

Health Promotion & Wellness

August 2016

Photo by Cpl. Conner Robbins

Did you know there are
new tobacco regulations
from the FDA?

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Learn How DECA is Helping
Active Duty Service Member
Be Healthier! Page 7

Zika Sexual
Transmission from
Infected Women
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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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HPW Health Observance

September is Mental Health and Suicide Prevention Month!



In observance of Mental Health and Suicide Prevention Month, the Health Promotion and Wellness (HPW) Department at the Navy and Marine Corps Public Health Center (NMCPHC) will host a webinar in collaboration with Navy Suicide Prevention Branch (OPNAV N171). Suicide prevention is an ongoing effort, which is rooted in collaboration, education, and action. This involves coordinated approaches at multiple levels including Navy-wide programs and policies; community-based resources; peer, leader, and family engagement; and personal responsibility.

This webinar, featuring staff from OPNAV N171, will focus on the many ways that local advocates can work together to promote a supportive command climate that integrates tools for physical and psychological health. Speakers will foster understanding of Navy's evidence-based efforts in prevention and intervention, while emphasizing ways to mitigate risk early and promote a culture of Total Sailor Fitness.

Every Sailor Every Day Starts with YOU: Understanding Evidence-Based Intervention Tools for Sailors at Risk of Suicide

Featuring Navy and Marine Corps Public Health Center and
Navy Suicide Prevention Branch

Save
the
Date

30 Aug 16
@
1200 ET

Registration is required for this webinar. For registration information, visit the HPW Department's Webinars Web page. You must have a Common Access Card to register/attend this webinar.



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"Every Sailor Every Day Starts with YOU: Understanding Evidence-Based Intervention Tools for Sailors at Risk of Suicide"

Time/Date: 30 August 2016/1200 ET

The webinar will be presented by:

- CDR Tara Smith, MSC, OPNAV N171
- Mr. Steve Holton, Deputy Director, OPNAV N171
- Dr. Mark Long, Public Health Educator, Health Promotion and Wellness Department, Navy and Marine Corps Public Health Center

Objectives:

- Discuss the ways in which local advocates and program managers can be leaders in suicide prevention
- Promote understanding and application of Navy's evidence-based prevention and intervention resources
- Empower culture change through collaboration, education and action.

Registration is required for this event. You must have a Common Access Card to register/attend this webinar. To register, please navigate to <https://survey.max.gov/933674>

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH.



Health Promotion News and Resources



New Regulations for E-Cigarettes, Cigars, and All Other Tobacco Products

Tobacco use is the single largest preventable cause of disease and death in the United States. The U.S. Food and Drug Administration (FDA), recently finalized a rule, effective August 8, 2016, to regulate all tobacco products; to include e-cigarettes, cigars, hookah, pipe tobacco, nicotine gels, and dissolvables. The new rule also restricts youth access to newly regulated tobacco products. The FDA's goal is to protect Americans from tobacco-related disease and death. Tobacco use is a major threat to public health. For more information on this topic, visit: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm506676.htm>

President's Council On Fitness, Sports, and Nutrition: Undergoing Revisions to Better Serve the American Public



The President's Challenge Physical Activity & Fitness Awards Program, a program of the President's Council on Fitness, Sports & Nutrition, has recognized nearly 70 million Americans of all ages and ability levels for their physical activity and nutrition achievements since 1988. Through a variety of programs, including the longstanding and evolving youth fitness test, the President's Challenge has provided tools and resources to motivate youth and adults to meet the Physical Activity and Dietary Guidelines for Americans.

On August 31, 2016, the programs that comprise the President's Challenge will undergo an organizational transition to better serve the American public. New and existing partnerships will provide additional resources for these programs to improve their efficiency, accessibility, and physical activity and nutrition tracking options. The Presidential Youth Fitness Program (PYFP), Presidential Active Lifestyle Award (PALA+), and Presidential Champions programs will continue in fall 2016, while the Adult

Fitness Test will undergo a review to ensure it best serves the needs of the public. Full details of the program transitions and new partnerships are available in the full announcement available at <http://www.fitness.gov/news-highlights/news-articles/presidents-challenge-transition.html>.

Zika Sexual Transmission from Infected Women: CDC Issues Updated Zika Recommendations

On 25 July 2016, CDC issued updated recommendations for the prevention of sexually transmitted Zika virus to include the possibility of sexual transmission from an infected woman. Although transmission of Zika from a woman to her sex partners is believed to be uncommon and (as with the majority of Zika infections) unlikely to result in serious side effects, it could present a risk for pregnant women with female sex partners who may be infected with Zika. For this reason, CDC recommends that all pregnant women with sex partners (male or female) who live in or traveled to an area with Zika use condoms during sex or abstain from sex for the remainder of their pregnancy.

All other couples in which a partner (male or female) has been in an area with Zika can reduce the risk of sexual transmission by using condoms or abstaining from sex, for at least 6 months after leaving the Zika transmission area if that partner had Zika symptoms or for at least 8 weeks if no symptoms.



Facts about Zika:

- Can cause birth defects (microcephaly) and Guillain-Barre syndrome in some. Others people may be unaffected.
- Many people infected have mild symptoms for about a week or no symptoms.
- A blood or urine test can confirm recent Zika infection.
- There is no specific treatment for Zika.
- Primary transmission is via mosquito bite.
- Can be transmitted via vaginal, anal and oral sex, and the sharing of sex toys; with or without symptoms and before or after symptoms.
- Condoms and other barriers can reduce risk. To be effective, condoms should be used from start to finish, every time during vaginal, anal, and oral sex.
- Not having sex eliminates the risk of getting Zika from sex.

