorie content. Mixing hard alcohol with seltzer water and a splash of juice for flavor is one way to cut back on the added sugars in most mixed cocktails. Alternating alcoholic beverages with glasses of water will also help to slow the pace of drinking throughout an evening. A high intake of alcohol is linked with increasing your risk for high blood pressure and high triglycerides. Those with high triglyceride levels should reduce their drinking to only special occasions once in a while since even a small amount of alcohol ramp up triglyceride levels.

*For more information on Protein and other nutrition that's right for you, contact USNH Nutrition Services Department to schedule an appointment to consult with a Registered Dietician-Nutritionist, 243-7128.*

Drinking too much can also weaken bones thereby increasing the risk for osteoporosis. Alcohol also disrupts a

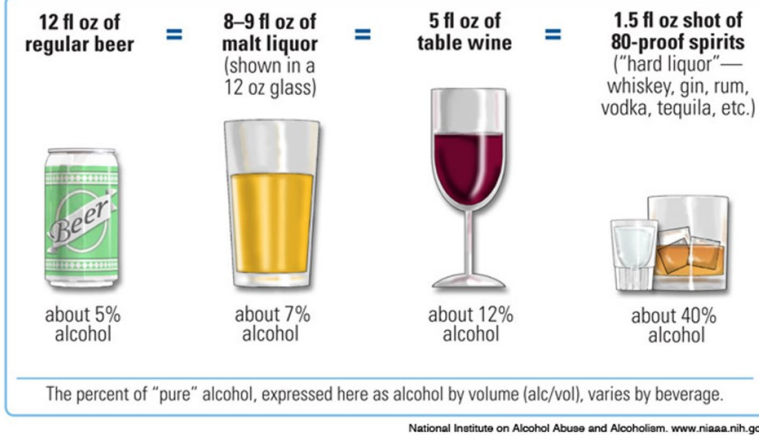
person's ability to clear uric acid so the risk of gout is increased as well. Alcohol has the potential to trigger migraines, cause sleep disturbances and promote flares in those who suffer from irritable bowel syndrome.

### What are the benefits?

When consumed in moderation, any type of alcohol has the potential to reduce the risk of heart disease and increase the healthy cholesterol (HDL). Red wine comes from nutrient dense grapes so it offers additional antioxidants.

### So what is a serving?

Moderate daily alcohol intake is one serving a day for women, and no more than 2 servings a day for men. If you have never actually measured what a serving of alcohol is, whip out your measuring cups to get a sense of what the volume actually looks like.





# Drinking and Your Health

## Is That Glass Of Wine Really Healthy?

By: LT. Pamela R Cole MS, RDN, CSSD

### Beer

1 serving : 12 ounces.

12 oz Light Beer: 100 calories

12 oz Regular Beer: 150-200 calories

### Champagne/red wine/white wine

1 serving= 6 oz

Calories: 120

### Sherry

1 serving: 3-4 oz

Calories: 125-170

### Vermouth (typically not served alone)

1 serving: 1 oz

Calories: 30-50

### Vodka/Gin/Whiskey/Tequila

1 serving: 1.5 oz

Calories: 100

### How many calories really are in your cocktail?

Compare some food choices with the liquid calories you are consuming.

Beverage	Serving	Calories (average)	Foods with Equal Calories
Beer	12 oz	150	2 slices bread
Light beer	12 oz	110	1 medium sweet potato
80-proof liquor: gin, rum, vodka, tequila, whiskey	1½ oz	98	1 medium apple
Liqueurs	1½ oz	188	1 cup spaghetti
Red wine	5 oz	125	1½ cup blueberries
White wine	5 oz	121	2¼ cups strawberries
Margarita	4 oz	168	1½ cups Cheerios
Pina Colada	9 oz	460	Quarter Pounder

*For more information on nutrition, contact USNH Nutrition Services Department to schedule an appointment to consult with a Registered Dietician-Nutritionist, 243-7128.*



# Monthly Nutrition Classes at USNH Yokosuka



## Prenatal Nutrition Class

2nd Friday of every month at 1400.  
Please call 243-7128 to reserve a seat.

## Weight Management Nutrition Class

Last Tuesday of every month at 0930.  
Please call 243-7128 to reserve a seat.



These classes are taught by USNH Yokosuka's Registered Dietitians and are a way to educate the members of the community about a healthy lifestyle, highlighting key points of nutrition while busting some of the myths. Classes are available to civilians, military, and contractors registered in the DEERS system.





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## HEALTH PROMOTION

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### December 2014 Drink Responsibly & Drug Abuse Prevention

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 HFA 0800, 0830, 0900, 0930 & 1000	2 HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	3 HFA 1400 & 1430	4 HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800	5	6
7	8 HFA 0800, 0830, 0900, 0930 & 1000	9 HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	10 HFA 1400 & 1430	11 HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800	12	13
14	15 HFA 0800, 0830, 0900, 0930 & 1000	16 HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	17 HFA 1400 & 1430	18 HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830	19	20
21	22 HFA 0800, 0830, 0900, 0930 & 1000	23 HFA 0800, 0830, 0900, 0930 & 1000	24 Office Closed	25 Christmas Day Office Closed	26	27
28	29 HFA 0800, 0830, 0900, 0930 & 1000	30 HFA 0800, 0830, 0900, 0930 & 1000	31 Office Closed			29

#### HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 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!