

Health Promotion & Wellness

28 January 2016

Next month's focus?
Heart Health!

More info on page 5

Had a successful event or a new
program you want to share?
Check out page 10 and email us
with **YOUR** story!



**Check out what's inside
the first edition on the
NEW HPW Newsletter!**

Upcoming Dates for Health
Promotion Training - Page 9
At NEPMU2 and NEPMU5!



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



Stay Connected!

There are a lot of ways you can stay connected with the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department. Visit, like, share, tweet, pin, and more with the sites below:



[HPW Website](#)



[NMCPHC on Facebook](#)



[NMCPHC on Twitter](#)



[NMCPHC on Pinterest](#)



[NMCPHC on YouTube](#)



[Subscribe to the HPW Monthly Newsletter](#)

You can also subscribe to other Health Promotion and Wellness newsletters at the following links:

[Subscribe to Blue H News](#)

[Subscribe to HRA News](#)

[Subscribe to SHARP News](#)



In This Issue

From the Editor	4
Health Promotion & Wellness Newsletter: You Spoke...We Listened	4
HPW Health Observance	5
February is Heart Health Month!	5
Health Promotion News and Resources	6
Get Ready to Crews!	6
NMCPHC Blue H News: New Health Interest Questionnaire Link for 2016	6
Medical Home Port Population Health: Supporting the Military Health System's Quadruple Aim	7
NAVSUP Helps Navy Promote Healthy Food Choices Through Go for Green®	7
The Great American Spit Out—February 18, 2016	8
Training and Events	8
2016 DCoE Webinar Series	8
ShipShape Updates	8
Upcoming Training	8
Partnership and Sharing	9
10 Easy Ways to Make Exercise a Habit in 2016	9
Operation Live Well Wants a New You in the New Year!	10
Health Promotion Around the Globe	10
Social Media to Share	11
Brainbusters With Barkley	11



From the Editor

Health Promotion & Wellness Newsletter: You Spoke...We Listened

The bi-weekly Friday Facts and other Health Promotion Newsletters that you are accustomed to receiving have been consolidated into the new and improved NMCPHC Health Promotion & Wellness Newsletter. We've improved our newsletter in several ways. Our goal is to provide timely news about health and wellness topics, resources, and events. There will be a feature article every month based on topics that mean the most to you. We will spotlight health promotion activities and best practices conducted around the globe. We invite every reader to share and contribute to ensure that the newsletter remains relevant and useful.

If you have any questions please email us at: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-HPW-News@mail.mil.

Thank you for all that you do to keep your community healthy.

Very Respectfully,

Leisha Ferguson, MS
Health Promotion and Wellness Department
Navy and Marine Corps Public Health Center
620 John Paul Jones Circle
Portsmouth, VA 23708-2103
(757) 953-0977
leisha.ferguson.civ@mail.mil



HPW Health Observance

February is Heart Health Month!



Heart disease remains the number one killer of both men and women in the United States.¹ While heart disease is often viewed as something that only affects older individuals, an estimated six in 10 preventable heart disease and stroke deaths happen to people under age 65.²

Tobacco use, physical inactivity, unhealthy eating, and being overweight increase the risk of heart disease and, for Sailors and Marines, can negatively impact their career and compromise mission readiness.³ In the 2014 Fleet and Marine Corps Health Risk Assessment, 22 percent of active duty Navy respondents and 29 percent of active duty Marine Corps respondents indicated smoking as a lifestyle habit, and almost 40 percent of both Navy and Marine Corps active duty respondents indicated eating a diet with high fat foods.⁴ Diabetes is also considered to be a major controllable risk factor for heart disease.⁵ In fact, adults with diabetes are at least twice as likely to have heart disease or a stroke as adults without diabetes.⁵ About 95 percent of people with diabetes have type 2 diabetes or insulin resistance.⁶ People with diabetes who are physically inactive, follow an unhealthy diet, and use tobacco are more likely to develop heart disease.⁵ This is why it's important for Sailors and Marines at risk for type 2 diabetes to take steps to prevent getting type 2 diabetes by losing weight, improving diet, and increasing physical activity.

The good news is that heart health can be improved at any age by eating a nutritious diet that is low in saturated fats and sodium, taking part in moderate to vigorous physical activity most days of the week, maintaining a healthy weight, and quitting tobacco use. Adopting these healthier lifestyle behaviors will help improve your command's fitness now, and will also keep your command in top shape and make them stronger for years to come. Contribute to your command's overall health by promoting these tools and resources that contribute to a healthy heart.

