

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER **UPDATE**



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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NMCPHC Fiscal Year 2014 Command Annual Report

The Navy and Marine Corps Public Health Center (NMCPHC) announced the release of its FY14 Command Annual Report. The report demonstrates the many ways that NMCPHC provides worldwide Force Health Protection services to Naval and Joint forces in support of the National Military Strategy. In doing so, NMCPHC continues to improve the lives of Sailors and Marines across the world.

During the past year, NMCPHC has focused on organizational and operational efficiency in support of deployed forces prosecuting the global war on terror and engaging in worldwide humanitarian assistance and partnerships. The NMCPHC FY14 Command Annual Report illustrates NMCPHC's commitment to providing its stakeholders and partners with world class public health products and services while driving implementation of the Command's [strategic goals](#).

NMCPHC FY14 Accomplishments

- Leveraging training opportunities to build awareness and understanding of NMCPHC capabilities
- Adopting technology to increase accessibility to NMCPHC's innovative and creative solutions
- Enhancing NMCPHC Entomology Capabilities
- Increasing standardization within the command and across the public health community to provide a single message to customers and stakeholders
- Increasing the command's ability to respond timely and accurately to audit requests
- Ensuring NMCPHC resources are optimized and managed effectively to maximize the command's value to its customers and stakeholders

Read the full report [here](#).

NMCPHC Wounded, Ill, and Injured Project Fiscal Year 2014 Annual Report

By: Population Health Staff

NMCPHC released its [2014 Annual Report](#) on the NMCPHC Wounded, Ill, and Injured (WII) Program in April. The NMCPHC WII Program produces products and services for Navy Medicine leaders, Marine Corps operational surgeons, healthcare providers, case managers, caregivers, and WII service members that enhance readiness and resilience through evidence-based public health strategies.

Some of the most notable successes from the NMCPHC WII Program in 2014 include:

- Developed and utilized metrics that contribute to health process improvements for wounded service members and evaluate the effectiveness of WII projects throughout Navy Medicine.
- Served as subject matter experts and delivered detailed clinical analysis for Navy suicide case reviews to enhance prevention strategies at the request of the Office of the Chief of Naval Operations.
- Redesigned the [Health Promotion and Wellness WII Website](#) and developed over 100 new resources for the WII population to improve alignment with critical issues facing WII stakeholders.
- Received a recommendation for the [Navy Entomology Center of Excellence](#) as a World Health Organization Collaborating Center in the field of testing and evaluating of pesticide dispersal technology.
- Expanded the Navy's [Periodic Occupational and Environmental Monitoring Summary Program](#) to include new assessments that quantify the health risks associated with environmental stressors and exposures during deployment.
- Certified 162 deployable scientists and technicians as proficient and deployment-ready to conduct health hazard assessments.

NMCPHC WII Program Projects

Four complementary projects provide analytical and preventive expertise in support of the WII Program:

- WII 141 Project: Expanded Surveillance and Metrics Support
- WII 141A Project: Health Promotion and Wellness
- WII 141B Project: Health Hazard Assessment
- WII 141C Project: Navy Entomology Center of Excellence

These WII projects develop innovative resources that promote healthy lifestyle choices, prevent disease and illness, facilitate treatment and recovery, and evaluate the effectiveness of Navy Medicine services for WII service members. The program equips leadership with data-driven information to address emerging public health issues and support strategic decisions on military healthcare policies, interventions, and programs. This report presents an overview of the WII program and showcases the products and services of each WII project and the associated outcomes and impacts.

For more information about how NMCPHC supports operational readiness, read our [WII Project Fiscal Year 2014 Annual Report](#). Visit the [NMCPHC WII webpage](#) for more information on the program.

Environmental Health

By: Environmental Health Staff

The [Environmental Health](#) Directorate at NMCPHC works to keep the environment safe where Sailors and Marines work and live every day. To succeed in this goal, we have three departments working together; [Environmental Programs \(EP\)](#), [Industrial Hygiene \(IH\)](#), and [Occupational and Environmental Medicine \(OEM\)](#).

“The directorate is comprised of outstanding professional experts in their field dedicated to a world class practice of science and medicine. We work closely with the Navy, Marine Corps, Department of Defense (DoD) as well as other federal agencies to reduce or eliminate occupational or environmental health risks. Ultimately, we strive to protect each Sailor, Marine, their families, and DoD civilians from harm in the workplace or while on base,” said Capt. Donald Hagen, Environmental Health Director.



