

Health Promotion & Wellness

September 2016

Chief Warrant Officer 2 Paul S. Mancuso

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LinkedIn Group

Page 7

**Kick Off Women's
Health Month!**

Page's 4 and 5

**Check out what our
partners have to offer
Page's 6 and 7**



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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In This Issue

HPW Health Observance	4
Important Vitamins and Minerals for Women	4
Health Promotion News and Resources	5
Tobacco Use and Women's Health	5
Training and Events	5
Upcoming Training FY16	5
Partnership and Sharing	6
OPNAV N171: 1 Small ACT	6
Real Warriors 5 Questions to Ask Your Psychological Health Provider Trifold	7
Join the NMCPHC LinkedIn Group	7



HPW Health Observance

Important Vitamins and Minerals for Women



In recognition of awareness for Women's Health during the month of October, the Navy and Marine Corps Public Health Center would like to put some focus on supplements important to women. As of 2015, women make up about 15% of the U.S. military force. It's especially important for all of our service members to meet their nutrition needs by consuming a nutritious diet; however, women also have special nutrient needs for vitamins and minerals such as iron, folic acid, vitamin d, and calcium.

Iron deficiency is a very common nutritional deficiency among women. Poor dietary intake of iron combined with intense physical activity of our service members can lead to fatigue, pale skin, dizziness, and headaches. All of these are signs of iron-deficiency anemia (IDA). To avoid iron deficiency in one's diet, iron-rich foods such as dark green leafy vegetables, dried fruit, red meat (lean), fish, poultry, lentils and beans, dried fruit, and liver. These type foods consumed with fruits, vegetables, and juice high in vitamin C allows for better absorption of iron in the body.

Folic Acid is a B vitamin that many women don't get enough of through food alone; it helps the body make healthy new cells. Many of our service members are of childbearing age and should consume 400 to 800 micrograms of folic acid every day, even if they are not planning to get pregnant. A deficiency of folic acid can cause major birth defects such as Spina Bifida and Anencephaly. Folic acid is found naturally in some foods such as leafy vegetables, citrus fruits, legumes, and whole



Photo by the CDC

grains. It is also added to foods that are labeled "enriched," such as some breakfast cereals, breads, white rice, pastas, and flour. Folic acid can also be consumed in the form of a supplement. Be sure to consult with your health care provider before doing so.

Vitamin D is present in very few foods, added to others, and available as a dietary supplement. It is also produced in the skin by exposure to the sunlight. Vitamin D is needed to promote calcium absorption. Without sufficient vitamin D bones can become thin and brittle over time. Sufficient vitamin D helps protect women from osteoporosis. Vitamin D can be found in fatty fish, the yolk of eggs, cheese, and fortified milk, orange juice, and yogurt.

Calcium is needed for development and maintenance of strong bones. Compared to men, women are at a greater risk for osteoporosis. Women need to start getting more calcium at an early age to keep bones strong. Calcium-rich foods include low-fat dairy products, kale, and fortified cereals and juices.

These nutrients can be found in supplement form, but as with any dietary supplement, consult your health care provider first to determine if they are necessary and safe. For more science based information on supplements, go to the [Human Performance Resource Center](#).



Photo by the CDC

Learn more about Women's Health from the Navy and Marine Corps Public Health Center [October Toolbox!](#)



Health Promotion News and Resources

Tobacco Use and Women's Health

Tobacco use, as we know affects nearly every organ system in the body and is the most prevalent cause of premature death for adults within the United States.¹ In the last 50 years, a woman's risk of dying from smoking has more than tripled and is now equal to men's risk. The United States has more than 20 million women and girls who currently smoke cigarettes. More than 170,000 American women die of diseases caused by smoking each year, with additional deaths coming from the use of other tobacco products such as smokeless tobacco.²

During the month of October, awareness of [Women's Health](#), here at the Navy and Marine Corps Public Health Center, we want to help our service members make informed health choices concerning the effects of tobacco use and their health.

Tobacco Use and Disease

Compared with women who are nonsmokers, women who use tobacco have greater risks of reproductive health problems, many forms of gynecologic cancer and other types of cancer, coronary and vascular disease, chronic obstructive pulmonary disease, and osteoporosis. Tobacco is the single greatest modifiable risk factor for cardiovascular disease and the leading cause of death in women in the United States.²

Tobacco Use and Pregnancy

Smoking during pregnancy causes premature birth, low birth weight, certain birth defects, and ectopic pregnancy. Smoking during pregnancy also can cause complications with the placenta. Such complications can jeopardize the life and health of both mother and child.²

Nicotine addiction can be difficult to overcome. Quitting or never starting is the best thing that you can do for your health. Visit [Tobacco Free Living](#) for more information and resources on becoming tobacco free.

References:

1. US Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: US Dept of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2014. <http://www.fda.gov/downloads/tobaccoproducts/newsevents/ucm451462.pdf> Accessed September 19, 2016
2. <http://www.surgeongeneral.gov/library/reports/50-years-of-progress/50-years-of-progress-by-section.html> Chapter 13. Accessed September 19, 2016



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.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil.

