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Health Promotion and Wellness Friday Facts



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LOOKING FOR INFORMATION ON DIETARY SUPPLEMENTS?



For more information about Dietary Supplements, go to Operation Supplement Safety (OPSS) on the Human Performance Resource Center (HPRC) website at: <http://hprc-online.org/dietary-supplements/opss>. There you can find resources from Operation Supplement Safety (OPSS) with answers to Frequently Asked Questions, resources specifically for the Warfighter and Provider, as well as an area where you can order poster, brochures, pens, etc. from the marketing kit. You can also download the OPSS app for Android, iPhones and iPads. You'll find it all at: <http://hprc-online.org/dietary-supplements/opss>.

NAVY SUICIDE PREVENTION BRANCH AND NAVY MEDICINE ANNOUNCE NEW VIDEO ON SUICIDE PREVENTION

Navy Suicide Prevention Branch (OPNAV N171) and Navy Medicine are proud to announce the launch of a new video to help the entire Fleet expand the "Every Sailor, Every Day" campaign core concept at the individual and command level. Now available in the Navy.mil video gallery, the 17-minute "Every Sailor, Every Day" video uses a realistic scenario to illustrate active leadership and peer engagement.

The "Every Sailor, Every Day" video can be used as part of training or educational events to encourage ongoing and proactive engagement between Shipmates, strengthening connections that can facilitate early recognition and intervention. It is intended to generate dialogue and discussion to guide suicide prevention efforts and to help build confidence in one's ability to provide support. Click on the links below to





access the videos:

“Every Sailor, Every Day” full video: <http://www.navy.mil/viewvideo.asp?id=20466>

“Every Sailor, Every Day” trailer: <http://www.navy.mil/viewVideo.asp?id=20465>

All Hands Magazine Story: http://www.navy.mil/ah_online/ftrStory.asp?issue=3&id=87205

DCOE HOSTING SECOND ANNUAL PTSD AWARENESS DAY CHAT

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) will host the second annual PTSD Awareness Day Chat live on the DCoE page on Facebook from 2:30 to 3:30 p.m. (ET) June 26 to recognize PTSD Awareness Day.

The live discussion will feature Navy Capt. Anthony Arita, clinical psychologist and Director of Deployment Health Clinical Center, a DCoE center. Capt. Arita will answer questions submitted on the DCoE page on Facebook from service members, veterans, family members, health care providers and the general public.

Read more at: http://www.dcoe.mil/MediaCenter/News/details/15-06-02/DCoE_Answers_PTSO_Questions_Live_on_Facebook.aspx

SECNAV PROPOSES OUTSTANDING FITNESS AWARD FOR PFA ACES AND CHANGES TO NAVY FITNESS

The SECNAV has proposed Outstanding Fitness Award for PFA aces. Sailors must score three consecutive “outstandings” to earn the Outstanding Fitness Award, which will either be a uniform ribbon or medal. The award is expected to be approved within two years. It would be a first service-wide recognition for PFA superstars. It is part of a push to promote healthy behavior.

What defines better health? “The PFA as we institute it today, really doesn’t measure health or encourage better health, it is simply a test”, stated Vice Admiral Bill Moran, CNP. Changes to Navy Fitness are expected to roll out later this summer. For more information, watch the clip at: <http://navylive.dodlive.mil/2015/05/28/the-5-questions-youre-asking-about-the-navys-big-personnel-changes/> under Question #3. “What do the Navy Fitness changes mean for Sailors?”

JUNE IS SUMMER SAFETY MONTH!

The summer months are often a high point of the year as service members take a well-deserved vacation and spend time with family and friends. However, many of the activities that are pursued during the summer months can put Sailors and Marines at risk for accidents that have potentially serious consequences. During the summer of 2014, 13 Sailors and nine Marines lost their lives between Memorial Day and Labor Day in off-duty personal motor vehicle accidents, other vehicle accidents, and recreational activities.¹ Several of these accidents were associated with alcohol use.¹ If proper safety measures are not followed, Sailors, Marines, beneficiaries, and DoD civilians risk injuring themselves and potentially those around them. Being informed about common summer safety hazards can keep everyone safe.



During June, Summer Safety Month, help your Sailors, Marines, beneficiaries, and DoD civilians enjoy all the activities summer has to offer while exercising safety precautions by sharing resources with them from the June Health Promotion Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-june.aspx>. The June Toolbox has information about safety and risk management and how to apply these practices to an array of summer activities such as driving and road trips, boating, barbecuing, and strenuous outdoor activities.

¹ Naval Safety Center. Summer 2014 Off-Duty Fatalities. <http://www.public.navy.mil/comnavsafecen/Documents/statistics/SeasonalFatalities/Summer.pdf>. Published September 2014. Accessed March 2015.



NMCPHC HPW DEPT. PUBLIC HEALTH EDUCATOR FEATURED IN I AM NAVY MEDICINE ARTICLE



Sally Vickers, MS, CHES, was featured in a recent issue of I am Navy Medicine, an online article on the Navy Medicine Live website. Ms. Vickers discussed the opportunities she has been given during her 20 years of working for Navy Medicine as a Public Health Educator by focusing on the primary prevention of disease and disability, rather than focusing on treatment once a diagnosis is made. Read the entire article at: <http://navymedicine.navylive.dodlive.mil/archives/8751>

IN THE NEWS

[BUMED Holds Inaugural Fitness Walk](#) - Navy.mil

[Chew On This - Oral Cancer is a Continual Concern](#) - Navy.mil