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July 31, 2015



Health Promotion and Wellness Friday Facts



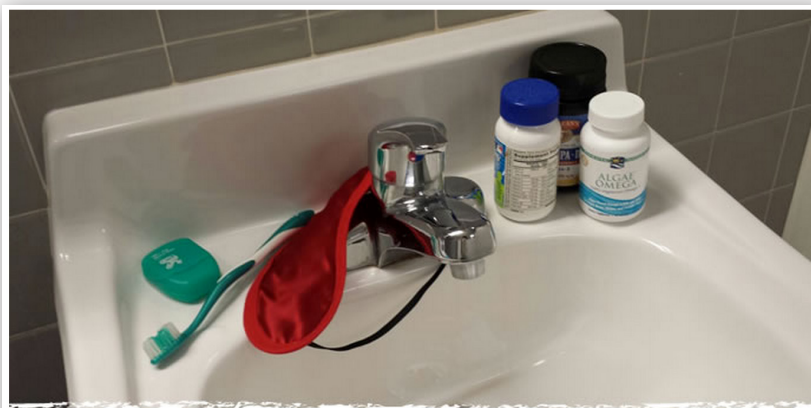
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AUGUST IS PREVENTIVE HEALTH MONTH!

Flossing once a day, eating the recommended number of servings from the five food groups first before using dietary supplements, and sleeping for seven or more hours each night can provide a variety of health benefits and prevent illness. Yet, according to the 2014 Fleet and Marine Corps Health Risk Assessment Annual Report, a high percentage of Sailors and Marines do not floss regularly, their diets are low in nutrient-rich fruits and vegetables, and many do not get enough restful sleep. ^[1]

In the August HP Toolbox, the NMCPHC Health Promotion and Wellness Dept. provides a variety of resources and tools to educate Sailors, Marines, family members, retirees, and DoD civilians about the importance of these three preventive health practices in order to maintain optimal health and performance.



AUGUST - PREVENTIVE HEALTH

Included in the August HP

Toolbox is the 1-5-7 Wellness of the Day Challenge to encourage individuals to floss, eat the recommended number of servings from the five food groups, and get at least seven hours of sleep each day. You'll find the 1-5-7 Challenge as well as a wealth of other resources in the August Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-august.aspx>

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





2-8 AUGUST IS NATIONAL FARMER'S MARKET WEEK!

Summer is the best season for fresh produce. Take advantage of National Farmers Market Week (2-8 August) to eat delicious, fresh, and healthy food while supporting local farmers and gardeners.

To join the fun and start celebrating National Farmers Market Week:

- [Find a farmers market near you](#). Farmers markets can be found across the United States, so whether you live in an urban, rural, and suburban area, you can purchase fresh produce directly from farms near you.
- Shop with other people. Head to your local farmers market with friends, family, or roommates, and buy in bulk. You can buy a large amount of fresh food, split it up and even freeze, can, or dry some enjoy during the off-season.
- Learn about the health benefits of [fruits](#) and [vegetables](#). Fruits and vegetables fill up rows and rows of tables and booths at farmers markets—and these delightful foods are packed with necessary nutrients.
- Learn about the wealth benefits. A 2011 study found that farmers markets were about 12% less expensive than supermarkets.



Many of the local commissaries are participating in DeCA's second annual "Your Healthy Lifestyle Festival", which will include their ever-popular farmers markets; morale, welfare and recreation services will offer a variety of fitness events for children and adults; and the exchanges will be offering their popular sidewalk sales that will feature fitness shoes and apparel specials along with sports equipment and bicycles. Go to: <https://www.commissaries.com/stores/html/healthy-lifestyle-festival.cfm> to see if your local commissary is participating in this year's festival events.

For more information on farmers markets, visit:

[USDA Farmers Markets and Local Food Marketing](#)

[CDC's Farmers Markets, Community Supported Agriculture, and Local Food Distribution](#)

[1] <http://www.ruralscale.com/resources/downloads/farmers-market-study.pdf>

NAVAL CENTER FOR COMBAT & OPERATIONAL STRESS CONTROL (NCCOSC) ANNOUNCES COMBAT & OPERATIONAL STRESS CONTROL SYMPOSIUM AT NAVAL MEDICAL CENTER PORTSMOUTH (NMCP)

NCCOSC is pleased to announce the following Combat & Operational Stress Control Symposium:

Target Audience: Mental Health Professionals, Psychologists, Psychiatrists, Social Workers, Case Managers, Chaplains, Therapists and Researchers

When: Thursday, Aug 27, 2015

Time: 9 a.m. - 5 p.m. EDT

Where: Naval Medical Center Portsmouth, VA. Bldg. 3, 2nd floor auditorium & available virtually through Adobe Connect

Registration and agenda are now available at: www.nccosc.navy.mil

Additional information:

- The Symposium is FREE for attendees
- Registration is REQUIRED and available through our website
- 6 FREE Continuing Education hours available for psychologist, psychiatrists, nurses and social workers



Note: Auditorium attendance is limited so please register early!