Upcoming Training FY16

- **Tobacco Cessation Facilitator:** 8 November at Naval Dental Clinic, Norfolk, VA



Partnership and Sharing

OPNAV N171: 1 Small ACT

In September 2014, the United States Navy's Suicide Prevention Branch, OPNAV N171 launched the Every Sailor, Every Day campaign. This evidence-based health communication campaign is designed to empower behavior change by engaging Sailors and their families with strategies to build resilience, navigate stress, recognize risk, seek help and intervene early. Utilizing best practices in safe messaging as outlined by the U.S. Surgeon General's National Strategy for Suicide Prevention, as well as applicable social theory, the campaign seeks to reshape the conversation about stress and suicide in the Navy community by promoting proactive engagement and open dialogue.

In September 2015, 1 Small ACT was introduced as the campaign's newest message, encouraging simple actions that can make a difference in others' lives while leveraging relationships between peers and community members. 1 Small ACT continues to serve as the primary message throughout Fiscal Year 2017. 2016 Navy Suicide Prevention Month launched expanded application of this message, focusing on individual self-care practices and coping skills, as well as societal prevention and intervention supports (including means safety and mental health resources). This approach aims to empower Sailors with tools that they can employ to care for themselves while continuing to encourage peer and community support, and increase confidence in Navy's support resources.

Health promotion staff should collaborate with their local suicide prevention coordinator (SPC) to promote active engagement during September and throughout the year. Check out the following resources:

- **1 Small ACT Toolkit** - This printable resource features outreach ideas, sample content, graphics, key messages, educational tools and more. Download from Navy Suicide Prevention's [Issuu](#) page or the Every Sailor, Every Day [webpage](#).
- **1 Small ACT Photo Gallery** - Members of the Navy community can submit "Small ACT Selfies" featuring ideas to be there for themselves or others. Submission information and Small ACT Selfie Signs for personalizing are available [here](#).
- **Navy Operational Stress Control social media** - Like us on [Facebook](#), follow us on [Twitter](#) and [YouTube](#), and subscribe to our [Wordpress](#) blog for additional resources to generate dialogue and motivate ACTion at your command.
- **Lifelink Newsletter** - [Subscribe](#) to our monthly publication to keep up with the latest campaign content, suicide prevention and stress navigation best practices, and news you can use.

Sample Social Media Messages

Facebook

1. Every Sailor, Every Day starts with YOU. Check out @U.S. Navy Operational Stress Control's 1 Small ACT Toolkit for ideas to get involved and stay engaged this September and throughout the year. <http://go.usa.gov/xDbXw>.



2. Spread the Truth: Less than 1% of security clearance denials and revocations involve psychological health concerns. In fact, seeking help proactively may favorably impact security clearance eligibility. Learn more here: <http://go.usa.gov/xYj8e>
3. Have you seen the #EverySailorEveryDay video? Have your shipmates? Watch it and have a conversation about stress and suicide. Early and open discussion is key to breaking down barriers to speaking up and seeking help. <http://www.navy.mil/viewVideo.asp?id=20466>
4. 1 Small ACT can make a difference. Submit your #SmallACTSelfie to share how you'll practice being there for yourself and others. Details here: <http://go.usa.gov/xWjGP>

Twitter

1. Have you & your shipmates seen the #EverySailorEveryDay video? View it & have a discussion about #stress & #suicide: <http://www.navy.mil/viewVideo.asp?id=20466>
2. Seeking help is a sign of strength. Share this with your shipmates as today's way to #BeThere for Every Sailor, Every Day: <http://j.mp/MilCrisisLine>
3. Submit a photo for the #1SmallACT gallery to show your support for #SuicidePreventionMonth: <http://go.usa.gov/xWjGP>
4. Seeking help is a sign of strength. Share this with your shipmates as today's way to #BeThere for Every Sailor, Every Day: <http://j.mp/MilCrisisLine>

Real Warriors 5 Questions to Ask Your Psychological Health Provider Trifold

Making plans to talk with a health care provider about psychological health concerns is an important step towards service members improving their overall well-being. This trifold helps service members and their loved ones to prepare for health appointments (what to bring, etc.), provides questions to facilitate discussions with their health provider and includes space to take notes.



[Order](#) or [download](#) the trifold for free and share it with your command.

The Real Warriors Campaign, out of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, encourages service members, veterans, and their families who are coping with invisible wounds to seek care for psychological health concerns. For more information about the campaign, please visit realwarriors.net.

Join the NMCPHC LinkedIn Group

It's official! Navy and Marine Corps Public Health Center (NMCPHC) is now on LinkedIn. Open to our stakeholders, staff, customers and aspiring employees, the NMCPHC LinkedIn group will allow members to share knowledge and ideas, network and hold discussions that further our common mission of protecting the health and readiness of our nation's service members and their families. We strongly encourage you to join the group, participate in discussions, ask questions and invite others to learn more about the innovative work happening here at NMCPHC. If you have any questions about the NMCPHC LinkedIn group, please contact the NMCPHC LinkedIn administrators via email at NMCPHC-PAO@med.navy.mil



To join the NMCPHC LinkedIn group, visit: <https://www.linkedin.com/groups/8568014/profile>

