NAVY Wellness Newsletter

Providing Navy Leadership & the Fleet with Current Wellness Initiatives

MARCH, APRIL, MAY 2007

National Nutrition Month

With two-thirds of the U.S. population overweight or obese, Navy Wellness has dedicated efforts to assisting Sailors achieve a Healthy Weight. Both personal health and job performance have a direct influence on the Navy's operational readiness. It is essential that Sailors adopt long-term healthy eating habits throughout the year.

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA), the most valuable and credible source of timely, scientifically-based food and nutrition information. The slogan for 2007, "Step up to Nutrition and Health", reinforces the importance of nutrition as a key component of good health, along with physical activity. A healthy lifestyle is essential for peak performance and feeling great. To obtain permission from ADA for theme or artwork usage, see the Guidelines for Using NNM Service Mark and Slogan, or if you have questions, email ADA at nnm@eatright.org.

If your command would like additional information, facts, and activities for health promotions, including achieving a healthy weight, please visit http://www-nehc.med.navy.mil/HP/HP_Toolbox.htm.

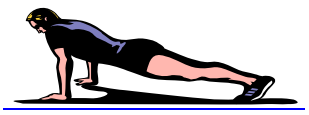
Navy Wellness within the Manpower, Personnel, Training & Education (MPT&E) Enterprise

New Command Fitness Leader Curriculum Coming in 2007

Navy's Center for Personal and Professional Development was sponsored by the Physical Readiness Program Office (OPNAV N135) to develop a training curriculum that will provide the Command Fitness Leader (CFL) the primary knowledge, skills, and abilities to safely and effectively implement the CFL requirements listed in the OPNAVINST 6110.1 series. A primary goal of the project is to ensure appropriate numbers of CFLs are trained for the Fleet. Subject matter experts from throughout the Fleet include the following:

- OPNAV N13
- Navy Environmental Health Center (NEHC)
- Naval Health Research Center (NHRC)
- Commander Navy Installations Command (CNIC)
- Naval Supply Systems Command (NAVSUP)
- Navy Safety Center (NAVSAFECEN)

Primary CFL topics under review include: administering the PRT, Roles and Responsibilities, Physical Readiness Information Management System (PRIMS), Physical Fitness, Psychomotor Skills, Physical Training in Confined Spaces, Impact of Fitness on Readiness, Weight Management, Injury Prevention and Nutrition. Check out the Physical Readiness Program Office website for information for future CFL Curriculum Pilots occurring in July-August 2007. www.npc.navy.mil/commandsupport/physicalreadiness



Navy Personal Readiness Summits FY07

Personal Readiness Summits, formerly known as Navy Alcohol and Drug Abuse Prevention (NADAP) Summits, began November 2006 in Norfolk, VA. The Summits have been expanded in FY07 to provide attendees with information to: (1) frame the personal and family readiness challenge and assist efforts with addressing challenges; (2) establish and reinforce ongoing substance abuse prevention programs; (3) provide one-stop shopping for essential information on initiatives and strategies to reduce incidents involving substance abuse related to sexual assault, domestic violence and guidance for Administrative Board members and recorders; and (4) inform ways to reduce DUI/DWI and underage drinking. For a schedule of FY07 Personal and Readiness Summits, logon to the NADAP website at: http://www.npc.navy.mil/nadap

Navy Physical Readiness Program now joins the Personal Readiness Summits in an effort to provide Navy leadership and Command Fitness Leaders with current information about Physical Readiness policy changes. These Summits will also give leadership and the Fleet an opportunity to provide valuable feedback about current program practices and discuss the way ahead for creating the "Culture of Fitness". The following topics are covered during the one-day agenda: Administrative Actions, PFA Conduct & Safety, Medical Waivers, Elliptical and Stationary Bicycle Testing Procedures, and an overview of a successful Command Fitness program within the Fleet. For more information, please use the following link: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness.