(U.S. Navy photo by Mass Communication Specialist 3rd Class Kevin B. Gray/Released)

EP provides public health and environmental support for various environmental and medical programs and customers worldwide. We provide subject matter expertise in assessing potential human health risks related to hazardous substances in the environment and review chemical and site-specific risk assessments developed by others (e.g., regulatory agencies and contractors) to assist with decision-making. EP provides expert consultation, review and comment on health and safety plans and accident prevention plans for Navy cleanup sites. As the designated technical liaison between Navy and Marine Corps activities and the Agency for Toxic Substances and Disease Registry (ATSDR), EP facilitates ATSDR health assessments and consultations at Navy and Marine Corps sites.

As the recognized [risk communications](#) center of excellence within the Navy and Marine Corps, EP provides consultative and training expertise for communicating environmental and public health risks for a wide range of programs, including public health emergency response and other health issues, Fleet range sustainment and at-sea training and testing, environmental restoration, and environmental planning. EP is uniquely staffed by risk communicators with backgrounds in chemistry, biology, industrial hygiene, public health and engineering who work side-by-side with other health professionals. Our site- and topic-specific experience ensures that timely, cost-effective risk communication support services are provided to Navy and Marine Corps environmental, health and safety customers around the globe.

IH focuses on industrial hygiene concerns that are new, unique, or more complex than the typical day-to-day issues encountered by Navy field industrial hygiene programs. IH provides comprehensive management support to the Navy and Marine Corps IH enterprise, new acquisition programs and provide counsel for fleet issues at the request of multiple program offices in accordance with the Consultative Assistance Team process described in OPNAVINST 5100.23 series. The IH department is staffed by industrial hygienists, most of whom are certified or are working toward certification by the American Board of Industrial Hygiene (i.e., Certified Industrial Hygienists) and the Institute of Hazardous Materials Management (i.e., Certified Hazardous Materials Managers). The Navy also has in-house analytical capabilities through its two Comprehensive Industrial Hygiene Laboratories (CIHLs) located in Norfolk, VA and San Diego, CA.

OEM evaluates occupational and environmental health hazards to prevent disease and injury and support readiness in the Navy and Marine Corps. We advise others on how to effectively assess, manage, and communicate about these hazards. In addition, we provide [products and services](#) to optimize medical

surveillance and help ensure compliance with occupational and environmental regulatory requirements. The [medical surveillance and certification examinations](#) program, one of our key products, contributes to the overall goal of a healthy and safe work environment, helps prevent work-related diseases, and maintains and promotes optimal work ability of employees.

The [Hearing Conversation Program](#) (HCP) provides expert support to activities ashore and afloat and leads a team that provides technical management, training, and data analysis for the Navy HCP and the Defense Occupational and Environmental Health Readiness System – Hearing Conservation (DOERHS-HC). Additionally, the HCP has a [calibration laboratory](#), which provides technical and calibration services for audiometric and sound measuring equipment for Navy medical facilities and fleet units worldwide, calibrating for over 5,000 devices annually.

OEM [Radiation Health](#) is the technical support center for all U.S. Navy medical commands and research centers that use radioactive material and provides subject matter expertise for the Navy's Radiological System Performance Evaluation Program. This division acts in lieu of the Nuclear Regulatory Commission (NRC) for all licensure and inspection actions for every Navy MTF and medical research facility and three joint facilities that use radioactive material. Along with this, Radiation Health division delivers a unique service that enables each licensee a point of contact for direct questions regarding proper use of radioactive material. This streamlines the support to each licensee and allows candid access to OEM Radiation Health in lieu of the NRC.

Visit the [Environmental Health](#) webpage to learn more about the directorate.

Staying Safe When Using Social Media

By: Public Affairs Staff

Many sailors and marines use social media to keep in touch with family and friends, receive and share information, and engage in conversations on topics of mutual interest. Social media website and applications are great, however if you're not careful you could be putting yourself at risk. Follow the social media tips below to stay safe.

