

Health Promotion & Wellness

October 2019

Women's Health Month: Whole Body Care

There are so many great ways to encourage women to stay healthy. The NMCPHC ["Get the Message on Women's Health" infographic](#) covers many details on how to get healthy and stay healthy for the long haul. From the cancer preventing Human Papillomavirus (HPV) vaccine, to not using tobacco, to choosing the right birth control, and ultimately to taking control of a woman's health, NMCPHC addresses it all. Encourage women to put their health first to prevent future concerns.

Trick or Treat Safety: How to Safely Enjoy the Halloween Holiday

On October 31, Americans tour the streets of their neighborhoods for sweet candy confections. For many people, autumn events like Halloween are fun times to dress up in costumes, go trick-or-treating, attend parties and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity and focus on safety.

Keep **S-A-F-E** during children's Halloween activities:

- S** - Swords, knives and similar costume accessories should be short, soft and flexible.
- A** - Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** - Fasten reflective tape to costumes and bags to help drivers see you.
- E** - Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Visit the [NMCPHC HPW Injury Prevention page](#) for a full "Halloween Safety" handout and other fall and holiday fact sheets.

Exercising Outdoors in the Fall: Watch out for the Falling Leaves

As the weather cools, many service members take advantage of the weather and enjoy running and exercising outdoors. Vibrant colors of orange, red, yellow and green are seen as the leaves begin to fall to the ground; it's beautiful! Prevent slipping, tripping or falling by being aware. Here are some basic exercise safety guidelines to be aware of, especially when determining your outdoor exercise route:

- Always remember surfaces can be slippery and look before you step, whether onto a pile of leaves or paved surfaces that could be wet or icy.
- Be familiar with your training surface. Falling leaves may cover potholes, broken pavement or tree roots.



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Navy Physical Readiness Program (PRP) (N170B): Updates and Answers to Frequently Asked Questions

Plank/rower feedback: Due to the Facebook announcement by the Chief of Naval Operations office, the PRP Office would like to offer some amplifying information on the way forward with incorporating the plank and rower modalities as part of the physical readiness test (PRT):

- The Navy does plan to incorporate the plank and rower into the current PRT.
- These changes support a fitness program that embodies a true “Culture of Excellence” and increases mission readiness and lethality, improves long-term health and wellness and inspires personal fitness achievement.
- Concept 2 Rowers will be used as the alternate cardio test modality.
- The double-leg, forearm plank will replace the curl-up as physical readiness test (PRT) modality.

Click [here](#) for additional information and frequently asked questions about the PRP.

The Centers for Disease Control and Prevention (CDC) Investigates Severe Lung Illness: E-Cigarettes May be the Cause

The CDC is providing consultation to state health departments about a cluster of pulmonary illnesses possibly related to e-cigarette product use, or “vaping,” primarily among adolescents and young adults. Many states have alerted the CDC to possible, not confirmed, cases, and investigations into these cases are ongoing. In addition, the U.S. Food and Drug Administration (FDA) is working with the CDC and state health officials to gather information on any products or substances used and providing technical and laboratory assistance. The FDA encourages the public to submit detailed reports of any unexpected tobacco or e-cigarette related health or product issues to the FDA via the online [Safety Reporting Portal](#). While some cases in each of the states are similar and appear to be linked to e-cigarette product use, more information is needed to determine what is causing the illnesses.

Please pass on to others in your medical facility so staff knows what to look for and how to report.

More information from the CDC can be found here:

- [“Outbreak of Lung Disease Associated with E-Cigarette Use, or Vaping”](#)
- [“CDC, states update number of cases of lung disease associated with e-cigarette use, or vaping”](#)



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It's Time for Pumpkin

As summer winds down and cooler weather starts to seep in, it's a perfect time to re-focus on healthy eating. We will start to see more advertisements for pumpkin-flavored foods and drinks on the way to work or school, so it's only natural to want to find an answer for one of life's burning questions, "Is pumpkin a fruit or a vegetable?". Botanically, taking note of the seeds, pumpkin is the edible product of a flowering plant which makes it a fruit, while vegetables are the edible parts of the actual plants, such as leaves and stems. However, because pumpkin is less sweet than most other fruits, it generally falls under the vegetable group when cooking and is in the same family as squash and gourds. Pumpkins are a delicious way to enjoy these health benefits:

- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A and vitamin C.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function and helps reduce constipation and diverticulosis.
- A diet rich in vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as vegetables and fruits, may reduce the risk of heart disease, obesity and Type 2 diabetes.
- Eating foods such as vegetables that are lower in calories per cup instead of other higher-calorie foods may be useful in helping to lower calorie intake.



So, whether you feel strongly about calling pumpkin a fruit or vegetable, the important thing to remember is to eat more fruits and vegetables to get all of the health benefits. Aim to fill half your plate and don't count that pumpkin latte as a serving of produce!

Click [here](#) for more information from ChooseMyPlate, including pumpkin recipe ideas.

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. View a complete list of all HPW trainings for FY19 [here](#).

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



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Newsletter and Webinar Updates

Newsletter: For several reasons, we have decided to change our newsletter publication from monthly to every other month. We would appreciate knowing how you use or would like to use this newsletter so we are creating what best suits your program.

We need you to complete [this 6 question survey](#) to let us know your thoughts and ideas. Deadline is November 1, 2019. Remember, your input is valued and important.

Webinar: The HPW webinar series will continue for 2019 as scheduled but will not continue in 2020.

We are working with the Air Force Diabetes Center for Excellence to put together a webinar series covering the Standards of Medical Care in Diabetes. This will not only teach up to date practices, but also provide the continuing education units required to sit for the Certified Diabetes Educator Exam, the education they need. We anticipate DHA looking into patient education and want to prepare those interested. More information will be available soon.

HPW Stakeholder Webinars: Upcoming 2019 Schedule

This is a recurring event happening the third Thursday of each month at 1400 EST (other time zones: 1300 CST, 1200 MT, 1100 PST, 0800 HI, 0300 Japan). Be sure to add these to your calendar!

We will be using DCS for showing the presentation and recording audio over a phone bridge. CEUs are available. These are subject to change.

Date: October 17

Topic: Sexually Transmitted Illnesses with Bob MacDonald

Date: November 21

Topic: Healthy Holiday Habits with Jenni Osborne

Date: December 19

Topic: Blue H Award with Bob MacDonald

DCS Link: <https://conference.apps.mil/webconf/NMCPHCMonthlyWebinar>

Dial In Number for Both: 757 953 2834 **DSN:** 377 2834 **Conference ID:** 6537 **Passcode:** 0792

You can download the slides to past webinars and listen to the recorded audio at a time that is convenient for you. CEUs are available for these classes also. If there is a particular topic you would love to hear more about, feel free to let us know by emailing usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-contactpw@mail.mil.

Help spread the word!