DRUG AND ALCOHOL ABUSE PREVENTION:

Save a Life Tour Kicked Off in December 2006

"Save A Life Tour" is an interactive drunk driving simulator that allows participants to experience first-hand how alcohol impairs driving while being sober and stationary. In FY06, NADAP conducted pilot tours in Mid-Atlantic, Midwest, Southwest, and Northwest Regions. Sailors reported this high-impact training as being unique and definitely made them think twice about getting behind the wheel of a car after drinking. In an effort to further reduce alcohol related incidents Fleet-wide in FY07, Office of Navy Alcohol and Drug Abuse Prevention Program and Commander, Navy Installations Command, Naval Safety Center, and Navy Public Affairs Officers are collaborating to conduct a 120-day "Save a Life Tour" to commands across CONUS and Hawaii. The FY07 kick off for the "Save a Life Tour" occurred during the second week of December 2006 in Great Lakes, IL and was onsite for 10 days. All Sailors who participated in the Tour will be monitored by social security number and UIC over a 12 month period to identify trends. CY07 dates will be available in the near future and will be posted on the NADAP website at: http://www.npc.navy.mil/nadap

STRESS MANAGEMENT:

Department of Defense 2007 Military Suicide Prevention Conference, March 2007

The DOD conference on Military Suicide Prevention will be held for all branches of Service. Attendees will consist of Suicide Prevention Program Managers, Behavioral Health Professionals, Counselors, Chaplains and Chaplain Assistants, Unit Suicide Prevention Officers, Members of Installation Suicide Prevention Committees, Health Promotion Professionals, Substance Abuse Professionals, Command and unit leaders involved in suicide prevention, and Public Affairs Professionals. Civilians, international attendees, and those in other fields are also welcome to attend. Additional information and registration information can be found at http://www.ha.osd.mil/2007mspc/

New Website for the National Center for Posttraumatic Stress Disorder (PTSD)

The National Center for PTSD is a special center within the Department of Veterans Affairs. The primary mission of the Center is to advance the clinical care and social welfare of Veterans through research, education, and training in the diagnosis and treatment of PTSD. Their website, just released in January 2007, is available at http://ncptsd.kattare.com/ncmain/index.jsp and contains fantastic information for providers, veterans, family members, and those working closely with Sailors, Soldiers, Marines, and Airmen.

Navy Offers Leaders Support Materials for Stress Management

Navy Leader's Guide in Managing Personnel in Distress: The Guide is focused on assisting Leaders with employing awareness and intervention strategies ***before*** a Sailor has reached the threshold of debilitating distress, as indicated by emotional difficulties, alcohol or substance abuse, violence or behaviorally linked accidents. A guide is available online at http://www.npc.navy.mil/CommandSupport/SuicidePrevention/LeadersGuide.htm . To order FREE "Thriving on Stress" Booklets, check out: http://www.npc.navy.mil/CommandSupport/SuicidePrevention/StressManagement.htm.

What are other Navy Wellness Programs doing?

ShipShape Weight Management Program Coming to the Fleet in 2007

ShipShape is an 8-week BUMED-approved Weight Management Program that reflects the current state of knowledge on weight loss. It is specifically designed to provide active-duty personnel with basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain an acceptable body weight within Navy Standards. Until recently, the program was only offered at the Health Promotion Departments within various Medical Treatment Facilities. Starting in 2007, this program will be available to the majority of operational platforms within the Navy. Program Coordinator, Mr. Steve Heaston, has been working with the Navy Wellness Liaison to identify which Fleet areas should be targeted first. The overall goal is to provide each ship with a facilitator so they can provide the ShipShape Program to their Sailors throughout the year, especially during deployments and other intense training cycles. The first pilot program will involve the mine sweeper community at Ingleside, TX. Special thanks go to the Navy Environmental Health Center (NEHC) and Mr. Steve Heaston for providing this additional service to the Fleet. For more information regarding how you can bring ShipShape to your command or operational platform, please contact Mr. Heaston at (757) 953-0962 DSN 377.

