

Health Promotion & Wellness

November 2016

**Have You Checked the
NEW Tobacco PSA's**

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**Learn About Impaired
Driving Prevention
Month**

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Photo by Mass Communication Specialist 2nd Class Alex Van'tLeven



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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HPW Health Observance

NMCPHC Promotes Impaired Driving Prevention in December



Photo by Airman 1st Class Zachary Hada

December brings with it many opportunities for Sailors and Marines to engage in celebration. It only takes one bad decision, impaired driving, to hurt yourself, your family and friends, and your career. Impaired driving can occur not only when using alcohol but also when using medications. The use of alcohol or drugs, prescription drugs as well, can cause impaired judgment, lack of coordination, and slow reaction times. In the United States, approximately 28 people die per day in crashes that involve alcohol-impaired drivers.¹ Approximately 16% of motor vehicle crashes involve drugs (legal and illegal) other than alcohol.² This holiday season, be safe and prevent impaired driving.

For resources related to Impaired Driving Prevention, visit the following:

- NMCPHC's [December Toolbox](#)
- [Navy Alcohol and Drug Abuse Prevention](#) – Keep What You've Earned and Prescription for Discharge campaigns
- National Highway Traffic Safety Administration's [materials on drunk and drug impaired driving](#)

References

[1] Centers for Disease Control and Prevention. Injury Prevention and Control: Motor Vehicle Safety. http://www.cdc.gov/Motorvehiclesafety/Impaired_Driving/. Updated 7 September 2016.

[2] Centers for Disease Control and Prevention. Impaired Driving: Get the Facts. Get the Facts. http://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_factsheet.html. Updated 15 April 2016.

NMCPHC HPW Launches Monthly Topics of Interest

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department is committed to providing educational resources and tools that empower people to live healthier lives. To fulfill this commitment, the HPW Department provides the Health Promotion (HP) Toolbox, a monthly calendar of health observances with educational resources that facilitate readiness and resilience, prevent illness and injury, and hasten recovery.

In addition to the [HP Toolbox](#), each month the HPW Department will develop supplemental educational resources on a Topic of Interest to further promote health and wellness among Sailors, Marines, beneficiaries, and DoD civilians. The monthly topic will focus on one health area with the purpose of providing preventive health tips to help lower risk for diseases and improve health. Healthy topics include cancer prevention, healthy lifestyle behaviors to prevent prediabetes from becoming type 2 diabetes, and vaccines and immunizations. The HPW Department aligned the monthly Topics of Interest to Military Health System (MHS) monthly observances, Medical Home Port Population Health (MHPPH) conditions of interest, partner organizations' observances, and national health observances. These alignments were selected to help garner attention and raise awareness of the HPW Department's Topics of Interest.

Topics of Interest are located in the HP Toolbox alongside monthly health observance materials. Explore the Topic of Interest for each given month, or choose materials as needed for resources to promote lifelong healthy behaviors and lifestyles. Resources for October's Cancer Prevention and November's Diabetes topics have been added to the toolbox. Resources for additional topics will be added as developed; check back often for new materials! Visit the Topics of Interest webpage to see the fiscal year 2017 topic schedule.



Health Promotion News and Resources

The Community Guide Launches Reinvented Website

The Community Guide website has been reinvented! The enhanced website is a knowledge management system designed to help you identify, select, and implement credible, evidence-based strategies. The new site provides a dynamic, interactive, and individualized experience.

What Is The Community Guide? The Guide to Community Preventive Services (Community Guide) is a collection of all the evidence-based findings and recommendations of the Community Preventive Services Task Force. It is a credible resource to help you make decisions by providing information on:

- 1) Community preventive services, programs, and policies that have been shown to work
- 2) How these programs, services, and policies may fit the needs of your community
- 3) Estimated costs and potential return on investment

What Will You Find In The Community Guide? The Task Force issues evidence-based findings and recommendations on many Public Health topics such as:

Alcohol	Nutrition
Cancer	Obesity
Cardiovascular disease	Physical activity
Diabetes	Worksite health promotion
HIV/AIDS, STIs, and pregnancy	Mental health

