

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

April 2019

Be THERE...

as a friend
to support.
as a bystander
to intervene.
as a Triton
to change the culture.

April is Sexual Assault Awareness Month

Evolution of the Month of the Military Child

April is designated as the Month of the Military Child; a time to honor the sacrifices made by military families worldwide, with an emphasis on the experience of the dependent children of military members serving at home and overseas. Month of the Military Child is sponsored by the Department of Defense Military Community and Family Policy and supported by many other organizations such as the DoDEA.

Defense Secretary Caspar Weinberger was responsible for establishing April as the Month Of The Military Child in 1986, and the Department of Defense has honored his initiative ever since.

The month of April is an important one for children who have one or both parents serving in uniform; since 1986 there have been an increasing number of awareness campaigns aimed at recognizing the needs of military children in all areas from coping with the deployment of parents to war zones to the education of military dependents at on-base Department of Defense Dependent School System (DoDDS) campuses around the globe.

Since the debut of the original Month of The Military Child, there are a growing number of activities both on military bases and in local military communities. The U.S. Department of Defense Education Activity (DoDEA), which operates 166 schools for military children worldwide, instructs its school administrators to "plan special events to honor military children and have administrators and principals incorporate the themes of this month into their everyday duties and responsibilities" according to the DoDEA official site.

Alcohol Awareness

While you may not know, April is Alcohol Awareness Month. This is a tradition that started as a way to increase awareness about a disease many Americans suffer from. The idea is to spread information locally, statewide, and overall nationwide. Alcohol has touched almost all of our lives in one way or another. The general goal of this month is to create some sort of catalyst for change and awareness

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. The good news? We can all take steps to help prevent alcohol misuse or abuse.

Spread the word about strategies for preventing alcohol misuse or abuse and encourage communities, families, and individuals to get involved.

How can Alcohol Awareness Month make a difference?

We can use this month to raise awareness about alcohol abuse and take action to prevent it both at home and in the community.

Here are just a few ideas:

- Encourage friends or family members to make small changes, like keeping track of their drinking and setting drinking limits.
- Share tips with parents to help them talk with their kids about the risks of alcohol use.
- Ask doctors and nurses to talk to their patients about the benefits of drinking less or quitting.

While a month is not enough time to educate and help everyone recover, it at least gets the public talking. Do what you can in your community.

Check out
NMCP
on social
media



Nurse Advice Line 24/7

800-TRICARE
(800-874-2273)

Hampton Roads Appointment Center

(866) 645-4584

Emergency Room

(757) 953-1365

Pharmacy Refill

Local: (757) 953-MEDS (6337)

Toll Free: (866) 285-1008

Information

(757) 953-5008

Customer Service Office

(757) 953-2600

Relay Health Secure Messaging

<https://app.mil.relayhealth.com/>

Sexual Health Concerns

NMCP Health Promotion and Wellness Department

Love, affection and sexual intimacy all play a role in healthy relationships, although a part of human nature people need to keep Sexually transmitted diseases (STDs) in the back of their mind. STDs are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses.

There are more than 20 types of STDs, including:

- Chlamydia
- Genital herpes
- Gonorrhea
- HIV/AIDS
- HPV
- Syphilis
- Trichomoniasis

Most STDs affect both men and women, but in many cases the health problems they cause can be more severe for women. If a pregnant woman has an STD, it can cause serious health problems for the baby. Antibiotics can treat STDs caused by bacteria, yeast, or parasites. There is no cure for STDs caused by a virus, but medicines can often help with the symptoms and keep the disease under control.

Ways to take control and protect yourself and your sexual partner:

- Abstinence. This is the more reliable way to avoid infection.
- Vaccination. Vaccines are safe, effective, and recommended ways to prevent hepatitis B and HPV. HPV vaccines for males and females can protect against some of the most common types of HPV.
- Reduce number of sex partners. Reducing the number of sexual partners can decrease your risk for STD's. It is still important that you and your partner get tested, and that you share your test results with one another.
- Mutual Monogamy. This means that you agree to be sexually active with only one person, who has agreed to be sexually active only with you. Being in a long-term mutually monogamous relationship with an uninfected partner is one of the most reliable ways to avoid STDs.