AF DCOE DIABETES CHAMPION COURSE 9-11 SEPTEMBER 2015

Attention Diabetes Health Professionals and Health Educators: Earn 18.25 hours of CME and CNE credits while learning to improve diabetes mellitus control at your MTF!

The Air Force Diabetes Center of Excellence (AF DCOE) is hosting its semi-annual Diabetes Champion Course that focuses on training primary care staff at all MTFs to better manage patients with diabetes. The program is based on a team approach that includes health care providers (physicians and IDCs), nurses, and technicians. Primary care teams are encouraged to attend together. During the course, participants will develop and present a plan to implement clinical practice guidelines in the treatment of patients with diabetes, thus improving patient, provider, and MTF outcomes.

The Diabetes Champion Course will be held on 9-11 September 2015. Please join in-person at Lackland Air Force Base, San Antonio, TX or virtually via DCS. Check out [AF Diabetes Central](#) for more details. Please contact Connie Morrow at connie.morrow.ctr@us.af.mil to register.

NEW TASK FORCE AND COMMUNITY GUIDE ANNOUNCES DIABETES PREVENTION AND CONTROL PUBLICATIONS

The Community Preventive Services Task Force has announced that the online versions of the Recommendations for Diabetes Prevention and Control: Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes among People at Increased Risk are available, and will be published online July 14, 2015 in The Annals of Internal Medicine (Ann Intern Med. 2015; 163. doi:10.7326/M15-1029).

Specifically, The Community Preventive Services Task Force recommends combined diet and physical activity promotion programs for people at increased risk of type 2 diabetes, based on strong evidence of effectiveness in reducing new-onset diabetes. Such programs also increase the likelihood of reverting to normal blood sugar and improve diabetes and cardiovascular disease risk factors, including overweight, high blood glucose, high blood pressure, and abnormal lipid profile.

They also reported that, based on the evidence, combined diet and physical activity promotion programs are effective across a range of counseling intensities, settings, and implementers. Programs commonly include a weight loss goal, individual or group sessions (or both) about diet and exercise, meetings with a trained diet or exercise counselor (or both), and individually tailored diet or exercise plans (or both). Higher intensity programs lead to greater weight loss and reduction in new-onset diabetes.

Economic evidence indicates that combined diet and physical activity promotion programs to prevent type 2 diabetes among people at increased risk are cost-effective.

Access this new recommendation regarding diabetes prevention and control at: <http://www.thecommunityguide.org/diabetes/combineddietandpa.html>.

MINDFULNESS-BASED STRESS REDUCTION FINDS A PLACE IN THE MILITARY

Mindfulness means being in the moment. Mindfulness-based meditation is a medication practice that allows those who practice it an outlet for stress relief. While you may not associate mindfulness-base mediation and the military, on Fort Sam Houston, Texas, Dr. Valerie Rice, chief of the U.S. Army Research Laboratory's Human Research and Engineering Directorate Army Medical Department Field Element in San Antonio, participating in the Army Study Program since 2012, has led a study entitled "Evaluating Next Generation Resiliency Training using the Virtual World of Second Life" for the last four years.

This study, along with her two related 2015 studies "Fortifying and Amplifying Resiliency Training" and "Expeditious Resiliency: Examining a 5-day Intensive Mindfulness Training," which were recently funded, have allowed Rice and

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her team to work with active-duty military and veterans to examine the potential benefits of mindfulness-based stress reduction for conditions such as post traumatic stress disorder, also known as PTSD, depression, chronic pain, and anxiety among others.

Learn more about the work being done by Dr. Rice and her colleagues at: <http://www.health.mil/News/Articles/2015/07/07/Mindfulness-based-stress-reduction-finds-a-place-in-the-military>.

INAUGURAL NAVY MILE ON PENNSYLVANIA AVENUE

The National Capital Council of the Navy League is pleased to host the inaugural “Navy Mile on Pennsylvania Avenue”, presented by USAA. Held the morning of Sunday, 4 October, this event will kick off the U.S. Navy Birthday week celebrations and entails a series of one-mile sprint heats (youth through elite, paralympic, wheelchair, etc.) that will be run on our Nation’s most historic street, finishing at the Navy Memorial. The Navy Band, Ceremonial Guard and other fun, family-friendly activities are being planned on the plaza. Proceeds raised will support Navy League charities, including the U.S. Naval Sea Cadets, Navy Safe Harbor Foundation and the Navy Memorial.

For more information and to sign up to participate or volunteer, go to www.navymile.com. Note: all “before day of race” registrants will receive an Under Armour “Heat Gear” t-shirt.