

# Health Promotion & Wellness

May 2016

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Need for Men's Health  
Month! - Page 4**

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2015 HRA Update  
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Photo by Mass Communication Specialist 2nd Class Sean Furey



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



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# HPW Health Observance

## Invest In Your Future During Men's Health Month

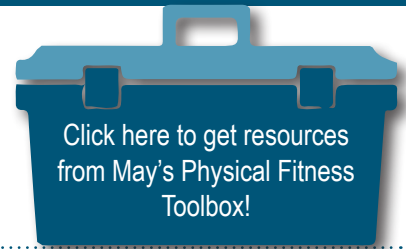


Photo by Mass Communication Specialist 3rd Class Benjamin Crossley

Maintaining mission readiness means taking charge of one's health. When Sailors and Marines adopt healthier lifestyle behaviors, they increase their operational readiness and also improve their overall health.

Some health concerns affect men differently than women. While heart disease and cancer are leading causes of death for both men and women in the United States, accidents (unintentional injuries) are one of the top three leading causes of death for men, but not for women.<sup>1,2</sup> When men are aware of male-specific health concerns, they can take better care of themselves. As an example, men are more likely to gain weight around their mid-section due to higher

levels of testosterone than women.<sup>3</sup> Fat around the waist increases the risk for heart disease and type 2 diabetes.<sup>3</sup> Men who are aware of this understand the importance of taking measures to maintain a healthy weight. Male Sailors, Marines, and DoD civilians should take charge of their health and adopt healthy living habits that include eating healthy, being active, maintaining a healthy weight, managing stress, staying injury free, practicing safe sex, drinking in moderation, and being tobacco free.

During Men's Health Month, share resources that teach your male Sailors, Marines, and DoD civilians how to make healthier choices across the spectrum of men's health topics. They'll become more knowledgeable about how their behaviors and lifestyle choices affect their overall health, so that they can take steps now to improve their health for years to come!

## Tools and Resources to Share

### [Take Charge of Your Health](#)

Learn steps to stay healthy in between health care provider visits.

### [The Impact of Men's Health on Operational Readiness](#)

A blog post from Master Chief Hospital Corpsman Derek Petrin, command master chief, NMCPHC, featured on Navy Medicine Live that discusses the importance of men's health, especially as it relates to operational readiness.



Photo by Mass Communication Specialist 3rd Class Katarzyna Kobiljak

1 Men's Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/nchs/fastats/mens-health.htm>. Updated February 2016. Accessed April 2016.

2 Women's Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/nchs/fastats/womens-health.htm>. Updated February 2016. Accessed April 2016.

3 Healthy Eating for Men. Academy of Nutrition and Dietetics. <http://www.eatright.org/resource/health/wellness/healthy-aging/healthy-eating-for-men>. Reviewed June 2014. Accessed April 2016.



# Health Promotion News and Resources

## CNIC's Deployed Forces Support Program Improves the Health, Fitness, and Quality of Life of Deployed Sailors

Deployed Forces Support has one of the strongest support networks in the Navy. The worldwide network of trained Deployed Forces Coordinators stands ready to assist Sailors with any afloat fitness or recreation program needs.

The Navy's MWR Civilian Afloat Program is comprised of afloat fitness (Fit Boss) and recreation specialists (Fun Boss) who serve aboard aircraft carriers, amphibious assault ships and tenders. Fit and Fun bosses work together in providing fitness and recreation programs for shipboard Sailors.

MWR's Deployed Forces Support Program enhances the quality of life for more than 180,000 Sailors and Marines at sea and forward-deployed Navy ground forces. Sports, recreational programs, physical fitness equipment, social activities (parties/picnics), tours, subsidies/rebates and gear locker checkout are just a few of the morale-enhancing opportunities offered.

Deployed Forces Support Coordinators (DFSCs) are located at major fleet concentration areas throughout the world, and assist ships and forward-deployed ground forces with programming, financial management, recreation administration, procurement and property management. DFSCs are civilian recreation and fitness professionals exclusively dedicated to supporting the MWR needs of the fleet and forward-deployed ground forces.