Tools and Resources to Share

[Recipe for Heart Disease](#)

This infographic describes lifestyle habits that contribute to heart disease in the form of a recipe.

[Young at Heart: How Healthy is Your Heart?](#)

This fact sheet explains heart age and heart attacks and why it is important for young people to take steps now to maintain a healthy heart.

[Help Your Heart, Help Your Life](#)

This fact sheet describes the interrelatedness of heart health and chronic diseases such as diabetes, blood pressure, cholesterol, and heart disease.

Get Active Trail Mix **Don't Drive Buzzed Breakfast Scramble** **Rainbow Fruit Salad** **Grandma's Tobacco Cessation Pie** **Heart Disease**

Recipe: Heart Disease

Heart disease is the number one killer of both men and women in the United States.¹ In this Recipe for Heart Disease, combining any of the ingredients below can put you at a higher risk for getting heart disease. We recommend choosing a healthy variation to both improve your heart health and prevent chronic disease.

Ingredients:

1 cup	- Overweight or obesity
3 tbsp	- High blood pressure
1/2 tsp	- Smoking
1/3 cup	- High cholesterol
4 ounces	- Diabetes
a pinch	- Physical inactivity
a dash	- Chronic stress

Directions:

1. Develop a gut that you plan to worry about later in life.
2. Add tobacco.
3. Mix in chronic stress.
4. Avoid exercise.
5. Wait for a healthcare provider to diagnose you with conditions such as high blood pressure, cholesterol, and diabetes before you start paying attention to your health.

When these ingredients are mixed together, you have a recipe for heart disease. Keep in mind, you do not need all of the ingredients listed to develop heart disease.

Not interested in Heart Disease?

Try this healthy variation from the Navy and Marine Corps Public Health Center to prevent heart disease:

- Commit to a tobacco free lifestyle.
- Work to achieve or maintain a healthy weight.
- Participate in 150 minutes of moderate physical activity per week, and include muscle strengthening exercises such as push-ups or lifting weights.
- Eat a diet with minimal amounts of salt and saturated or trans-fats that are found primarily in animal and dairy products, and in processed foods. Most dietary fat should come from monounsaturated and polyunsaturated fats found in unsalted nuts and seeds, fish (especially oily fish such as salmon), and healthy cooking oils such as olive oil, safflower oil, or corn oil.
- Develop healthy coping mechanisms for dealing with stress such as physical activity or meditation.
- Know your numbers - Visit your healthcare provider regularly to discuss blood glucose and cholesterol levels, as well as your blood pressure!

Learn more about maintaining a healthy heart: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/10-toothbrush-February.aspx>
References:
Heart Disease Facts, Centers for Disease Control and Prevention, <http://www.cdc.gov/heartdisease/facts.htm>, Updated 10 August 2015. Accessed December 2015.

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

1 Heart Disease Facts. Centers for Disease Control and Prevention. <http://www.cdc.gov/heartdisease/facts.htm>. Updated 10 August 2015. Accessed December 2015.

2 Vital Signs: Preventable Deaths from Heart Disease & Stroke. Centers for Disease Control and Prevention. http://www.cdc.gov/dhdsp/vital_signs.htm. Updated 13 March 2014. Accessed December 2015.

3 Heart Disease Behavior. Centers for Disease Control and Prevention. <http://www.cdc.gov/heartdisease/behavior.htm>. Updated 10 August 2015. Accessed December 2015.

4 Navy and Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2014. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA-2014-report-final.pdf>. Published 2015. Accessed December 2015.

5 Diabetes, Heart Disease, and Stroke. National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). <http://www.niddk.nih.gov/health-information/health-topics/Diabetes/diabetes-heart-disease-stroke/Pages/index.aspx>. Published August 2013. Accessed December 2015.

6 Am I at risk for type 2 diabetes? Taking Steps to Lower Your Risk of Getting Diabetes. National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). <http://www.niddk.nih.gov/health-information/health-topics/Diabetes/type-2-diabetes-taking-steps-lower-your-risk-diabetes/Pages/index.aspx>. Published June 2012. Accessed December 2015.



Health Promotion News and Resources

Get Ready to Crews!

