

# Health Promotion & Wellness

June 2016

Check out the Health  
Benefits of Fatherhood  
from our friends at HPRC!  
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Learn How To Stay  
Safe On- and Off-Duty  
During Safety Month!  
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Photo by Cpl. Aaron S. Patterson



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



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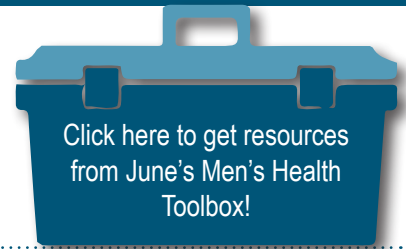
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# HPW Health Observance

## Staying Safe On- and Off-Duty



Some Sailors and Marines participate in off-duty activities that may put them at risk for accidents that could have serious consequences. In fiscal year 2014, 59 Sailors and 53 Marines died in mishaps, primarily related to private motor vehicle and off-duty/shore recreation mishaps.<sup>1</sup> In addition to the expense and tragic loss of lives caused by mishaps, injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty.

Many Sailors and Marines are already following good safety measures. According to the 2015 Fleet and Marine Corps Health Risk Assessment, active duty Navy respondents indicated that 94 percent of respondents use helmets, 97 percent use safety equipment, 96 percent do not drink and drive, and 95 percent use seat belts.<sup>2</sup> Similarly, active duty Marine Corps respondents indicated that 94 percent of respondents use helmets, 95 percent use safety equipment, 96 percent do not drink and drive, and 95 percent use seat belts.<sup>2</sup> However, as the mishaps in fiscal year 2014 suggest, if proper safety measures are not always followed in the workplace and when participating in recreational activities, Sailors and Marines risk injuring themselves and potentially those around them.



Photo by Tech. Sgt. Michael R. Holzworth

## Tools and Resources to Share

Being informed about common workplace and recreational safety hazards can keep everyone safe. The following resources can help Sailors, Marines, DoD civilians, and their families and friends exercise safety precautions so they can stay safe at work and fully enjoy recreational activities in their free time.



Photo by Mass Communication Specialist Seaman Lacordrick Wilson

### [Stay Safe, Stay Active](#)

Learn about common injuries sustained during physical activities, as well as precautionary tips.

### [Workplace Safety](#)

This fact sheet details safety measures active duty and civilian workers can take on their own to stay safe while on-duty.

### [Heat Stress Awareness Public Service Announcement](#)

This quick video can help you prepare for participating in physically demanding activities during hot weather.

<sup>1</sup> Naval Safety Center Annual Mishap Overview: FY2014. Naval Safety Center. [http://www.safeharbor.navy.mil/navsafecen/Documents/media/FY14\\_Annual\\_Report.pdf](http://www.safeharbor.navy.mil/navsafecen/Documents/media/FY14_Annual_Report.pdf). Published 2015. Accessed June 2016.

<sup>2</sup> Navy and Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2015. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2015-HRA-Report-TR-214-2016.pdf>. Published May 2016. Accessed June 2016.



# Health Promotion News and Resources

## Stimulants – ARE YOU UP TO SPEED?

Do your stakeholders have questions about dietary supplements containing stimulants? Help them get up to speed by sharing [Operation Supplement Safety's new infographic](#).

[Operation Supplement Safety \(OPSS\)](#) is a joint effort between the [Consortium for Health and Military Performance \(CHAMP\)](#) at the Uniformed Services University of the Health Sciences (USUHS) and the DoD. The goal of OPSS is to educate all service members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements and how to choose supplements wisely.

## Operation Live Well Puts Well-Being First this June for Men's Health Month



June marks Men's Health Month, an opportunity to increase awareness about health issues important to men such as prostate, testicular, skin and colon cancers, hypertension, obesity, and heart disease. This month the

Military Health System will focus on the importance of recognizing preventable health problems, and encouraging early detection and treatment of disease among males in the Department of Defense community.

Operation Live Well (OLW) takes a comprehensive approach to health and wellness, focusing on the following areas:

- Integrative Wellness
- Mental Wellness
- Nutrition
- Physical Activity
- Sleep
- Tobacco-Free Living

For more information and resources, you can follow OLW on [Facebook](#) and [Twitter](#), and check the OLW [website](#) for Men's Health feature stories.

Operation Live Well (OLW) is an initiative dedicated to improving the health and well-being of the defense community. OLW's comprehensive approach to health and wellness provides important information for military members, civilian employees, retirees, and family members so they can live well.