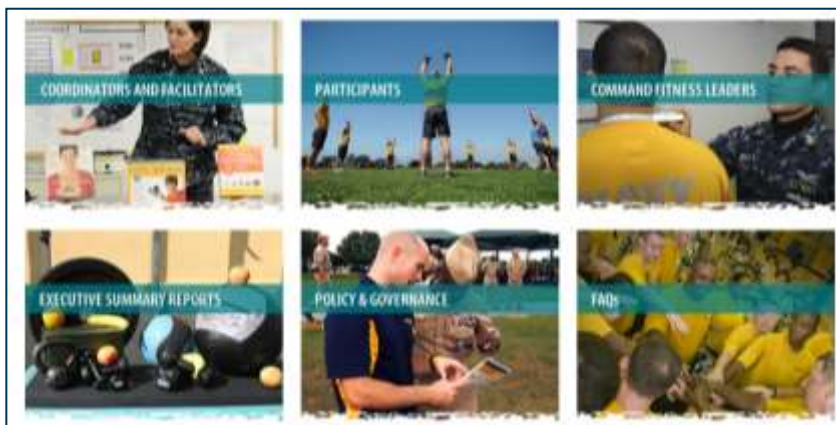
- Create [STRONG PASSWORDS](#) and change them regularly (every 60 – 90 days is standard). It is ESSENTIAL that you use different passwords for each account you have. A strong password contains the following:
 - A minimum of 8 characters
 - Mix of lower and upper case letters
 - At least one number (recommend two)
 - At least one special character (recommend two)
- Use the highest privacy settings for each social network (not just Twitter and Facebook) to ensure that your information and posts are only shared with family, friends and trusted associates.
- Do not mention names of places families visit often, whether on or off a military installation.
- When "tagging" individuals in photos or posts, remove "friends of friends" in "who can see this post" field.
- Disable location/geo-tagging services and do not use "check-in" services such as FourSquare or Facebook Places that allow others to track your movements.
- Pay attention to warnings about popular social media scams and do not play "games" that ask you to input information such as a pet's name, street you lived on as a child, and your mother's maiden name; all of this can be used to answer security questions.
- Be careful of who you friend and follow as well as new friend and follow requests from individuals that you do not recognize.
- Beware of suspicious looking messages/posts/tweets even when they come from a friend or family member's account as it could have been hacked.
- Access your social networks by typing the address into the browser or using your personal bookmarks – access links and buttons on other websites may have been compromised.

Follow NMCPHC on [Facebook](#), [Pinterest](#), [Twitter](#), and [YouTube](#)!

NMCPHC Launches Revitalized Website for the Navy's ShipShape Program

By: Health Promotion and Wellness Staff

NMCPHC recently launched a revitalized website for the Navy's [ShipShape Program](#). The ShipShape Program is the official Navy weight management program that assists active-duty Sailors, Navy beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions that focus on three important components for weight management: mindset, nutrition, and physical activity.



ShipShape Program Website

The ShipShape Program is managed by NMCPHC and aligns to the missions of the Navy's 21st Century Sailor and Marine Initiative and Navy Medicine to maintain a healthy, fit, and ready force. "The new ShipShape Program website provides improved site structure and an array of new content and features," said Sally Vickers, public health educator at NMCPHC. "The new site has already garnered more than 500 unique visits and has been met with an overwhelmingly positive response. It offers ShipShape facilitators, coordinators, participants, and command fitness leaders (CFLs) quick and easy access to essential information and resources in support of the ShipShape Program."

The new site includes the following enhancements:

- **Improved structure and navigation:** The new site boasts an improved layout and standardized navigation structure to enhance the quality and availability of information for the ShipShape Program community.
- **New content:** The revitalized site contains new and refreshed resources developed specifically to communicate with ShipShape Program facilitators, coordinators, participants, and CFLs, such as frequently asked questions, updated roster and reporting forms, quarterly newsletters, and a suite of products that align to each of the program's eight sessions.
- **Access to collaboration website:** Beyond providing updated, organized information, the site promotes greater collaboration between ShipShape Program facilitators and the program managers through the use of milSuite. Once certified, facilitators are encouraged to visit the site and establish a milSuite account, if they do not already have one. They are then invited to join the ShipShape Program Facilitators Group in which they will receive the latest information, program materials, and discussions.

"Through the ShipShape Program, we help participants achieve healthy weight loss by facilitating changes in eating and exercise habits that enable them to reach and maintain a healthy weight throughout their careers and beyond," said Cmdr. Connie Scott, the Health Promotion and Wellness Department (HPW) Head at NMCPHC. "Our goal is to provide a system that helps participants achieve both personal and professional success and empower them to make healthy choices and stay fit for life."

Visit the [ShipShape Program](#) homepage to learn more about the program.

HPW Launches Redesigned and Enhanced Wounded, Ill, and Injured Website

By: Health Promotion and Wellness Staff



WII Website

- [Active Living](#)
- [Caregiver Support](#)
- [Care Management](#)
- [Healthy Eating](#)
- [Injury and Violence Free Living](#)
- [Integrative and Complementary Medicine](#)
- [Life After An Amputation](#)
- [Post-Traumatic Stress Disorder](#)
- [Psychological and Emotional Well-Being for WII](#)
- [Relationships & Intimacy](#)
- [Sleep for WII](#)
- [Substance Use & Misuse](#)
- [Tobacco Free Living for WII](#)
- [Traumatic Brain Injury](#)
- [Weight Management for WII](#)
- [WII Toolbox](#)

The NMCPHC HPW Department announces the launch of its redesigned HPW WII website. The website targets health information disseminators as well as WII 1 service members, their families, caregivers, and others who support and assist service members during the recovery and transition process.