The Crews Into Shape Challenge 2016 is almost here! Register your team today, and get ready for a March month that focuses on improving exercise consistency and healthy eating! CREWS WORKS! According to the 2015 post challenge survey, 82 percent of the 187 survey respondents indicated that Crews Into Shape improved their daily fruit and vegetable consumption habits and 78 percent said it improved their daily exercise routines.

What Is Crew Into Shape? The Crews Into Shape challenge is held every March in conjunction with National Nutrition Month® and is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion & Wellness Department.

It is a four week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help the entire “Crew” work toward a healthier lifestyle.

Each Crew Member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and engaging in other healthy activities.

Crews Into Shape has been hosted every March since 2001 and is a fun, free activity offered DoD-wide. The 2015 challenge drew 311 Crews, comprised of 1,941 Crew Members, and we’re hoping to see even more compete in the Crews Into Shape challenge that begins 6 March. The annual challenge is open to all Active Duty and Reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, as well as DoD family members and civilians.

REGISTER TODAY! To access these materials and learn more about the program, please visit the Crews Into Shape website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>



NMCPHC Blue H News: New Health Interest Questionnaire Link for 2016

On 1 January 2016, the Health Interest Questionnaire (HIQ) link will change to <https://survey.max.gov/823449> and the current HIQ link will be deactivated. This new 2016 HIQ will be on the new Max.gov server and will enable us to provide better HIQ reports whenever you request them. This new link will appear on the Blue H website and in the Blue H criteria worksheets.

The HIQ enables you to gauge what health and wellness topics your people want, in what format and when. Fleet Commands and Marine Corps Commands score Blue H points if at least 25% of command members complete the HIQ during the year. Semper Fit Centers score Blue H points if they use the HIQ to gauge community-level interests

at any time during the year. Medical Commands score Blue H points if they use the HIQ to gauge community-level interests at any time during the year; plus they score Blue H points if at least 25% of their command members complete the HIQ during the year.

Blue H homepage: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

Contact Navy and Marine Corps Public Health Center-Blue H POC at michael.r.macdonald2.civ@mail.mil or 757-953-0974 [DSN 377]



Medical Home Port Population Health: Supporting the Military Health System's Quadruple Aim

Medical Home Port (MHP) Population Health is an approach to facilitate the care of a specific population using a dedicated medical team to provide primary, secondary, and tertiary preventive health strategies. Its mission is to support the Military Health System Quadruple Aim by improving quality and health outcomes, advocating healthy behaviors, providing integrated patient-centered care, and managing costs for the population.

The MHP Population Health framework includes a Public Health Educator Program Manager and Health Educators who work with existing MHP teams at designated sites. It is the intent for these Health Educators to collaborate with

Health Promotion and Wellness staff, refer participants to existing programs, and work to identify opportunities for new initiatives. The framework is adaptable and scalable to the unique geographic locations, population characteristics, existing resources, and organizational MHP structure in naval hospitals and naval medical centers.

Conditions of interest that will be addressed include tobacco use, obesity, type 2 diabetes, hypertension, and hyperlipidemia. Resources that address these conditions of interest will be identified and/or created and will be available to Navy Medicine.

NAVSUP Helps Navy Promote Healthy Food Choices Through Go for Green®



Originally Printed (NAVY NEWS SERVICE 13 JAN 16) Kathy Adams, NAVSUP Corporate Communications

MECHANICSBURG, Pennsylvania - Naval Supply Systems Command (NAVSUP)

is working to educate Sailors on the Go for Green® (G4G) program, which helps Sailors know what choices to make in the galley line to stay fit and healthy

G4G is a food identification system designed to help service members identify healthy food and beverage choices while dining in military galleys. The color codes-Green (Eat Often), Yellow (Eat Occasionally), and Red (Eat Rarely), along with a salt shaker graphic to measure sodium content, help service members choose foods and beverages that boost their performance, readiness, and health.

"This program will provide Sailors worldwide with accurate nutrition information that will help them make healthy choices," said NAVSUP Dietitian Jen Person-Whippo who is tasked with educating the Navy on the G4G's green, yellow, red system. "Ultimately, G4G will allow Sailors to choose healthy options at each meal as part of

their broader fitness goals," Person-Whippo added.

A NAVSUP G4G pilot education program will take place late January in Norfolk, Virginia, educating the NAVSUP Fleet Logistics Centers (FLCs) Navy Food Management Teams, which will play an important part in educating Culinary Specialists (CSs) who work the galleys both ashore and afloat on the food labeling system. The first step in implementing G4G across the Fleet is training galley personnel.