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

Upcoming Training FY16



- **Tobacco Cessation Facilitator:** 13 September at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:** 8 November at Naval Dental Clinic, Norfolk, VA



Updated ShipShape Program Launched!

The updated ShipShape Program curriculum and resources are available now! The new curriculum slides are available on the NMCPHC website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx>. Coordinator and facilitator curriculum slides with speaker's notes are available on milSuite at: <https://login.milsuite.mil/?goto=https%3A%2F%2Fwww.milsuite.mil%3A443%2F>.

The updated ShipShape open enrollment format will enable more military and non-military participants greater and easier access to the program. Additionally, the open enrollment format will benefit the participants, facilitators, and commands by:

- Empowering commands to enroll any personnel who fail a physical fitness assessment (PFA) spot check into the program immediately, if a course is in session.
- Allowing participants to self-enroll at any point throughout the year based on availability of courses at their location and attend sessions as their schedule allows within the six-month time period.
- Providing more flexibility for commands to offer sessions to meet the needs of their participants.

In addition to the new curriculum, a variety of resources are available on milSuite to support implementation at the local level. These resources include:



- Local Facilitator and Regional Trainer Recruitment Guide and Toolkit: Resources that include guidance and recommendations for recruiting facilitators (and potentially regional trainers) locally. Includes marketing collateral to help communicate locally.
- How to Apply to Be a ShipShape Program Facilitator Fact Sheet: Fact sheet to share with interested ShipShape Program Facilitator candidates to describe the application process.
- How to Apply to Be a ShipShape Program Regional Trainer Fact Sheet: Fact sheet for facilitators interested in becoming regional trainers.
- ShipShape Program Open Enrollment Transition Guide: Resource for facilitators that provides instructions, guidance, best practices, and a checklist for transitioning to the open enrollment format.
- ShipShape Program Email Template. A draft email that can be adapted as needed for coordinators and facilitators to communicate about the transition locally.
- ShipShape Program Open Enrollment Talking Points. A bulleted list of key information related to the transition to the open enrollment format to help coordinators and facilitators communicate locally.

For more information, contact the ShipShape Program Manager at usn.hampton-roads.navmcpubhlthcenpors.list.nmcpbc-shipshape@mail.mil

Partnership and Sharing

The Defense Commissary Agency Helps Service Members Achieve a Healthier Lifestyle

According to the 2015 Fleet and Marine Corps Health Risk Assessment Annual Report, among active duty respondents, 39 percent of Sailors and 45 percent of Marines indicated they did not eat at least two servings of fruit a day, and 37 percent of Sailors and 69 percent of Marines reported they did not eat at least three servings of vegetables a day.¹

In support of Preventive Health Month, the [Defense Commissary Agency](#) (DeCA) is sharing healthy habits, resources, and eating/cooking tips to help service members achieve their health, nutrition, and wellness goals, including increasing their intake of fruits and vegetables. DeCA, a partner of the Navy and Marine Corps Public Health Center (NMCPHC), provides affordable groceries to service members, veterans, and their families at commissaries across the country.

DeCA encourages service members and their families to check out their [Healthy Living](#) section of their website, and reference the following pages to develop and maintain a healthy lifestyle:

- [Healthy Habits](#): features timely articles on health and nutrition along with related recipes that are both tasty and nutritious.
- [Healthy Eats](#): includes “Quick Meal Solutions” and healthy recipe suggestions to help in developing your meal plan and shopping list.
- [Resources](#): contains an archive of past Healthy Habits articles, along with links to related resources.
- [Cooking Tips](#): includes articles, tips and more, including time-saving shopping techniques and advice to help you tackle your



everyday challenges in preparing healthy meals for you and your family.

- [Sales Flyer](#): which is updated about every two weeks, also has sections, “Produce Stand” and “Meat Case” that encourage eating plenty of fruits and vegetables, and choosing lean meats. Information is provided on how to select and store fresh produce along with nutritious recipes.

Remember to check these pages often for new and interesting articles and information. Be sure to follow DeCA on [Facebook](#), and [Twitter](#), where you’ll also find new articles, nutritious recipes, and health and wellness information.

References

1 Navy and Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2015. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2015-HRA-Report-TR-214-2016.pdf>. Published May 2016. Accessed June 2016.

Health Promotion Around the Globe: Encouraging A Culture of Prevention - I am Navy Medicine: Dr. Samuel Rivera



“Promoting a culture of prevention is crucial, particularly in primary care,” states Dr. Samuel Rivera, Health Promotions & Wellness Public Health Educator at Naval Health Clinic Corpus Christi.

Whether we promote tobacco cessation, health and fitness, cholesterol control and prevention, basic nutrition, weight management, stress awareness, or hypertension education and prevention; the integration of prevention processes into the primary care setting provides the synergy in preventing diseases and illness before they occur, thus, creating healthy environments in the homes and communities in which our patients live. Dr. Samuel understands full circle the importance of preventive health care in our community. Read more at <http://navymedicine.navylive.dodlive.mil/archives/10886>

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.” - Thomas A. Edison speaking to Dr. Rivera being in “good company”...

