

Health Promotion & Wellness

August 2017



SAVE THE DATE:
Suicide Prevention
Webinar 12 September
Check out page 7

**Check out the latest
HRA information
Details on page 4**

**August is Preventive
Health Month on Page 4**

Photo by PO1 James Stenberg



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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Health Promotion News and Resources

August is Preventive Health Month

Part of maintaining readiness, is preventing the onset of diseases and injuries that pose a threat to our community. Good oral hygiene health, healthy eating, and getting proper rest is key to optimal performance, whether you are deployed or at home. Flossing once a day, consuming the recommended number of servings from the five food groups, and sleeping for seven or more hours each night, can provide a variety of health benefits and prevent illness. According to the 2016 Fleet and Marine Corps Health Risk Assessment Annual Report, among active duty Sailors and Marines, 42 percent and 52 percent respectively did not floss regularly. In regards to diet, among active duty Sailor respondents, 39 percent indicated they did not eat at least two servings of fruit a day and 37 percent indicated they did not eat at least three servings of vegetables a day, 44 percent and 68 percent respectively for Marine respondents. In addition, 40 percent of Sailors and Marines reported frequent consumption of high fat foods. In regards to sleep, 39 percent of Sailors and 41 percent of Marines reported they do not get enough restful sleep.



Click here to get resources from August Preventive Health Month!

Visit NMCPHC [Preventive Health](#) for plan of the week notes, fact sheets, brochures, guides and more.

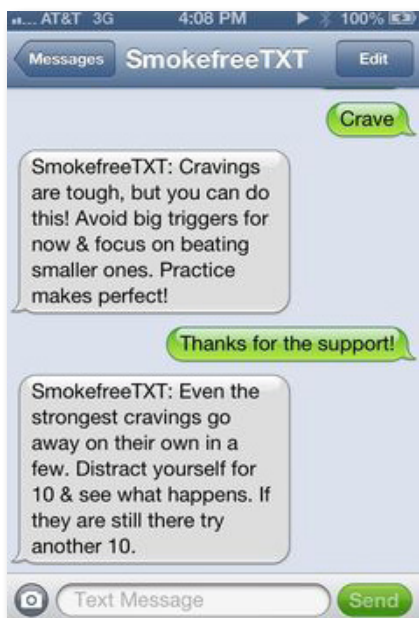
2016 HRA Reports Posted

Self-Reported Health Risk Behaviors Among Sailors, Marines and Coast Guardsmen

Two reports which analyze all 2016 records in the NMCPHC Workplace Health Risk Assessment (HRA) database have been posted to the [HRA homepage](#).

These two reports, one that covers all [health risks](#) and the other a [sexual health supplement](#), may be useful to compare with your organization's 2016 HRA and to gain a general view of self-reported risk behaviors across the Navy, Marine Corps and Coast Guard.

Read more about the NMCPHC HRA at [FACTSHEET - Workplace Health Risk Assessment \(HRA\)](#).



Tobacco Text Programs

According to the study, [A Randomized Trial of Text2Quit](#), published in the American Journal of Preventive Medicine, has found that text message support programs can double your chances of quitting tobacco compared to other resources, such as internet searches and basic information brochures.

[Smokefree.gov](#) offers the following texting programs:

- [Dipfree TXT](#)--a new dip texting program targeting young adults
- [Smokefree TXT](#)--for individuals who are preparing or are ready to quit
- [Smokefree MOM](#)--provides 24/7 tips, advice, and encouragement to help pregnant women to quit tobacco use
- [UCanQuit2](#) texting program:
 - [SmokefreeMIL](#)—designed for Service members trying to quit tobacco to receive encouragement available via text 24/7 for up to 8 weeks

Also visit NMCPHC [Tobacco Free Living](#) for other key products and services.



Navy Incentivizes the PRT for Sailors

The Navy announced several changes in June 2017 to its Physical Readiness Program in NAVADMIN 141/17, including an incentive for Sailors to validate one physical readiness test (PRT) each year based on their fitness performance.

Chief of Naval Personnel Vice Adm. Robert Burke said that during his fleet visits he often hears ideas from Sailors on how to improve the Navy's PRT process.

"I want Sailors to know we've heard them," Burke said. "Many Sailors work hard to maintain high levels of physical fitness year-round and I believe this provides an incentive to continue to excel. This effort is aimed at both incentivizing physical fitness and also reducing administrative distractions throughout the fleet."

Those Sailors who pass the body composition assessment (BCA), are within the Navy age-graduated body fat standards, and score an overall "excellent low" or better on the PRT, with no single event lower than a "good low," will be exempt from participation in the next test. These changes will be effective Jan. 1, 2018, but be based on a Sailor's performance during the second PRT cycle of 2017.

All Sailors, regardless of PRT performance will still be required to participate in the BCA each cycle. If a Sailor who is exempt from taking the PRT fails the BCA, they will be required to participate in the PRT that cycle.

Additionally, the Navy is also eliminating the use of elliptical machines as an alternate cardio device for use because of low-usage across the fleet during the PRT. This decision was based on two factors. First, less than 4 percent of the Navy uses the elliptical for the PRT, and maintaining PRT-compliant elliptical machines was becoming increasingly cost prohibitive. Shifting to non-PRT-compliant elliptical machines will allow for more modern elliptical machines in Navy fitness facilities. While the 1.5 mile run remains the service standard, commanding officers may still authorize the use of approved stationary bikes, treadmills or allow Sailors to swim as alternate cardio.

