

Health Promotion & Wellness

February 2019



From top to bottom (Photo courtesy of the Marine Corps Systems Command, U.S. Navy photo by Jacob Sippel, U.S. Navy photo by Lance Cpl Christian Garcia)

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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



Heart Health Month Resources

[Click here to get resources for Heart Health Month!](#)

Preventing heart disease has not changed much over the years. The facts remain that a healthy diet, consistent fitness and balancing stress are key. What is amazing is that the research shows over and over just how true these habits help for so many conditions. Not only preventing heart disease, but diabetes, some cancers and more. These are also the basics of helping our active duty stay fit and fighting. Let your staff and beneficiaries see what you are doing to help them improve their habits.

Here are some good links for ideas how to celebrate Heart Health Month:

- NMCPHC Toolbox (click on yellow box above) for lots of flyers, social media messaging, posters, etc.
- [U.S. Department of Health Services](#)
- [Centers for Disease Control and Prevention](#)



February 14th is National Condom Day

Condoms can greatly reduce the risk of acquiring HIV, HPV, chlamydia, gonorrhea, trichomoniasis, syphilis and other sexually transmitted infections. Not to mention, they can reduce the risk of an unwanted pregnancy. They are available widely in many shapes, colors, flavors, sizes and materials. Some condoms can actually increase sensitivity and stimulation. When purchased by medical and public health agencies, using public health pricing, they can be as cheap as a dime each. Compare this to one case of HIV, which can cost over \$400,000.

But, there are at least three barriers to effective condom use:

- First, they must be accessible. That means we must think about how to enable our people to get them easily. Some people are too embarrassed to be seen buying or getting condoms, so we should think about where we can place them so people can get them inconspicuously, without asking and without being observed. Condom distribution programs have been proven to increase condom use, prevent HIV/STDs and save money.
- Second, we must have them when and where we will need them. Help people think this through and make a plan.
- Third, people must be skilled and comfortable negotiating condom use. We should think about helping our people find the right words, words that work for them, to bring up and insist on condoms.
- Finally, they must be used correctly. That means putting the condom on before any oral, vaginal or anal penetration, removing the condom after ejaculation but while still erect and promptly replacing the condom if it breaks or comes off. We should think about how and when we can teach our people to use them correctly.

Another active duty Sailor or Marine is diagnosed with HIV every 5 days, syphilis every 4 days and among Navy enlisted women, we experience about nine unplanned pregnancies a day. Condoms can help.

What's your plan to promote condom use on National Condom Day?

Check out videos, fact sheets and more on the [SHARP Condom](#) page.

Question of the Month

This month we would like to know if you have been involved with planning the future of Health Promotion and Wellness regarding the DHA future state at your facility. The monthly question (only 1!) is anonymous and is designed to help us better meet your needs. Please click [here](#) and let us know!





Physical Activity Research: What the Evidence Shows

The first key guideline for adults is to move more and sit less. This recommendation is based on new evidence that shows a strong relationship between increased sedentary behavior and increased risk of heart disease, high blood pressure and all-cause mortality. All physical activity, especially moderate-to-vigorous activity, can help offset these risks.

We now know that any amount of physical activity has some health benefits. Americans can benefit from small amounts of moderate-to-vigorous physical activity throughout the day. The first edition of the Physical Activity Guidelines for Americans stated that only 10-minute bouts of physical activity counted toward meeting the guidelines. The second edition removes this requirement to encourage Americans to move more frequently throughout the day as they work toward meeting the guidelines.

New evidence shows that physical activity has immediate health benefits. For example, physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.

We now know that meeting the recommendations in the Physical Activity Guidelines for Americans consistently over time can lead to even more long-term health benefits (new benefits with *).

* For youth, physical activity can help improve cognition*, bone health, fitness, and heart health. It can also reduce the risk of depression.

* For adults, physical activity helps prevent 8 types of cancer (bladder*, breast, colon, endometrium*, esophagus*, kidney*, stomach*, and lung*); reduces the risk of dementia* (including Alzheimer's disease*), all-cause mortality, heart disease, stroke, high blood pressure, type 2 diabetes, and depression; and improves bone health, physical function, and quality of life.

* For older adults, physical activity also lowers the risk of falls and injuries from falls*.

* For pregnant women, physical activity reduces the risk of postpartum depression*.

* For all groups, physical activity reduces the risk of excessive weight gain* and helps people maintain a healthy weight.

New evidence shows that physical activity can help manage more health conditions that Americans already have. For example, physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression and improve cognition for those with dementia, multiple sclerosis, ADHD and Parkinson's disease.



(U.S. Navy photo by Jacob Sippel)





National Certification Board for Diabetes Educators

The National Certification Board for Diabetes Educators (NCBDE) was established in 1986 to develop and administer a certification program for health professionals who specialize in diabetes education. NCBDE's mission is to promote comprehensive and ongoing quality diabetes education and support by defining, developing, maintaining and protecting the certification and credentialing processes. NCBDE supports the concept of voluntary, periodic certification for all diabetes educators who meet credential and experience eligibility requirements.

Jenni Osborne, NMCPHC Health Educator, has been elected to serve as one of the Directors for NCBDE. She has held the Certified Diabetes Educator® (CDE®) credential since 2017. With her election, she joins the nine other CDE® Directors and one Public Member that currently make up the organization's board. The NCBDE board is responsible for overseeing the certification program for diabetes educators. Her four-year term began on January 1, 2019.

