



Attention All Friday Facts Subscribers: Please note that in the event your email address changes due to the Defense Enterprise E-mail migration, you will need to re-subscribe to continue receiving this newsletter. Re-subscribe [here](#).

September 25, 2015



Health Promotion and Wellness Friday Facts



CONTENTS

- National Prescription Drug Take-Back Day is Sept. 26
- October HP Toolbox- "Health Literacy Month" Now Available!
- U Can Quit 2 Releases 2015 GASO Materials
- U Can Quit 2 Promotes Cold Turkey Trot
- News from the That Guy Campaign!
- In the News

NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY IS SEPT. 26

TRICARE beneficiaries have a safe and easy way to dispose of their expired, unused and unwanted prescription drugs. The Drug Enforcement Agency's (DEA) National Prescription Drug Take-back Day is Sept. 26. Sites will be open from 10 a.m. to 2 p.m. for people to bring excess prescription drugs that otherwise could be abused or contaminate the environment. Many military installations will participate in this event, including; Naval Medical Center Pharmacy in Portsmouth, Virginia; the U.S. Air Force Academy Commissary in Colorado Springs, Colorado; and the Naval Medical Center in San Diego. To find a location site near you, click here: http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

Got Drugs?
Turn in your unused or expired medication for safe disposal
Saturday, September 26th, 10 a.m. – 2 p.m.
Click here for a collection site near you.

OCTOBER HP TOOLBOX- "HEALTH LITERACY MONTH" NOW AVAILABLE!

Health literacy – the ability to obtain, process and understand basic health information – can help individuals have a better understanding of the relationship between lifestyle choices and health outcomes. The Health Literacy Toolbox offers tools and resources to help teach Sailors, Marines, beneficiaries, and DoD civilians how to understand basic health information so as patients, they can better navigate their doctor visits and make better decisions about their health. Resources include posters, fact sheets, guides, brochures and interactive tools like videos.

Access the October HP Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-october.aspx>



U CAN QUIT 2 RELEASES 2015 GASO MATERIALS



In advance of the Great American Smokeout (GASO), DoD's campaign U Can Quit 2 has released their 2015 campaign materials. These include a poster as well as photos for use on Facebook and Twitter platforms. The Great American Smokeout, sponsored by the [American Cancer Society](#), is observed annually on the third Thursday in November and promotes quitting or planning to quit. You can start

your planning for November 19th's GASO by downloading U Can Quit 2's 2015 materials [here](#). Also watch for new materials and updates to the [November HPW Toolbox](#) in the next week.

U CAN QUIT 2 PROMOTES COLD TURKEY TROT

For the 2015 Great American Smokeout on 19 November, U Can Quit 2 is encouraging local installations to host a Cold Turkey Trot in support of those going smokefree. A variety of customizable materials to support or promote the event are available for download at: <https://ucanquit2.org/Events/2015/ColdTurkeyTrot.aspx>. If you plan to participate by sponsoring a Cold Turkey Trot, let U Can Quit 2 know at: info@ucanquit2.org.



NEWS FROM THE THAT GUY CAMPAIGN!

As we continue to combat binge drinking together, one of the most effective That Guy campaign tools you can use to raise – and maintain – awareness of the negative consequences of excessive drinking at your installation is the That Guy Monthly Poster Series!

That Guy campaign research indicates that posters are still one of the most effective tactics for capturing the attention of junior service members on their installation.

Currently, three unique That Guy Monthly Poster Series are available for use by POCs and are packaged in sets of 120 posters.

To view and learn more about these materials, check out the latest That Guy POC Newsletter: <http://m1e.net/c?80385185-1W5.QAohL7Wl2%40371946017-aFzeJW.pC/S0Q>.

Visit the POC Resources site and order your That Guy Monthly Poster Series here: <http://m1e.net/c?80385185-NcHTDvs3Hmrm6%40371946018-MOV3NOoaJxglA>.

IN THE NEWS

[NECC Holds Annual Suicide Awareness Training](#) - Navy.mil

[Healthy eating for healthy joints](#) - Health.mil

[Supplements and medications – What's the problem?](#) - Health.mil