The resources available on the HPW WII website educate Sailors, Marines, and their families on a variety of topics including:

Based on the success and efficacy of the Health Promotion Toolbox, the [WII Toolbox](#) was also launched to provide both promotional and practical tools. The promotional tools focus on helping health educators, providers, and case managers reach the WII audience while the practical tools aim at equipping WII service members in their daily battle for healing and recovery.

“The website resources can help prevent illness and injury, hasten recovery, and promote healthy behaviors among WII Sailors and Marines,” said Cmdr. Connie Scott, NMCPHC HPW Department Head. “For example, WII service members can learn about the important role nutrition plays in helping the body heal as well as how changes in functioning and life stressors may cause changes in their relationships, both emotionally and physically.”

To learn how HPW programs can facilitate recovery and strengthen resilience, visit the [HPW WII website](#).

Congratulations Crews! 15th Annual Crews Into Shape Recap

By: Health Promotion and Wellness Staff



During March 2015, NMCPHC hosted the 15th Annual Crews Into Shape Challenge. It is a four-week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help participants work toward a healthier lifestyle. Participants earn points for exercising, maintaining or achieving a goal weight, and eating fruits and vegetables.

“This year’s challenge drew 311 Crews, comprised of 1,941 Crew Members from across the DoD who made the commitment to ‘Crews’ in 2015,” said Mr. Bob MacDonald, Crews Into Shape Director at NMCPHC. “This represents an impressive 16 percent increase in Crews and nine percent increase in Crew Members compared to last year’s challenge.”

An overwhelming majority of participants who provided post-challenge feedback indicated that Crews Into Shape helped them work toward a healthier lifestyle. According to the 2015 post-challenge survey, 82 percent of the 187 survey respondents indicated that Crews Into Shape improved their daily fruit and vegetable consumption habits and 78 percent said it improved their daily exercise routines. Further, 77 percent of respondents indicated they plan to continue their efforts to eat the daily recommended servings of fruits and vegetables even after the challenge has ended.

The annual challenge is open to all Active Duty and Reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, as well as DoD family members and civilians. This year’s Crews Into Shape Challenge drew participants from 30 different states as well as countries from across the globe, for example, Japan, Spain, and Guam.

The next official Crews Into Shape Challenge will be conducted in March 2016. However, the Crews Into Shape materials may be used by any organization at any time during the year to sponsor your own local four-week Crews Into Shape Challenge. To access these materials and learn more about the program, please visit the [Crews Into Shape website](#).

NMCPHC to Host “Air Force Diabetes Center of Excellence Diabetes Central Overview” Webinar On 4 June From 1200-1300 ET

By: Health Promotion and Wellness Staff

NMCPHC launched an initiative to help diabetes and health educators across the Military Health System interested in diabetes self-management to gather best practices and lessons learned on diabetes prevention and control. This effort will allow health educators and clinicians to focus more time on serving patients and less on building and maintaining their diabetes self-management programs.

Over the next few months, NMCPHC will lead a series of efforts in support of this initiative. The first is a webinar with the [Air Force Diabetes Center of Excellence \(AF DCOE\)](#), titled “Air Force DCOE Diabetes Central Overview”, which will take place on **4 June 2015 from 1200-1300 ET**. Dr. Tom Sauerwein, Director of the AF DCOE, will lead a demonstration of [AF DCOE Diabetes Central](#) and discuss online educational resources available to any diabetes educator or health educator wanting to kick start or supplement a diabetes self-management program. To view the webinar on the day of the event, click [here](#).

The webinar is designated for diabetes educators, health educators, clinicians, and others in the medical field across MHS who educate patients on diabetes self-management. Please contact Ms. Katie Riuli at katherine.j.riuli.ctr@mail.mil to register.

Experts Discuss Pest Management Strategies at the 200th Armed Forces Pest Management Board Meeting

By: Lt. Knapp and Lt. Arimoto

The Navy Entomology Center of Excellence (NECE) was the onsite host for the 200th meeting of the Armed Forces Pest Management Board (AFPMB) and 20th Triservice Pest Management Workshop Mar. 22-27. at NAS Jacksonville. Over 150 scientists and pest management experts from around the world were in attendance. Attendees included vector control experts from the U.S. Army, U.S. Navy, U.S. Air Force, United States Department of Agriculture, and non-governmental organization partners. Individuals from industry and academia also attended the four-day event. The theme for the workshop was "Conquering Challenges and Seizing Opportunities at Home and Abroad".



