



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

July 2016



What's New in Public Health

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Safety Toolbox

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. 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 readiness for duty. Being informed about common workplace and recreational safety hazards can keep everyone safe. In this toolbox we provide Sailors, Marines, beneficiaries, DoD civilians, health promotion coordinators, and health information disseminators the resources to exercise safety precautions so they can stay safe at work and fully enjoy recreational activities in their free time. [Click here to learn more >>](#)

Mapping Patient Needs and Resources for Improved Care

Branch Health Clinic (BHC) Boone wanted to know more about the health of their enrolled patients as part of their National Committee for Quality Assurance (NCQA) certification. BHC Boone came to the Health Analysis department of NMCPHC to determine the burden of conditions of interest, such as diabetes, tobacco use, hyperlipidemia, and hypertension, across their population. Health Analysis revealed several key pieces of information.

[Click here to learn more >>](#)

Recapturing Trauma Patients for Operational Readiness and Cost Reduction

Naval Medical Center San Diego's (NMCS) Commanding Officer asked the Health Analysis department of NMCPHC to determine the number and cost of major trauma admissions with a post-acute phase that they could have treated in 2015. Health Analysis determined that TRICARE paid \$12 million for 567 major trauma admissions with a post-acute phase! Read more about how Health Analysis worked with NMCS to find a way to recoup these unnecessarily high medical costs and improve the quality of care. [Click here to learn more >>](#)



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Men's Health Infographic

Investing in the future is not a game. Making healthy choices includes consulting health professionals and becoming educated on what preventive measures are most important for your health. Use this as a guide for healthy behaviors in your daily life such as a proper diet, exercise, and positive mental health. [Click here to learn more >>](#)

Nutri-Facts: Phytonutrients

Phytonutrients are naturally-occurring chemicals found in plants and plant-based foods, such as fruits, vegetables, beans, and grains. They are responsible for the color, taste, and smell of your food. Research shows that there may be health benefits to consuming phytonutrients due to the fact that they change the chemical processes in your body for the better. Many phytonutrients behave like antioxidants or hormones in that they support the immune system, reduce inflammation, and prevent cell damage. All of these functions are critical to fighting a variety of chronic diseases, most notably cancer. [Click here to learn more >>](#)

Nutri-Facts: Vitamins and Minerals

Vitamins and minerals are nutrients that your body needs to stay healthy and perform at its peak. Vitamins are organic substances that are made by plants or animals. Whereas, minerals are inorganic substances found in soil and water that are absorbed by plants or eaten by animals. Each nutrient has its own job, such as building muscle, fighting infection, or getting energy from food. Together, vitamins and minerals are known as micronutrients because you only need small amounts to help your body function properly. If you eat a balanced diet of nutrient-dense foods, you should get all the vitamins and minerals that your body needs. [Click here to learn more >>](#)

Zika Virus Information & Resources

Zika is a viral infection spread by mosquito bites. Recently, Zika virus infections in pregnant women have been linked to infants born with birth defects. Ongoing Zika virus transmission is occurring in Central and South America, Mexico, and the Caribbean. The Centers for Disease Control and Prevention (CDC) have issued a Travel Alert for all of these areas. Informational resources are available on the NMCPHC website to help you learn more about the Zika virus. [Click here to learn more>>](#)



Public Health in the News

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Ongoing Collaboration Results in Improvements to Mental Health Care for Beneficiaries

http://www.navy.mil/submit/display.asp?story_id=95218

The Navy and Marine Corps Public Health Center (NMCPHC) announced a project with the U.S. Navy Bureau of Medicine and Surgery (BUMED) to identify areas for improving the Behavioral Health Integration Program (BHIP) June 14. The project focuses on improving utilization of and access to Navy Internal Behavioral Health Consultants (IBHCs) in the BHIP. The ongoing collaboration between NMCPHC's Health Analysis department and BUMED will result in improved, comprehensive mental health care for service members and their families.

[Click here to read more>>](#)

Navy Medicine Releases Video with Helpful Tips for Mosquito Season

http://www.navy.mil/submit/display.asp?story_id=95380

Navy Medicine released a mosquito awareness video for Sailors, Marines and their families, June 24. Although the Zika virus has not been spread by mosquitoes in the United States, it could occur. The new video demonstrates how to take extra protective measures during mosquito season, including measures to safeguard your home such as avoiding the use of mosquito attraction devices. [Click here to read more>>](#)

8 Tips for Grilling Safely

<http://www.foxnews.com/health/2016/06/25/8-tips-for-grilling-safely.html>

Every year, the arrival of summer marks the unofficial beginning of grilling season. Millions of Americans wipe the dust off of the grill in eager anticipation. And who can blame them? A grill makes almost any type of food taste incredible. Whether it's burgers, vegetables, or even desserts, nothing beats the smell of freshly grilled fare. Plus, grilling is as central to summer holidays, like July 4th and Labor Day, as any parade or fireworks. [Click here to read more>>](#)



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What's in Your Smoothie?