NAVSUP, in partnership with Combat Feeding Directorate at Natick Labs, and Uniform Services University, prepared eight training modules that will be used across the Navy to train galley personnel on the proper use of G4G when preparing and labeling food items served to Sailors.

NAVSUP's Dietitian is also collaborating with other agencies to train Bureau of Medicine Dietitians, Morale Welfare and Recreation (MWR) Command Fitness Leaders, and Navy and Marine Corps Public Health Center Health Promotion Directors.

"NAVSUP is driving toward innovative solutions to the Navy Food Service experience by ensuring our customers receive healthy meals with diverse menu options," said NAVSUP Navy Food Service Director Cmdr. Bert Hornyak. "In concert





with the Fleet and Commander Navy Installation Command (CNIC), we are leveraging technology, standardized equipment, and a variety of delivery options to revamp and modernize afloat, pier-side, and shore feeding to satisfy customer expectations. We are also maintaining viable experiences and training to nurture and challenge our Culinary Specialists throughout their careers.”

NAVSUP provides U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for quality-of-life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

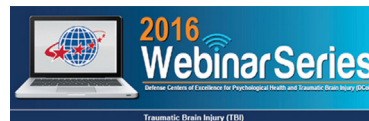
The Great American Spit Out—February 18, 2016

Save the date! Thursday, February 18th is Great American Spit Out Day. This year’s theme is “Dipping Doesn’t Make Sense, Either.” You may find ready to use materials on the DoD Quit Tobacco website www.ucanquit2.org and the [NMCPHC Tobacco Free Living website](#) to assist with your planned activities.

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](#).

2016 DCoE Webinar Series An introduction to the 2016 calendar year webinar series hosted by the Defense Centers of Excellence



The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is hosting three webinars each month throughout 2016 to share information and facilitate discussion on a variety of topics related to psychological health and traumatic brain injury. The webinars are open to the public, and many offer continuing education credits for attendees. The [2016 DCoE Webinar Schedule](#) includes topics related to the [HPW Monthly Health Observances](#). For example,

webinar titles include:

- Resilience: Sound Mind, Sound Body Techniques That Increase Psychological and Physical Fitness
- Suicide Assessment and Prevention: Safety Plans and Beyond
- Depression in Men in the Military
- Performance Triad, Sleep, Nutrition, Exercise

For information about registering for a webinar, or to view previously-aired webinars, please visit the [DCoE Monthly Webinars Web page](#).

Upcoming Training FY16

- **HP at the Deckplates:**
22-26 February at NEPMU5, San Diego, CA
- **HPW Training:**
7-11 March at NEPMU2, Norfolk, VA
- **Tobacco Cessation Facilitator:**
17 May at Naval Dental Clinic, Norfolk, VA
- **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



ShipShape Updates

Stay engaged by visiting [our website](#), [contacting us](#) directly, or joining other facilitators in the [ShipShape Program Facilitators milBook Group!](#)



Partnership and Sharing

10 Easy Ways to Make Exercise a Habit in 2016

The following [article](#) was originally published on Semper Fit's Marine and Family Programs website. A partner of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department, the Marine Corps' Semper Fit health promotion and recreation program creates opportunities to promote and improve an environment that supports the balance of the social, physical, spiritual, intellectual, and emotional well-being of individuals and encourages optimal health where people live, work, and play.

Every year one of the most popular New Year's resolutions is reaching a healthy weight. One of the best ways to reach your goal weight is through exercising. No matter what age you are, you can always improve your health and well-being by becoming more active. Even just incorporating moderate activity into your life on a regular basis can reduce your risk of Type 2 Diabetes and cardiovascular disease, and improve your mental health, muscle strength, and mood.

But let's be honest. It's easy to start a fitness routine. The hard part is following through with it long term. Here are some easy ways to make exercise a regular part of your life in 2016:

1. Do a variety of activities: By participating in a variety of activities you ensure that you can always be active regardless of the weather or time of day.
2. Commit to another person: When you commit to exercising with someone else, you are more likely to stick with your workout. You don't want to let that person down by canceling a workout, and a friend can help motivate you when you feel like giving up.
3. Make exercise a priority: It's easier to make exercise a part of your regular routine if you make it a priority in your life. Once you make exercise a regular part of your day and start noticing the positive effects, you will feel more motivated to make other changes such as eating healthier food or watching less television.

