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August 28, 2015



Health Promotion and Wellness Friday Facts



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FAIR WINDS AND FOLLOWING SEAS

The NMCPHC HPW Department staff extends our best wishes to CDR Connie Scott, MSC, who is retiring after almost 22 years of service as a Navy Dietitian and more recently, as our HPW Department Head for the past three years.

We also extend best wishes to John Swett, who is also retiring after 47 years of military service, most recently for the past 17 years as a Public Health Educator, Naval Hospital Camp Lejeune.

Fair wind and following seas to both of you!

SEPTEMBER MENTAL HEALTH & SUICIDE PREVENTION MONTH

This September is promoted as DoD Suicide Prevention Month and Mental Health Month. The September Health Promotion (HP) Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-september.aspx> and the Psychological Health & Emotional Well-being website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-ellbeing/Pages/psychological-emotional-wellbeing.aspx> offer ready-to-use resources for the command, the Health Promotion Team, Chaplains and Suicide Prevention Coordinators to encourage and support psychological health and suicide prevention. The 21st Century Sailor Suicide Prevention Program also provides a toolkit and numerous resources for the Navy at: http://www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx

Military Crisis Line

 1-800-273-8255
 PRESS 1



Military OneSource

 800-342-9647





PRT SCORE REQUIREMENT TO ATTEND SHIPSHAPE PROGRAM FACILITATOR TRAINING HAS CHANGED!



The 14 Aug. Friday Facts reported the release of NAVADMIN 178/15, announcing the Navy PFA changes. With the announced changes in the PFA, it is anticipated that there will be an increased demand for the ShipShape Program. In preparation for this increased demand in the near future, PRT score required for an individual to request to attend the ShipShape Program Facilitator Training has been changed from “excellent” to “satisfactory”. Individuals will still need to be E-5 above and be within BCA standards.

To learn more about ShipShape Program Facilitator Training, go to: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/ShipShape-CoordFac.aspx>

NMCPHC FY16 HPW TRAINING SCHEDULE ANNOUNCED AND POSTED ON WEBSITE!



NMCPHC has confirmed and posted the HPW Training Schedule for FY16 on the NMCPHC HPW Training website at: http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/Webinars/HPW_Training_Calendar_FY16_Web%20Posting.pdf

In addition, the Quota Request Forms for the first two full-weeks of HPW Training listed in the schedule are included as live links within the schedule for those who would like to submit their quota requests early.

HEALTHY BASE INITIATIVE ENDS, BUT CONCEPT CONTINUES

The Health Base Initiative (HBI), a DoD demonstration project at 14 DoD installations that tested ways to improve the health and wellness of military members, civilians and their families is ending this month, but the successful ideas that emerged from the project will be available for other installation commands. HBI is part of DoD’s overarching Operation Live Well program, which supports the National Prevention Strategy of improving health and well-being using a prevention-oriented approach.

Launched in 2013 and focusing on tobacco-free living, active lifestyles, healthy eating and a healthy community environments, each project started with a baseline assessment. Now that the initiative is coming to an end, base officials at each of the 14 sites are submitting final data measuring factors such as changes in the rates of obesity and overweight; change in the usage of tobacco; change in the percentage of total sales at commissaries that is fresh produce; the percentage change in designated tobacco areas; and the percentage of schools that have made positive changes.

The final phase of the analysis is expected to be completed in September with lessons learned documented in a report this fall. A toolkit with resources and details on best practices will be available to installation commands next spring.

For more information about the DoD’s Operation Live Well, go to: <http://www.health.mil/Military-Health-Topics/Operation-Live-Well>.

SAILORS KICKING HABIT, NAVY FAMILIES AND YOUTH MUST FACE MISCONCEPTIONS ABOUT “E-CIGS”

While the use of e-cigarettes is being marketed as a safer alternative to cigarette smoking, there are still major health concerns associated with them. With the marketing of the various flavors of e-cigarettes to our youth, there are concerns that it is creating a whole new generation of nicotine-dependent individuals who may eventually switch to conventional cigarettes. Additionally, the nicotine level in the e-cigarette fluid is a lethal dose for children and there has been an increased incidence of accidental poisoning reported to poison control centers, according to the CDC. Lastly, a recent study published by



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the University of Rochester suggests that e-cigarettes could be a toxic replacement for tobacco products, as the inhaled vapors contain heavy metals and other possible carcinogens.

At Naval Submarine Base New London, they are taking these warnings about e-cigarettes seriously by restricting their use similar to other tobacco products as outlined in SECNAVINST 5100.13E, the Navy and Marine Corps Tobacco Policy.

Learn more about SUBASE New London's efforts to restrict the use of e-cigarettes at: http://www.navy.mil/submit/display.asp?story_id=90374

“HIV PREP IN DOD” WEBINAR HAS BEEN ARCHIVED

If you missed our webinar on 20 Aug. 2015, “HIV PrEP in DoD” or would like to use it for in-house training, the audio and slides are now available on our NMCPHC Webinar page at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>



Webinar Outline:

- HIV Incidence in the DoN/DoD
- Purpose of HIV PrEP and Patient Eligibility Criteria
- HIV PrEP Clinical Practice Guidelines and Resources
- Medication Accessibility
- HIV PrEP Promotion and Resources
- Experiences and Observations of HIV PrEP Providers at Walter Reed National Military Medical Center, San Antonio Military Medical Center, Naval Medical Center Portsmouth and Naval Medical Center San Diego



DCOE BLOG: 5 TIPS TO INCLUDE MINDFULNESS IN YOUR EVERYDAY LIFE

Mindfulness means living in the moment. If you've been trying to fit mindfulness into your life but your daily routine gets in the way, try the 5 tips offered in the recent DCoE blog at: http://www.dcoe.mil/blog/15-08-12/5_Tips_to_Include_Mindfulness_in_Your_Everyday_Life.aspx.

IN THE NEWS

[Virtual reality machine helps break down PTSD/TBI issues](#) - Health.mil

[Military researchers study how to prevent injuries from keeping warfighters down](#) - Health.mil

[Preventive Health – The Best Defense Against Illness](#) - Health.mil

[Dealing with frequent separations](#) - Human Performance Resource Center Blog