<http://health.mil/News/Articles/2016/06/24/Whats-in-your-smoothie>

What role does a smoothie play in your meal plan: meal, snack, or post-workout fuel? If it's a meal-replacement, then choose one that includes dairy, some fruit, and maybe vegetables. Is it a snack? Then go lighter and pick one with fruits, vegetables, and ice. And if you're replenishing fuel after your workout, then make sure your smoothie includes protein – and choose the protein source wisely. [Click here to read more>>](#)

How to Start Working Out in the Morning

<http://time.com/4377380/morning-workout-exercise/>

You plan a workout for the evening, but then something comes up—a happy hour, a deadline for work, or maybe even a Tinder date. And there goes your exercise for the day. If this keeps happening to you, there's a logical solution: shift your workout schedule to the morning. But that's easier said than done. When you're barely awake and have to choose between working out and staying in bed for another hour, there's a good chance the snooze button will win. So how is it that some people manage to get up for 5:30 a.m. workouts like it's no big deal? We picked the brains of trainers and nutritionists for lifestyle changes you can make to help you become the person who wants to rise and grind. [Click here to read more>>](#)

Get Active for Your Mental Health

<http://navymedicine.navylive.dodlive.mil/archives/10471>

It's that time of year when the days get longer and the temperature gets warmer. Now that you've packed away your winter clothing, you may consider getting more exercise to help you get fit for summer. Did you know that physical activity can also help strengthen your mental health and resilience? Here are five reasons to get active for your mental health.

[Click here to read more >>](#)



NMCPHC Upcoming Training & Conferences

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HPW – Tobacco Cessation Facilitator Training

July 12

July 28

Norfolk, VA

San Diego, CA

The course will be offered as part of NMCPHC's Health Promotion and Wellness program scheduled at Naval Dental Clinic, Naval Station Norfolk. In order to be eligible to attend the required and approved one-day tobacco cessation facilitator training, attendees must be at least an E-4 or higher in rank and must be tobacco free for at least six months to one year prior to attending the training. Trained facilitators must be willing and able to provide tobacco cessation counseling (group and/or individual based on population needs) during the 12 months following training and also collect and report outcome data as requested. [Click here to learn more>>](#)

DOERHS – IH Training

July 11 – 15

Naval Hospital Camp Pendleton, CA

DOERHS-IH is a web-based application that is used to collect industrial hygiene survey information. This course is designed to teach Industrial Hygiene personnel, who will be actively entering data into the DOERHS-IH application, to maneuver and organize data within their Industrial Hygiene Program Office. There is no fee for this course. However, students and their commands are responsible for their own transportation, lodging, and per diem arrangements and expenses. [Click here to learn more>>](#)

Navy Health Promotion & Wellness Course

July 25 – 27

San Diego, CA

Readiness is one of the strategic goals of Navy Medicine. The Navy Health Promotion and Wellness Program supports readiness through resource development, training and program management. As a part of the Navy and Marine Corps Public Health Center's (NMCPHC's) efforts to support the development of a comprehensive and effective Health Promotion and Wellness Program at the Navy's Medical Treatment Facilities (MTFs) and the Reserve Component OHSUs, the two-day Health Promotion & Wellness Course is available. Seats in the course are limited, with priority given to Health Promotion & Wellness staff at the Navy Medical Treatment Facilities (MTFs), and others in leadership positions at larger fleet or operational commands (aircraft carriers, CNIC, NPC, etc.), Semper Fit Coordinators and Navy Reserve Component OHSU HP and Wellness Directors. Seats for attendance at Health Promotion Advanced are available for E-6 and above or GS-9 and above ONLY. Successful completion for all training requires attendance at the entire event (no partial credit will be given) and a passing score on the written exam. [Click here to learn more >>](#)



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Salmonella Poona Investigation Lessons Learned

July 26

Webinar

The Preventive Medicine Program and Policy (PPS) Department is part of a Tri-service group that hosts monthly training sessions for MTF and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). This training will help describe key events in a Salmonella Poona outbreak; understand military involvement and how it contributed to the civilian investigation; and identify lessons learned and best practices in working with veterinary trace back processes. The training is approximately 30 minutes long and is conducted online with an accompanying dial-in phone number. [Click here to learn more >>](#)

ShipShape Program Facilitator Training

July 28

San Diego, CA

This ShipShape Program Facilitator Training course is designed to give qualified individuals the skills they need to become ShipShape Facilitators. ShipShape Facilitators are needed to conduct a standardized eight-session program that offers information, motivation, guidance and group support for active duty and reserve military service members, beneficiaries, and government civilians to lose and maintain weight loss through healthy lifestyle modifications based on good nutrition and physical activity. Individuals who complete this training will be expected to conduct group classes at least twice a year and complete all administrative responsibilities associated with conducting classes. [Click here to learn more>>](#)



NMCPHC Field Activity Education & Training

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Navy Entomology Center of Excellence (NECE)

The Navy Entomology Center of Excellence offers training to DoD Pest Management Professionals to include Pesticide Applicator Certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DoD Pesticide Applicator Recertification; Operational Entomology Training (preparing preventive medicine personnel to establish a public health pest management program where none exists; and Shipboard Pest Management (we serve as the Navy Program Manager for Shipboard Pest Control). [Click here to learn more>>](#)

NEPMU-2

NEPMU-2's education and training mission is to provide fleet and staff training, leadership, and management, to ensure that required professional certificates for occupational, environmental, and preventive medicine professionals throughout the Navy and Marine Corps are met.

[Click here to learn more>>](#)

NEPMU-5

The mission of the Education and Training Department of NEPMU-5 is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying FDPMU teams in support of operational commanders worldwide. Services offered: CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit's AOR, ashore and afloat. [Click here to learn more>>](#)

NEPMU-6

The Education and Training department of NEPMU-6 offers courses throughout the year including (but not limited to) Food Safety Manager's Course, Laboratory Identification of Malaria training, DoD Pesticide Applicator Certificate Refresher Course, Shipboard Pest Management training and Navy Ship Sanitation Certificate Program. [Click here to learn more>>](#)

NEPMU-7

NEPMU-7 provides Force Health Protection courses throughout the year including (but not limited to) Operational Entomology Training, Shipboard Pest Management, and Food Safety Manager's/Supervisor's Course. [Click here to learn more>>](#)