



April is Sexual Health Month



Sexual health is a state of well-being that involves physical, emotional, mental, social, and spiritual dimensions. It is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction that is free of coercion, fear, discrimination, stigma, shame, and violence.

Despite the fact that sexually transmitted infections (STIs) are preventable, 6,000 active duty Sailors and Marines were diagnosed with chlamydia, gonorrhea, or syphilis in 2014.¹ Every four days, another active duty Sailor or Marine is diagnosed with HIV² and two of three enlisted female Sailors report her last pregnancy, while in the Navy, was unplanned.³ That is why the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department promotes sexual health and highlights this important aspect of overall health in April of each year.

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of April. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content

Redesigned Weight Management Web page

NMCPHC HPW launched a redesigned weight management Web page providing tools and materials on reaching and maintaining a healthy weight for clinicians and health promoters to use with their patients, as well as for service members and DoD beneficiaries to use for themselves.

Weight management has many personal and professional benefits, including improved overall health, chronic disease prevention, enhanced performance, and increased resilience. It breaks the endless cycle of failed diets, and replaces it with a sustainable healthy lifestyle.

Visit the updated Web page for information on weight management programs and resources, nutrition, physical activity, and mindset.

The weight management Web page can be viewed at: www.med.navy.mil/sites/nmcphc/health-promotion/weight-management/Pages/default.aspx.



HEALTH PROMOTION AND WELLNESS PARTNER OUTREACH

April 2015



courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Fact Sheet: Navy and Marine Corps Sexual Health Facts

It is important to practice safe sex for your health. [Click here](#) for tips on how to be sexually healthy, such as getting vaccinated against Human Papillomavirus (HPV) and choosing an effective contraception.

Resources: Gay Men's Sexual Health

Men who have sex with men are 40 times more likely to be diagnosed with HIV compared to men who have sex with women only. [Click here](#) for a variety of fact sheets and on-line resources to help gay and bisexual men stay sexually healthy.

Resources: Family Planning/Contraception

[Click here](#) for a variety of fact sheets comparing different birth control methods and information on emergency contraception, as well as Department of Defense and Department of the Navy policies regarding emergency contraception.

Resources: HIV Prevention

Every four days another active duty Sailor or Marine is diagnosed with HIV. [Click here](#) for fact sheets, posters, and a short film on current statistics, ways to reduce the risk, and events to raise awareness of HIV.

Poster: Ask Navy Medical About Sexual Health

[Click here](#) for a poster which encourages your patients and people to ask their local Navy medical professional about their sexual health.

Poster: HPV Vaccination

Human Papillomavirus (HPV) vaccine can protect against the types of HPV that are associated with most genital warts and cervical cancer. [Click here](#) for a ready-to-use poster.

Additional HPW Resources

Check out the additional resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help promote healthy relationships and prevent the occurrence of STIs and unplanned pregnancies among service members, please visit our [April Health Promotion Toolbox](#).





Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

Social media message 1:



Did you know? Chlamydia is the most frequently reported Sexually Transmitted Infection among active duty Sailors and Marines, and Americans in general. All sexually active women ages 24 and under should be screened annually for chlamydia. Ask your doctor and #GYT

<http://go.usa.gov/3jvTH>

Social media message 2:



Positive? Negative? Not Sure? It's #MotivationMonday so check this site from @CDC to find an #HIV or #STD testing site near you today: #GYT #MotivationMonday <http://go.usa.gov/3jhQw>

Social media message 3:



Wounded, ill, and injured (WII) service members' quality of life can be impacted by their romantic partner relationship. Learn how communication can help you relate to your wounded, ill, or injured loved one. <http://go.usa.gov/3jvTh>

Social media message 4:



Men who have sex with men make up only 2 percent of the U.S. population, but account for 63 percent of all new HIV infections. At least 63% of new HIV infections among Sailors and Marines are among men who recently had sex with a man. Protect yourself from HIV.

<http://go.usa.gov/3jvbP>

Social media message 5:



HPV vaccine can protect young against genital warts and cervical cancer. Available for males and females aged 9-26. 3-shots needed. Have you started? Have you finished? #PublicHealth

<http://go.usa.gov/3Dcxd>

Social media message 6:



Hey Guys! Understanding birth control and unplanned pregnancy prevention isn't just for women. Here's a Guy's Guide to birth control: <http://bit.ly/1dxoiWz>

Contact us if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).





Webinar Calendar

We host healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW Department to motivate healthy behaviors.

| Date | Webinar Title | Time |
|----------|--|--------------|
| 21 April | Navy Medicine and Unplanned Pregnancy Prevention | 1200-1300 ET |

For many of our webinars we offer continuing education credit hours (CECH) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars in the future click [here](#) for registration details.

References

¹ NMCPHC EpiData Center. Sexually Transmitted Infections Annual Report 2014 (CaC required for access).

² Update: Routine screening for antibodies to HIV-1, civilian applicants for U.S. military service and U.S. Armed Forces, active and reserve components. Armed Forces Health Surveillance Center Medical Surveillance Monthly Report. August 2011; Vol. 18 Number 8, pages 15-23.

http://www.afhsc.mil/documents/pubs/msmrs/2011/v18_n08.pdf#Page=15. Accessed March 2015.

³ Navy Personnel Research, Studies, and Technology. 2012 Pregnancy and Parenthood Survey.

<http://www.nprst.navy.mil/SurveyResults/2010NavyPregnancyandParenthoodSurvey.pdf>

Published September 2011. Accessed March 2015.

Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs, and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