The World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



DoD

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Steps You Can Take to Prevent Sexual Assault

NMCP Health Promotion and Wellness Department

Everyone has a role to play in preventing sexual assault. There are many different ways that you can step in or make a difference if you see someone at risk. This approach to preventing sexual assault is referred to as “bystander intervention.”

The key to keeping your friends safe is learning how to intervene in a way that fits the situation and your comfort level. Having this knowledge on hand can give you the confidence to step in when something isn’t right. Stepping in can make all the difference, but it should never put your own safety at risk.

Create a distraction

Try to interrupt the situation. A distraction can give the person at risk a chance to get somewhere safe.

- Cut off the conversation with a diversion like, “This party is lame. Let’s try somewhere else.”
- Start an activity that is draws other people in, like a game, a debate, or a dance party.

Ask directly.

Talk directly to the person who might be in trouble.

- Ask questions like “Who did you come here with?” or “Would you like me to stay

GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Relay Health
 - ICE feedback
- and so much more!**



Look Familiar?

Might be time to clean out the medicine cabinet



More information at www.tricare.mil/drugtakeback



with you?”

Refer to an authority

Sometimes the safest way to intervene is to ask for assistance from another person who has authority to change the situation, like a security guard.

- Talk to a security guard, or another employee about your concerns. It’s in their best interest to ensure that their patrons are safe, and they will usually be willing to step in.
- Don’t hesitate to call 911 if you are concerned for someone else’s safety.

Enlist others

It can be intimidating to approach a situation alone. Enlist another person to support you.

- Ask someone to come with you to approach the person at risk. Sometimes a backup person can relieve tension.
- Ask someone to intervene in your place.

For example, you could ask someone who knows the person at risk to escort them to the bathroom.

- Enlist the friend of the person you’re concerned about. “Your friend looks like they’ve had a lot to drink. Can you check on them?”

Your actions matter

Whether or not you were able to change the outcome, by stepping in you are helping to change the way people think about their role in preventing sexual assault. If you suspect that someone you know has been sexually assaulted, there are steps you can take to support that person and show you care.

Sexual violence is a serious problem that can have lasting, harmful effects on victims and their family, friends, and communities. The goal of sexual violence prevention is to stop it from happening in the first place.

118,000
patients with a PCM at one
of our 10 facilities

22
Medical Home
Port teams

440,000
patients we serve – active duty,
retired and families

LEARN THE FACTS ABOUT SEXUAL VIOLENCE



1 IN 2 WOMEN have experienced sexual violence other than rape in their lifetime.¹



1 IN 5 MEN have experienced sexual violence other than rape in their lifetime.¹

FEWER THAN 5% of completed or attempted rapes against college women were reported to law enforcement.²



1 IN 5 WOMEN

have experienced completed or attempted rape in their lives.¹



41% OF WOMEN

reported experiencing physically aggressive street harassment.⁴



1 IN 3 WOMEN experience physical or sexual violence by an intimate partner.³

Women have a **50% TO 95%** chance of developing post-traumatic stress disorder after being raped.⁵



1 IN 6 BOYS

are sexually abused before age 16.⁶



Only **26.2% OF MEN** who experienced childhood sexual abuse disclosed at the time of the abuse.⁷



18% OF MEN

reported experiencing verbal street harassment.⁴

Nearly **1 IN 67** men in the United States have experienced rape or attempted rape.¹



67.5% OF INSTANCES OF RAPE ARE ESTIMATED TO GO UNREPORTED.⁸

Among college women, **9 OUT OF 10** victims of sexual assault knew the person who sexually assaulted them.²



SEXUAL VIOLENCE THRIVES WHEN IT IS NOT TAKEN SERIOUSLY AND VICTIM BLAMING GOES UNCHECKED.

USE YOUR VOICE TO PREVENT IT

♥ BELIEVE SURVIVORS ♣ CHALLENGE VICTIM BLAMING ☑ RESPECT BOUNDARIES