4. Exercise first thing in the morning: Many people have a busy schedule during the day and in the evening. Sometimes it's easier to get a workout done in the morning when everybody else in the house is asleep.
5. Exercise after work: Skip rush hour traffic and get your workout done instead. If your employer offers fitness facilities, take advantage of them. Or stop at the gym on the way home.
6. Exercise even when you're "too tired": It's easier than it sounds and you will feel much more energetic after you've finished.
7. Log your activity: Tracking your progress will help you see how far you've come and motivate you to do even more.
8. Be aware of all indicators of progress: Weight loss isn't the only sign that your health is improving. Regular activity can help you sleep better, think more clearly, and feel more energetic.
9. Walk with a pedometer (or your dog): If walking is your exercise of choice, use a pedometer to track your progress. If you don't have a friend to walk with, take your dog for companionship.
10. Reward yourself...because you deserve it: Whether you accomplished a goal that you set for yourself or because you stuck it out through a week of workouts, you deserve to be rewarded.

Are you ready to make 2016 your most active year yet? Visit your local fitness center to sign up for group fitness classes or personal training sessions. If being outdoors is more your style, the Marine Corps offers [intramural and All-Marine](#) sports opportunities, as well as a variety of [outdoor recreation](#) activities.



Calling All Sailors: Visit Navyfitness.org for fitness, sports, and nutrition resources to help make 2016 your most active year yet. The [Navy Operational Fitness and Fueling System \(NOFFS\)](#) provides physical fitness and nutrition information to help the Navy maintain peak physical readiness.



Operation Live Well Wants a New You in the New Year!

It's a new year, and the Department of Defense's Operation Live Well (OLW) wants you to make use of all the available resources to make a better and new you!

OLW is an initiative dedicated to improving the health and well-being of the DoD community. Your health is our best defense. As part of these efforts, OLW assembled a set of resources to help you adopt and maintain a healthy lifestyle. OLW's six focus areas include:

- [Integrative Wellness](#)
- [Mental Wellness](#)
- [Nutrition](#)
- [Physical Activity](#)
- [Sleep](#)
- [Tobacco-free Living](#)

During January 2016, OLW is specifically focusing on overall health and wellness by offering a variety of programs, resources, and tools that are aligned to the January health

and wellness campaign, [New Year, New You](#). For example, pick up helpful [tips for exercising in cold weather](#), and guidance on [how to deal with post-holiday stress and depression](#). You can also read about [experts' warnings on the "quick fix" of dietary supplements](#).



Operation Live Well's comprehensive approach to health and wellness, and emphasis on the campaign's six focus areas, provides important information for military members, civilian employees, retirees, and family members so they can live well. You can follow OLW on [Facebook](#) and [Twitter, or](#) visit their [website](#) to learn more.

OLW works with many DoD services, such as the [Navy Marine Corps Public Health Center](#), the [Army's Public Health Command](#), and the [Air Force Medical Service](#). These efforts align with several similar programs, including the [Army's Performance Triad](#), [Total Force Fitness](#), and efforts by the [U.S. Surgeon General's office](#).

Health Promotion Around the Globe



NEPMU7, Naval Station Rota Spain, held its first Health Fair for the Marines on base, FAST Company. The health fair was certainly a great success! Over 100 Marines were serviced by thirteen local Educators and resources to include the Navy Colleges, Fleet & Family Support Center, Navy & Marine Corps Relief Society, and the Naval Hospital. Display boards were provided on topics such as Sexually Transmitted Infections, Health and Nutrition, and Operational Stress Management, among many others. Demonstrations from the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department relaxation toolkit, RelaxRelax, were conducted and went over very well with Marine personnel. Comments from the satisfaction survey were, "I like how we could actually try their demonstrations to give us an example of how things work and feel" and "I thought everything was helpful, I'd like to continue seeing these type of events." We will definitely continue health fairs such as this one in the future, stated HM1(SW) Nicole Gacayan.



You are welcome and encouraged to submit a story about your own HPW successes to the following email address: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-HPW-News@mail.mil.