U.S. Navy Entomologists at the 200th meeting of the Armed Forces Pest Management Board at NAS Jacksonville. (U.S. Navy photo by Gary Walker/Released)

"This theme was chosen to showcase the wide range of issues that are now, or soon will be, impacting our DoD pest management/medical entomology community", said Capt. Mark Beavers, AFPMB Director. "Examples include the reduction of U.S. forces in Southwest Asia, the DoD's pivot to the Pacific, invasive species and biosecurity, malaria control and the increasing prevalence of insecticide resistance, climate change, and the increasing pest management needs of our installations here in the U.S. and around the world."

The workshop provides a one-of-a-kind DoD forum that is solely focused on those vector-borne disease and pest management issues impacting the warfighter and other DoD personnel in the military's unique operational, training, and garrison environments. "Of the top 15 disease threats facing our troops abroad the top two are insect borne diseases, malaria and dengue," said Rear Adm. Colin Chinn, Command Surgeon, U.S. Pacific Command (USPACOM), who gave a talk entitled "USPACOM: Global Health Security Overview." Chinn's presentation highlighted the importance of remaining diligent in our vector control strategies. "Malaria is not simply a Force Health Protection issue, but a public health responsibility," added Chinn.

A consistent theme throughout the meeting was handling the challenges of responding to insect threats in the face of increased legislations and policies to reduce insecticide use in the environment. "In today's world, acceptance of pesticides is shrinking," said Ms. Maureen Sullivan, Director of Environment, Safety & Occupational Health Office of the Assistant Secretary of Defense. "The challenge we are facing is to find new environmentally sound tools to combat insects that are acceptable to the public." Ms. Sullivan challenged the attendees to think beyond immediate insect threats and look to address future risks that may affect our troops in the face of changing political and environmental climates.

"For almost 60 years, the Armed Forces Pest Management Board has encouraged DoD pest management and vector control professionals and our partners to proactively identify issues affecting warfighter readiness and define joint solutions," said Capt Eric Hoffman, Officer in Charge NECE and Chair of the AFPMB Council. "The AFPMB Workshop provides an exceptional opportunity for our military and civilian colleagues to come together and actively engage in discussion addressing current and emerging concerns that impact military operations and global public health."

Fighting the Spread of Disease Through Surveillance Training

By: Public Affairs Staff

The purpose of medical surveillance in the Navy is to ensure timely recognition and control of disease threats and estimate distribution of disease and disease risk in order to inform policy and resource allocation decisions. To support this effort, NMCPHC maintains the Disease Reporting System internet (DRSi), works to improve reporting, and analyzes medical surveillance data to inform leadership decisions.

NMCPHC's Program and Policy Support (PPS) Department is part of a Tri-service group that hosts monthly DRSi training sessions for MTFs and shipboard public health staff. Presenters highlight disease surveillance information, requirements, activities, and best practices in a variety of topics including disease reporting, water surveillance, disease vector surveillance, and infectious disease control. The trainings are conducted online and can provide continuing medical education (CME) and continuing nursing education (CNE) credits. Visit the [Disease Surveillance Training Series webpage](#) to access the 2015 training schedule, listen to archived training sessions, or to learn more about the training series.

In case you missed it!

Check out the following public health articles:

[Public Health Center Launches Redesigned "Relax-Relax" Website](#) – Navy.mil

[Drink to Your Health](#) – Navy Medicine Live

[I am Navy Medicine: Sally J. Vickers](#) – Navy Medicine Live

Bravo Zulu

Please take the time to congratulate these great Sailors on making a significant impact at their commands and throughout the Navy.

Promotions

- HM1 Brown (Naval Dosimetry Center (NDC))
- HM2 Bright (NEPMU-5)
- HM1 Davis (NEPMU-5)
- Lt. Foss (NEPMU-5)
- NCC1 Fuller (NEPMU-5)
- Lt. Sammons (NEPMU-5)
- HM3 Ruane (NEPMU-6)
- HM1 Turgeon (NEPMU-7)
- HM1 Nichols (NMCPHC)

Congratulations to the NMCPHC Civilian Employee Award Winners!

FY14 Category I Winner: Mr. Roberto (NEPMU-5)

FY14 Category II Winner: Mr. Morgan (NDC)

First Quarter FY15 Category I Winner: Mr. Skorupski (NEPMU-5)

First Quarter FY15 Category II Winner: Ms. Luse (NMCPHC)