NMCPH Conference Update



The 2019 Navy and Marine Corps Public Health Conference will be held from March 26 - 28, 2019. The theme of this year's conference is "Future of Naval Force Health Protection in a Changing Landscape". Keynote Speakers for the 2019 conference include Vice Adm. Raquel Bono, Defense Health Agency director and Rear Adm. Terry Moulton Navy deputy surgeon general. Conference sessions for 2019 are categorized within three primary public health tracks (Population Health, Preventive Medicine, and Environmental Health), and are further broken out under public health specialties that include Health Promotion and Wellness, Public Health Analysis, Preventive Medicine, Audiology, Industrial Health, Occupational Health Physicians and Nurses and Radiation Health. Awards will also be included. Registration will be similar to 2018, and requires that each attendee request a quota to attend via Max.gov. If the quota request is approved, attendees will receive a notification to register on the Navy Medicine Professional Development Center website. Visit NMCPHC's home page to get updates on the venue and when registration opens.



Safety and Injury Prevention

There are many road hazards you might face while driving and it is up to you to make the responsible decision on when you are able to drive, legally and safely.

Check out this month's [Quick Hit](#) to learn how to avoid dangerous driving hazards.



(U.S. Navy photo by Petty Officer 2nd Class
Johans Chavarro)



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 FY19 can be viewed at [HPW Training schedule](#).

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.navmcpubhlthcenpers.list.nmcphe-hpw-training@mail.mil.

Upcoming Training FY19



Norfolk, VA
NEPMU-2

- Health Promotion Advanced Training, 5-6 February, 2019, 0800 - 1600 hrs
- Tobacco Cessation Facilitator Training, 7 February, 2019, 0730 - 1630 hrs
- ShipShape Program Facilitator Training, 8 February, 2019, 0730 - 1600 hrs

HPW Stakeholder Webinars: Upcoming 2019 Schedule

This is a reoccurring event happening the third Thursday of each month at 1400 EST so set your calendar so you don't forget. (Other time zones: 1300 CST, 1200 MT, 1100 PST, 0800 HI, 0300 Japan)

We will be using DCS for audio/recording with a phone bridge as a backup. This will be recorded and CEU's are available.

Date: Jan. 17

Topic: Health Literacy

DCS Link: <https://conference.apps.mil/webconfHPWWebinarJan2019>

Phone Bridge: 877 885 1087 **Passcode:** 757 806 6778# (please let us know if you will be calling in from OCONUS, there may be a different code)

Date: Feb. 14

Topic: Annual Plan (as requested!)

DCS Link: <https://conference.apps.mil/webconfHPWWebinarFeb2019>

Phone Bridge: 877 885 1087 **Passcode:** 757 806 6778# (please let us know if you will be calling in from OCONUS, there may be a different code)

Date: Mar. 21

Topic: Operational Supplement Safety

DCS Link: <https://conference.apps.mil/webconfHPWWebinarMar2019>

Date: Apr. 18

Topic: Fitness and Injury Prevention

DCS Link: <https://conference.apps.mil/webconfHPWWebinarApr2019>

Date: May 16

Topic: Online Sexual Health Quickie

DCS Link: <https://conference.apps.mil/webconfHPWWebinarMay2019>

Help spread the word!





Harvest Stew with a Touch of Moroccan Flare

Ingredients (Serves 6):

- 2 tbsp. olive oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- Dash of salt and pepper
- 1 to 1 1/2 tsp. ground cumin
- 1 tsp. cinnamon
- 12 oz. boneless skinless chicken thighs, cut into larger chunks
- 3/4 lb. butternut or acorn squash, peeled and cut into larger chunks
- 3/4 lb. potatoes, peeled and cut into larger chunks
- 12 - 14 oz. cups low-sodium chicken or vegetable broth
- 14 - 15 oz. chickpeas, drained and rinsed
- 1 14 oz. can petite diced tomatoes, with juices
- 1 1/2 cups couscous
- 1 tbsp. butter
- 1/2 cup green olives, sliced
- 1/2 cup fresh cilantro, chopped
- 2 oz. plain Greek yogurt
- 2 oz. slivered almonds (optional)



(Photo courtesy of Defense Commissary Agency)

Directions:

1. In a large saucepan, heat the olive oil over medium-high heat. Once heated, add the cumin, cinnamon, garlic cloves and salt. Turn heat to medium and cook, stirring occasionally, until the onions are translucent (around 4-5 minutes).
2. Add squash, potatoes and chicken. Stir to coat with the spices and onions. Turn heat back up to medium-high heat and cook for about 3 minutes.
3. Add broth, chickpeas and tomatoes. Bring mixture to a boil then reduce heat to medium to medium-low. Cover and simmer until squash and potatoes are fork tender and the chicken is no longer pink (about 15 minutes).
4. While the stew is cooking, bring the water to a violent boil in a large sauce pan. Add the couscous, butter, salt and pepper. Stir, cover and remove from heat. Let it stand for 5 to 7 minutes. Stir to fluff it up.
5. Serve each plate with 1/6 of the couscous, topped with 1/6 of the stew and garnish with 1/6 of the cilantro, yogurt and almonds (optional).

Tips:

- For a little sweetness, add 1/4 cup of golden raisins to couscous when it is removed from the heat.
- Consider garnishing with a little lemon zest.
- The butter is just for flavoring and can be omitted to decrease the calories and saturated fat in the dish.
- To make the dish vegetarian, omit the chicken. It is still really tasty.

For more information, or other recipe ideas from DECA, [click here](#).

View the February HPW Newsletter Online at: <https://www.dvidshub.net/publication/1121/nmcphc-health-promotion-and-wellness>