**GET UP TO SPEED**  
Stimulants are often found in supplements marketed for...

**PRE-WORKOUT** **ENERGY ENHANCEMENT** **WEIGHT LOSS**

**Stimulants found in supplements include:**

- ⇒ Caffeine/caffeine anhydrous
- ⇒ Yohimbe/yohimbine
- ⇒ Bitter orange/Citrus aurantium/synephrine/octopamine
- ⇒ Ephedra/Ephedrine\*
- ⇒ DMAA/1,3-dimethylamylamine\*
- ⇒ DMBA/AMP citrate\*
- ⇒ BMPEA/β-methylphenylethylamine\*
- ⇒ Methysynephrine/oxilofrine\*

*\*Illegal as an ingredient in dietary supplements.*

**You don't want to experience:**

- RAPID OR IRREGULAR HEART RATE**
- CHEST PAIN**
- NUMBNESS AND TINGLING**
- SLEEP PROBLEMS**
- ELEVATED BLOOD PRESSURE**
- IRRITABILITY**

**How can you tell if your supplement contains a stimulant?**

- ⇒ Read the Supplement Facts label (many stimulants end in "-ine")
- ⇒ Check the OPSS stimulants list
- ⇒ Look for a warning

**Supplement Facts**

Serving Size 1 Scoop (7g)

Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate	1g <1%
Niacin (as niacinamide)	30mg 150%
Vitamin B6 (as pyridoxine HCL)	4mg 200%
Proprietary Blend	4,500mg †

Caffeine anhydrous, 1,3,7-trimethylxanthine, yohimbe, synephrine, green tea leaf extract, capsicum (Capsicum annuum) fruit extract, danellion root extract, phenylethylamine, guarana, yerba mate, velvet bean extract

† Daily Value not established

Other Ingredients: Citric acid, natural & artificial flavors, silicon dioxide, sucralose, FD&C Red No. 40

**WARNING:** This product contains caffeine and other stimulants. Do not use if you are pregnant or nursing. Do not take more than one serving in a 24 hour period. Do not use within 6 hours of bedtime. Do not use this product in combination with other sources of caffeine or other stimulants such as coffee, tea, soda, dietary supplements, or medications. Immediately discontinue use and seek medical care if you experience any adverse reactions to this product.

**OPSS**  
OPERATION SUPPLEMENT SAFETY | [www.hprc-online.org/OPSS](http://www.hprc-online.org/OPSS)



## NAVSUP Provides Navy Nutrition to The Fleet



NAVAL SUPPLY SYSTEMS COMMAND

### Partners in Action: Naval Supply System Command

#### Key Navy Nutrition Messages --- How Menu Standards Are Planned For The Fleet

The exceptional demands placed on military personnel make good nutrition crucial. NAVSUP wants to make sure that Sailors choose performance foods and eat them often. The correct ingredients, recipes and menus are paramount in feeding our force. The nutrition and supplement educational information available to Sailors and Marines ensures that they have access to the latest information despite their global location.

- DoD menu standards are practical guidelines for military food service programs to use during menu planning, food procurement, food preparation, and meal service to support menu standards. The DoD Nutrition Committee monitors, updates, and provides implementation guidance on menu standards as additional scientific information on nutrient needs becomes available.
- DoD menu standards are reviewed every 3 years and any updates are published on the DLA Troop Support Website at <http://www.troopsupport.dla.mil/subs/JSPB/>. Menu planning guidelines are applicable for all services.
- Navy Standard Core Menus, used to plan menus for feeding Sailors, are written twice a year. The menu release in APR is a refresh of the existing recipes in the Armed Forces Recipe Service. The fall release provides new ingredients and recipes.
- Armed Forces Recipe Service ingredient and recipe testing occurs at the combat Feeding Directorate in Natick, Massachusetts. Registered Dietitians test all recipes which are developed in 100 portion measures for use throughout the services.



Photo by Mass Communication Specialist  
3rd Class Desiree D. Green

Nutritional Program Information can be found at:

- Go for Green: <http://hprc-online.org>
- Navy Operational Fueling Series: [www.navyfitness.org](http://www.navyfitness.org)
- Operation Supplement Safety: <http://hprc-online.org/dietary-supplements>
- Navy and Marine Corps Public Health Center Healthy Eating: <http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx>



Photo By the CDC

## Finding Your Fruits and Veggies at the Farmers Market

With the temperatures warming up, it's a great time to take a break from shopping at your regular grocery store, get some fresh air, and explore your local farmers market. Visiting your local farmers market is a great way to buy fresh healthy food while also connecting with, and supporting your local community. You can use the [U.S. Department of Agriculture \(USDA\) National Farmers Market Directory](#) to locate your nearest farmers markets.