To learn more about the Navy's Deployed Forces Support Program, visit <http://www.navyfitness.org/deployed-forces-support/>



Photo by Mass Communication Specialist 3rd Class Jonathan Sunderman



### New Sleep App

The DCOE National Center for Telehealth and Technology (T2) has developed a new smartphone app DREAM EZ. It was created to be used along with treatment to help rewrite bad dreams into more positive results and enhance sleep. For more information go to the DREAM EZ app at <http://t2health.dcoe.mil/dream-ez>.

Additional sleep resources may be found at the NMCPHC HPW Sleep page <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/sleep.aspx>.

## 2015 HRA Report—How Does Your Command Compare

Each year, NMCPHC publishes an analysis of the health risk assessment (HRA) records completed by active and reserve members of the Navy, Marine Corps and Coast Guard, yielding average “% healthy” scores on 22 questions among within each of those populations. The 2015 analysis of 238,000 records is now available. How did your command 2015 HRA scores compare? If your personnel scored significantly below average for a certain health risk, perhaps that health risk might be a valuable target for your 2016 health promotion efforts. See the report “Fleet and Marine Corps Health Risk Assessment, 02 January -December 31, 2015” at: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2015-HRA-Report-TR-214-2016.pdf>.

Learn more about the HRA at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>.





## Tobacco Updates

### FDA New Tobacco Regulations

The Food and Drug Administration issued new regulations on the use of cigars, hookah, pipe tobacco, dissolvables and electronic cigarettes, and includes no sales to minors, warnings on the products; the rule go into effect August 6, 2016. For additional information see <http://www.fda.gov/TobaccoProducts/>.

### Real Cost Campaign

The FDA has begun a smokeless tobacco prevention campaign aimed at teens in select locations. More information may be found at <http://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign/default.htm>.

### World No Tobacco Day 2016

There is no debate. It's time to quit tobacco. Join tobacco users around the world and make your quit day World No Tobacco Day—May 31. Quit tobacco, [ucanquit2.org](http://ucanquit2.org) has tools to help get you started.

## Human Performance Optimization Website - an Excellent Resource for USN & USMC Health Promotion

A DoD Initiative under the Force Health Protection and Readiness Program

PHYSICAL FITNESS – ENVIRONMENT – NUTRITION – SUPPLEMENTS – RELATIONSHIPS – MIND – TOTAL FORCE FITNESS

[HPRC's human performance optimization](#) (HPO) website is for U.S. Warfighters, their families, and those in the field of HPO who support them. The goal is Total Force Fitness: Warfighters optimized to carry out their mission as safely and effectively as possible.

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

### 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



## Updates Coming to the ShipShape Program!

In August 2016, the Navy and Marine Corps Public Health Center will launch an updated ShipShape Program to better meet the needs of the Navy.

The new iteration of the program will feature an open enrollment format to increase flexibility for participants, provide an opportunity to alleviate administrative burden on the facilitators through the addition of online sessions and focus on participant-driven follow-up, and offer adaptability to fit all types of program sizes.







## Training and Events

The format will also allow for an increased capacity to meet an anticipated growth in demand for the program. Participants will be able to attend group sessions in any order that fits their schedule, based on availability of offerings in their area.

The shift to an open enrollment format is in response to the 4 August 2015 release of NAVADMIN 178/15 (Physical Readiness Program Policy Changes) and the 9 March 2016 release of NAVADMIN 061/16 (Implementation of Physical Readiness Program Policy Changes Update #2) to enhance the ShipShape Program and flex offerings to meet the needs of the Navy.

Key components featured as part of the updated program include:

- Updated resources to reflect weight management research and best practices.
- Updated curriculum to account for the open enrollment format.
- Steps for Success and Preparing for the Future sessions will be available to participants as online, self-paced courses.
- Participants will be required to attend all six group sessions and the two online sessions to complete the course.
- Updated program support materials, including a Facilitation Manual for facilitators and a Study Guide for participants.
- A Recruitment Guide will be available to support local programs recruit additional facilitators to meet any increase in demand.