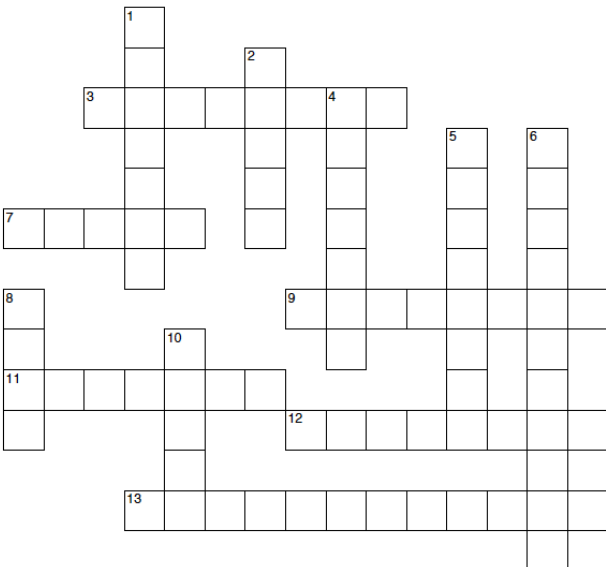
Social Media to Share

- 200, 150, 25...Do you know your critical health numbers? Talk to your provider to learn your numbers and understand whether you are at risk. #HeartHealth <http://go.usa.gov/cPfyY>
- 200, 150, 25...Talk to your provider about your critical numbers for #HeartHealth <http://go.usa.gov/cPfyY>
- 200, 150, 25...Do you know your critical health numbers? Talk to your provider to learn your numbers and understand whether you are at risk. #HeartHealth <http://go.usa.gov/cPfyY>
- In many cases heart disease is preventable. By taking actions now to improve your heart health, you can reduce your risk for developing heart disease as well as other chronic diseases. #HeartHealth <http://go.usa.gov/cPfvV>
- In many cases heart disease is preventable; take action now to improve your heart health and prevent heart disease! #HeartHealth <http://go.usa.gov/cPfvV>
- In many cases heart disease is preventable. By taking actions now to improve your heart health, you can reduce your risk for developing heart disease as well as other chronic diseases. #HeartHealth <http://go.usa.gov/cPfvV>

- In many cases heart disease is preventable. By taking actions now to improve your heart health, you can reduce your risk for developing heart disease as well as other chronic diseases. #HeartHealth <http://go.usa.gov/cPfdD>
- In many cases heart disease is preventable; take action now to improve your heart health and prevent heart disease! #HeartHealth <http://go.usa.gov/cPfdD>
- In many cases heart disease is preventable. By taking actions now to improve your heart health, you can reduce your risk for developing heart disease as well as other chronic diseases. #HeartHealth <http://go.usa.gov/cPfdD>
- Looking for a heart healthy recipe? Start by making sure you know how to prevent heart disease. #HeartHealth <http://go.usa.gov/cPh2C>
- Looking for a heart healthy recipe? Start by making sure you know how to prevent heart disease. #HeartHealth <http://go.usa.gov/cPh2C>
- Looking for a heart healthy recipe? Start by making sure you know how to prevent heart disease. #HeartHealth <http://go.usa.gov/cPh2C>

Brainbusters With Barkley

January



This month's Brainbuster with Barkley is all about Heart Health. Check out the [HPW Heart Health Toolbox](#) to find answers throughout!



Across

- 3. Quit smoking for your heart... within 20 minutes of quitting your heart rate and blood pressure _____.
- 7. _____ percent of preventable heart disease and stroke deaths are under the age of 65.
- 9. Heart disease is a build-up of fatty plaque in your _____. Plaque build-up restricts blood flow, which can eventually lead to chest pain, blood clots, heart attack and stroke.
- 11. Advanced aging is due to a number of risk factors such as high blood pressure, high cholesterol and _____.
- 12. _____ is a condition in which excess glucose collects in the bloodstream. This weakens arteries and may cause heart disease.
- 13. _____ can cause stress on the artery walls, seriously damaging organs and potentially causing heart disease, stroke or heart attack.

Down

- 1. Conditions and lifestyle choices that increase risk of heart disease include _____, poor diet, physical inactivity, diabetes and excessive alcohol use.
- 2. _____ disease is the number one killer of both men and women in the United States.
- 4. 22% of Sailors and 29% of Marines indicate they are current _____.
- 5. 150 minutes of _____ physical activity each week can greatly improve your heart health.
- 6. Know your numbers... HgA1c less than 5.7, Body Mass Index less than 25 and Total _____ less than 200mg/dl.
- 8. The _____ diet was developed to lower blood pressure and has proven effective for a variety of other medical conditions.
- 10. Your risk of coronary heart disease is reduced by _____ percent after quitting smoking for one year.

Navy and Marine Corps Public Health Center