Fruits and vegetables are an important part of a healthy and balanced diet.<sup>1</sup> The [Healthy People 2020](#) nutrition and weight status goal is to promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.

In an effort to improve nutritional choices of Sailors, Marines, and their families,



some installations have established farmers markets. Camp Lejeune, Marine Corps Base Quantico, and Naval Hospital Jacksonville have organized farmers markets and brought local produce to communities where our Department of Navy families live, work, play, and eat. For leaders who seek to encourage healthy eating and lifestyles as well as community partnerships the Department of Defense and the USDA developed a guide on how to establish and operate a farmers market on a military installation. [Guide for Farmers Markets on Military Installations](#) provides information to military commanders to help them improve the availability of quality food and agricultural products.

Check out the healthy eating resources available on the [NMCPHC HPW Healthy Eating Web page](#) for resources on the benefits of choosing healthy foods and more!

1 U.S. Department of Health and Human Services. Nutrition and Weight Status Overview. <http://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status>. Updated 2 June 2015. Accessed 28 August 2015.

2 U.S. Department of Health and Human Services. Nutrition and Weight Status Overview. <http://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status>. Updated 2 June 2015. Accessed 28 August 2015.

## US Navy's Go for Green Program is promoted at the 2016 Navy League Sea, Air, Space Exposition, 16 – 18 May, National Harbor, MD.

The Navy Go for Green program utilizes a stop light system that clearly identifies foods high in nutritional quality to enhance performance and mood, and help manage body weight. This program supports a greater Navy effort to facilitate and maintain healthier food and beverage options.

Nutritional Program Information can be found at:

- Go for Green: <http://hprc-online.org>
- Navy Operational Fueling Series: [www.navyfitness.org](http://www.navyfitness.org)
- Operation Supplement Safety: <http://hprc-online.org/dietary-supplements>
- Navy and Marine Corps Public Health Center Healthy Eating: <http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx>



16 – 18 May 2016: Ms. Jen Person – Whippo, MS, Nutrition Program Manager, NAVSUP, promotes Navy Go for Green program at Navy League Sea, Air, Space Exposition 2016, National Harbor, MD.



# 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.navmcpublthcenpors.list.nmcpbc-hpw-training@mail.mil](mailto:usn.hampton-roads.navmcpublthcenpors.list.nmcpbc-hpw-training@mail.mil).

## Partnership and Sharing Health Benefits of Fatherhood

By Lauren A. Messina, PhD, LCMFT, [HPRC Family & Relationships](#)

The following article was originally written by the Human Performance Resource Center (HPRC) in observance of Men's Health Month

Fathers who are involved early on in their kids' lives impact not only their children's development but also their own health and wellness. Involved dads feel more self-confident, effective as parents, and satisfied in being a dad. They also seem to realize the changes their kids are going through and are more accepting of their children. They report understanding themselves better and being more satisfied with their lives. Father involvement also links to marital satisfaction and feeling more connected to the family. Dads who are involved with their families also feel they can cope better with stress.

Of course, the children benefit too. When dads play with their infants and engage in caregiving, it positively influences their children's problem-solving skills, language abilities, and IQ. Early involvement in a baby's life also can help infants be more resilient to stressful situations, more curious about their environment, and better able to handle new things. Babies with involved dads grow up to have fewer behavior problems in grade school and high school. Dads also influence their children's health indirectly by supporting the health of moms. Especially after the birth of a baby, moms who get emotional support from dads experience less stress and depression, which is also good for their babies.

The benefits of father involvement continue throughout childhood and can influence kids' grades in school, peer relationships, and mental health. Even when dads don't live with their kids or can't be present on a daily basis, their involvement still matters—for kids and dads.

How can dads get more involved? Fathers usually engage with their kids through playing, but they can take on more caregiving actions such as putting a baby to sleep, getting an infant dressed, changing diapers, or giving a bath. Other activities might include reading books and talking to their babies and children. Fathers can help out older kids with their homework, talk to them about school and their friends, and share quality time doing joint activities. Fathers and children both will benefit.

*[The Human Performance Resource Center \(HPRC\)](#) is aligned under the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences (USUHS) and serves to provide educational resources. HPRC can help you on your quest for total fitness and performance optimization.*

### Upcoming Training FY16



- **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