The 25-29 July 2016 ShipShape Program Facilitator Training course for new facilitators will feature the new curriculum and training. NMCPHC will host a webinar during the week of 1 August for existing facilitators to learn about the updates.

Following the training and webinar, the curriculum and materials will be updated and launched Navy-wide by 15 August 2016.

For more information or questions, contact the ShipShape Program Manager at [usn.hampton-roads.navmcpubhlthcenpors.list.nmcpbc-shipshape@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcpbc-shipshape@mail.mil)

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

## Partnership and Sharing

### Army National Guard (ARNG) Guard Your Health (GYH) May Social Media To Share

During the month of May, you can share the following social media posts from ARNG GYH to encourage healthy behaviors among service members and their families.

Follow ARNG GYH on Facebook, Twitter and YouTube:



#### Facebook:

- Build your endurance and learn how to fuel up for top performance with these tips from @Guard Your Health: [http://www.guardyourhealth.com/ask-the-experts/fitness/increase-stamina/?utm\\_source=MHS](http://www.guardyourhealth.com/ask-the-experts/fitness/increase-stamina/?utm_source=MHS)



## Partnership and Sharing

- Did you know the health benefits of quitting tobacco start within 20 minutes of your last cigarette? [http://www.guardyourhealth.com/health-topics/tobacco-free/benefits-of-quitting/?utm\\_source=MHS](http://www.guardyourhealth.com/health-topics/tobacco-free/benefits-of-quitting/?utm_source=MHS) via @Guard Your Health
- Get some PT in over the weekend with this Memorial Day workout from @Guard Your Health: [http://guardyourhealth.tumblr.com/post/119530474958/show-your-stripes-a-patriotic-memorial-day-flag?utm\\_source=MHS](http://guardyourhealth.tumblr.com/post/119530474958/show-your-stripes-a-patriotic-memorial-day-flag?utm_source=MHS)

### Twitter:

- Need tips to build up your endurance? @ARNGHealth has you covered: <http://j.mp/1Ss32ZU>
- Quitting is winning! For World No Tobacco Day, learn the benefits of quitting tobacco: [http://j.mp/Quit\\_Today](http://j.mp/Quit_Today) via @ARNGHealth #WorldNoTobaccoDay
- Get some PT in over the weekend with this workout from @ARNGHealth: <http://j.mp/1rzqUBg> #MemorialDay



## HP Around the Globe: Naval Hospital Pensacola Medical Home Port (MHP) Population Health

Integrated Healthy Communities Program Pensacola, FL - Medical Home Port (MHP) Population Health, or the Integrated Healthy Communities Program (IHCP) as it's known at Naval Hospital Pensacola, is off to a great start. In order to maximize participation from staff, truly representing the 'integrated' approach, IHCP health educators and the Health Promotion and Wellness (HPW) Department staff set off on a mission to bring the human (or at least super-human) back into health care. On 20 April 2016, IHCP and HPW staff dressed as super-heroes, and walked through the hospital to make introductions while distributing half page business cards to promote the IHCP mission, vision, and objectives; as well as staff contact information. The reception was overwhelming and the 'word' is out. The IHCP element within HPW is open for business. Not only did the IHCP health educators and HPW staff get to meet potential participants, but were afforded the opportunity to educate clinic staff and patients on our program lineup - marketing 101! We have begun to offer direct-access tobacco cessation, health risk assessments, and weight management as a product streamline, directly from primary care into HPW. You leave your doctor's office and walk over to HPW where you will be greeted by one of our administrative staff, provided an overview of the process, handed educational materials, and introduced to one of our awesome IHCP health educators for one-on-one assessment, instruction, and tailored attention. Responses from primary care, the Director for Medical Services, Director for Medical Home Port, and the senior leadership have been extremely supportive and positive. Buckle your seat belts - we are 'steaming to assist'! At Naval Hospital Pensacola we CARE! Compassionate - Accountable - Responsive - Exceptional