Who Is The Community Guide For? A wide range of decision makers use the Community Guide:

State and local health departments	Public health practitioners
Educators and school administrators	Researchers and evaluators
Non-governmental organizations	Policy makers and legislators
Clinicians	Community health centers
City and county planners	Social service agencies and organization

For more information visit <https://www.thecommunityguide.org/>

Updated E-Cigarette Article Released

In support of Tobacco Free Living Month and the recent passing of the Food and Drug Administration's 'deeming rule,' NMCPHC recently released an updated fact sheet on electronic cigarettes and electronic nicotine delivery systems (ENDS). The fact sheet lays out the current information and evidence, debunking myths and answering questions.

To view the latest info, go to: [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Frequent Questions about Electronic Cigarettes.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Frequent_Questions_about_Electronic_Cigarettes.pdf)





New Tobacco PSAs Now Available

The Navy and Marine Corps Public Health Center (NMCPHC) recently announced the release of four new tobacco awareness public service announcements (PSAs) in support of Tobacco Free Living Month. The PSAs were developed by NMCPHC and the Navy Bureau of Medicine and Surgery (BUMED) Visual Information Directorate, to promote tobacco free living for Sailors and Marines. The PSAs are intended for general tobacco awareness and education, command indoctrinations/orientations, command internal information networks, and for the Navy Surgeon General's Blue "H" Health Promotion and Wellness Award process. The videos entitled "Never Start", "On the Inside", "Next Steps", and "The Competition" are available for download at: <https://www.dvidshub.net/search/?q=nmcphc>.

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 FY17 will be released soon and viewed at [HPW Training schedule](#).

Upcoming Training FY16



Tobacco Cessation Facilitator:

- 5 December 16- Naval Hospital Pensacola
- POC: Jim Sherrard, 850-505-6840

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.nmcphc-hpw-training@mail.mil.

Partnership and Sharing

NADAP Offers Holiday Initiatives to Promote Responsible Drinking, Safe Prescription Drug Use

The Navy Alcohol and Drug Abuse Prevention Program Office (NADAP) campaigns, Keep What You've Earned (KWYE) and Prescription for Discharge need your help in promoting responsible drinking and safe prescription drug practices this holiday season.

KWYE's Give the Gift of a Designated Driver

While the holiday season can be a time of great joy for our Sailors and Marines and their families, it can also be one of the most dangerous times of the year for alcohol-related incidents. KWYE's "Give the Gift of a Designated Driver" and online pledge are easy ways to get Sailors involved in smart alcohol decisions throughout the holidays and the entire year.

First, take the [pledge to be a designated driver \(DD\)](#). Choose at least one night between Thanksgiving and 1 January to serve as a DD. Then print and give a gift card to friends or family, who can redeem for a safe ride.

The printable gift cards are located on the [Keep What You've Earned – Designated Driver Web Page](#). The campaign also provides messaging to use on social media channels to promote the pledge and responsible drinking this holiday season.



Prescription for Discharge

With opioid abuse on the rise across the country, the holiday season brings a chance to avert misuse. The majority of people who abuse prescription drugs report getting them from a family member or friend. Going home for the holidays shouldn't include misuse of prescription drugs, and here are some ways to keep yourself and your shipmates safe.

- Never use another person's prescription. Even if you have similar symptoms, using another person's medication is misuse and strictly prohibited.
- Keep all medications in a secure area, and allow access only to the person who is prescribed the medication.
- Check the [Military Health System website](#) for information on their Drug Take Back Program, available to help beneficiaries properly dispose of prescriptions.
- Dispose of unused medications promptly and properly – don't leave them around for someone to find. If disposal at a military treatment facility isn't possible, place unused meds in a plastic bag filled with water and coffee grounds, and throw the bag in the trash.



Learn More

Additional information on NADAP's holiday initiatives, including videos and graphics to share, can be found on the [NADAP Facebook page](#), [NADAP YouTube channel](#), and [NADAP Flickr account](#).