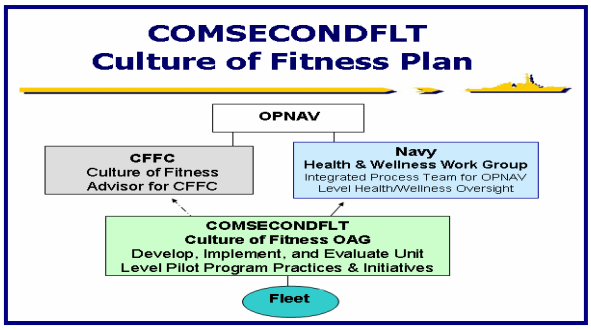
COMSECONDFLT Culture of Fitness Plan

The primary purposes of the COMSECONDFLT Operational Assessment Group (OAG) are:

1. Establish and execute a strategy that actively supports a culture of fitness as a basic element in its day to day operation -- these effects being mutually dependent and mutually supported, on and off duty, across the Navy.

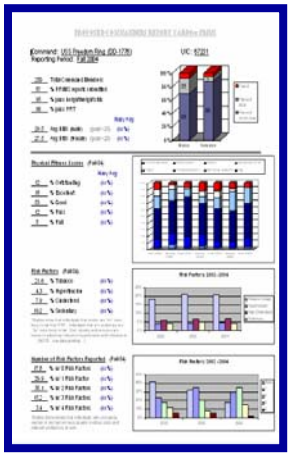
2. Investigate resources, practices and initiatives that commanders can employ to increase individual readiness: Navy foster a culture of fitness to encourage physical activity and nutrition practices consistent with improving personal health and productivity.

3. Increase Fleet readiness: All Sailors consistently make the best possible culture of fitness decisions thus directly contributing to manpower stability, and world-wide assign-ability.



ORGANIZATIONAL CHART:
C2F OAG & NAVY WELLNESS

Physical Readiness Information Management System (PRIMS) Fleet Commander Report Card



COMSECONDFLT is working collaboratively with NEHC and the Center for Personal and Professional Development (CPPD) in designing an awareness tool for command physical readiness. This Report Card will provide leadership awareness of the Physical Fitness Assessment (PFA) status of each command. A prototype has been developed based on input from COMSECONDFLT and is currently under Fleet review. It was showcased during the Commander Fleet Forces Command (CFFC) CDRs Conference, 29 November 2006, however sustained deployment of the Report Card is yet to be determined. This product (such as the one pictured) is designed to have the capability to enter the command UIC, and the rest of the Report Card will be populated automatically! The data will be queried and formatted into a slide that includes all requested UICs and will be readily available to commanders/commanding officers upon approval by COMSECONDFLT. If approved, this Report Card will accomplish much by organizing command fitness efforts in a highly visible tool.

Fleet begins conducting "Culture of Fitness" Baseline Assessments, Ingleside, TX

HM1 Jacobson, IDC and Assistant CFL for USS Devastator (MCM-6) assists LT Pollock, Navy Wellness Liaison and Physical Readiness Detachment Washington DC, with measurements on the fantail of a minesweeper platform. These measurements will be used in the future to design a safe and effective exercise program for the crew.

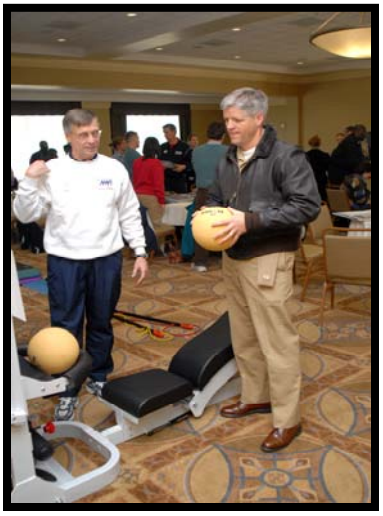
In December 2006, COMSECONDFLT (C2F) began the first of the Culture of Fitness baseline physical activity and nutrition assessments. The USS DEVASTATOR (MCM-6), a Minesweeper stationed at Ingleside, TX was the first to participate in this landmark assessment.