The Navy is also exempting post-partum Sailors from participating in the physical fitness assessment (PFA) for six months following the Sailors' maternity/convalescent leave. This change reflects an increase to the Navy's increased maternity leave policy of 84 days following child birth. This will ensure Sailors have adequate time to return to weight standards and pass a PRT following a pregnancy.

"We want to ensure our Sailors have adequate time to recover and succeed post pregnancy," said Burke. "This extended time will help Sailors return to fitness levels and standards in a safe and healthy way."

Additional information can be found at http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical and in NAVADMIN 141/17.

For a personal fitness program, visit the [Navy Operational Fitness And Fueling System](#) website. There are several programs to choose from.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/



Chiefs and chief selects do 22 pushups for the 22Kill Challenge aboard the aircraft carrier USS George H.W. Bush. U.S. Navy photo by Mass Communication Specialist Seaman Tristan Lotz



USS George Washington Is Keeping Up With Fitness!

For the Sailors aboard the aircraft carrier USS George Washington (CVN 73), the Fitness Program is really “MOVING”! This BLUE H Award recipient in Health Promotion emphasizes goals to improve personal health and fitness, and focus on the importance of maintaining physical readiness throughout the year.

“People often say that they don’t have time to exercise,” said Lt. Myra Maresh, the ship’s physical therapist, “but it’s important to make that a priority in your life because it has such a great impact on improving things from just your mood, to everything else you do.”

According to the Office of Disease Prevention and Health Promotion, the recommended total of activity per week is approximately 150 minutes of moderate aerobic activity.

“It improves overall quality of life,” said Hospital Corpsman 2nd Class Beamon, a physical therapist and command fitness leader. “You feel better when you work out more. Most people hate the actual working out portion, but love the results of it. If we could press a button to get to that physique, we would do it, but it takes that hard work, dedication, and time.”

With the George Washington facing several years in the shipyard, Sailors are encouraged to continue healthy levels of physical fitness. Sailors are encouraged to incorporate physical activity into their daily or weekly schedule.

“As far as getting back into a routine, don’t try to do too much, too soon,” said Lt. Maresh. “You lose that level of fitness as soon as you stop, so trying to go back to exactly what you were doing before is very faulty thinking. You’ll wind up very sore, likely very discouraged and potentially might not continue.”

Some barriers that people may face is finding the right fitness plan for them.

“Find an activity you like doing,” she said. “Whether it’s running, swimming, cycling, as long as it’s something. Even playing basketball with your friends. There’s certain levels that are involved with all of those. What is good and works for one person, doesn’t necessarily work for another.”

To view article in its entirety, go to [Keeping Up with Fitness](#).

For a personal fitness program, visit [Navy Operational Fitness And Fueling System](#). There are several programs to choose from.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.



Sailors from various commands at Naval Station Norfolk, including the aircraft carrier USS George Washington (CVN 73), participate in a seven-mile formation run in remembrance of the seven Sailors who lost their lives aboard the guided-missile destroyer USS Fitzgerald. U.S. Navy photo by Mass Communication Specialist 3rd Class Joshua David DuFrane



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 FY17 training can be viewed on the [HPW Training](#) page.

For further information send an E-mail to: usn.hampton-roads.navmcpublthcenpors.list.nmcphc-hpw-training@mail.mil.

Upcoming Suicide Prevention Webinar

NMCPHC and OPNAV N171 (Navy Suicide Prevention) will host a Suicide Prevention webinar in support of Mental Health and Suicide Prevention Month on 12 September at 1200 EST.

Visit the NMCPHC Health Promotion and Wellness Webinar Page in the coming weeks for registration and webinar information.

Upcoming Training



- HP Advanced Training, Aug 22-23, NEPMU 2, Norfolk, VA
- Tobacco Cessation Facilitator Training, Aug 23 Walter Reed National Military Medical Center, Bethesda, MD
- Tobacco Cessation Facilitator Training, Aug 24 NEPMU 2, Norfolk, VA
- ShipShape Program Facilitator Training, Aug 25 NEPMU 2, Norfolk, VA
- Tobacco Cessation Facilitator Training, Oct 5 Norfolk Branch Medical Clinic, Norfolk, VA
- Tobacco Cessation Facilitator Training, Nov 1 NEPMU 2, Norfolk, VA

Partnership and Sharing Health Promotion Around the Globe: Rota, Spain



The Health Promotion and Wellness (HPW) department from US Navy Hospital Rota, Spain and Naval Environmental Medicine Preventive Unit -7 (NEMPU-7) attended the “Commissary Healthy Lifestyle Fair” on June 21, 2017. HPW provided a Low-fat chicken meal with the recipe and the nutritional value. NEPMU-7 showcased a Nutrition Informational trifold and test tubes of Sodium-rich food examples. Pictured from left to right: CS1 Rogers, HM1 Grant, Mrs. Beth Curtice, HMC Castilleja and HM2 Cherluck. Photo courtesy LT Valentin Chapa.



On July 24, 2017, the Health Promotion and Wellness (HPW) department partnered with Navy Environmental Medicine Preventive Unit-7 (NEPMU-7) and travelled to Moron Air Base to hold a quarterly Outreach Health Event for the deployed Marines and local Air Force. Pictured are: Mrs. Beth Curtice, LCDR Rice and HMC Castilleja. Photo courtesy LT Valentin Chapa.