As a key component of the C2F Culture of Fitness Plan, the COMSECONDFLT Operational Advisory Group (OAG) will receive the data as an assessment baseline for Fleet physical activity, nutrition, and health promotion practices. Findings from the assessments will serve as a guide for the Fleet in institutionalizing a Culture of Fitness in the Navy. Over the course of the next two quarters, the C2F assessment team will be actively integrating Culture of Fitness initiatives into the operational platform arena – Atlantic and Pacific Fleet. During the first assessment, the C2F team worked collaboratively with HM1 Jacobson, their IDC aboard the USS DEVASTATOR (MCM-6). This first assessment consisted of the following: Physical Activity Assessment (Programs, equipment, environment, personnel, and limitations); Nutrition Assessment; Fleet Health Risk Assessment; PRIMS Commander Report Card; Comprehensive interviews and testimonials – Senior leadership and enlisted.

As a result of this active integration and assessment, a report of the command's current healthy lifestyle status will be generated. Information obtained during the underway period may be used during the development of the Navy's 2007 Command Fitness Leader Course. A section of the course will be dedicated to physical conditioning in confined spaces.

Navy Dietitian Assists the Fleet in Healthy Eating

LT Katherine Vogel went underway 11-15 December 2006 to provide medical support to the crew of the USS Ronald Reagan. During her visit, she provided dietary guidance to over 200 patients diagnosed with diabetes, hypertension, high cholesterol, and obesity. In addition to these efforts, she also organized a Heart Healthy and Sensible Weight Class to educate the crew about the importance of participating in long-term healthy eating habits. LT Vogel also spent time on the USS Nimitz during the 27 August - 2 September and provided these same services to the Sailors onboard.



Commander Navy Installations (CNI) MWR Brings Waterfront Fitness Specialists to the Fleet

The continued importance of individual readiness and the Navy Culture of Fitness are essential elements in maintaining our Fleet Readiness. Deployable Forces need to focus on getting fit and staying fit. Waterfront Fitness Specialists Susan Lowry and Jodie Byrkett were brought onboard the Mid-Atlantic Deployed Forces Team to address this issue. The main goal is to work directly with ships pierside to offer assistance and provide pierside fitness activities, fitness training, Fitness Enhancement Program (FEP) guidance, and fitness instruction when and where possible. MWR launched this program with an Open House on January 19, 2007 at Naval Station Norfolk. This gave MWR an opportunity to introduce new staff, demonstrate state of the art fitness equipment, distribute vital information, and develop a stronger relationship between the Fleet and established shore resources. Keep your eyes wide open for the mobile fitness van coming to a pier near you! For more information contact Susan or Jodie at (757) 449-1961/2015.

--Capt. Loyd Pyle, commanding officer of Naval Station Norfolk, and Dave Rockinson, regional director of fitness and sports, discuss fitness plans for shipboard physical training, Jan. 19, at the Norfolk Vista Point Center. Norfolk waterfront fitness specialists held and open house to inform the fleet about fitness opportunities while in port.

Health Promotion and Wellness Issues:

DoD Survey of Health Related Behaviors among AD Military Personnel Released

The 2005 DoD Survey of Health-Related Behaviors in Service Members is the ninth in a series of surveys conducted since 1980. The 2005 survey was released by Assistant Secretary of Defense (ASD (HA)) on 12 January 2007. The survey provides a snapshot of behaviors related to safety and health. The broad goals of the survey are to provide an ongoing assessment of substance use and to measure progress toward Healthy People 2010, a federally sponsored national health promotion and disease prevention initiative. Civilian estimates for HP 2010 goal compliance reveal none of the objectives have been met to date. In comparison, Navy overall met or exceeded HP 2010 objectives for vigorous exercise, helmet use for motorcycles, pap tests, and abstinence from alcohol use during pregnancy. The Navy did not meet the objectives for obesity, cigarette smoking, smokeless tobacco, binge drinking, any illicit drug use, healthy weight, food intake (fruits & vegetables), blood pressure awareness and control, cholesterol checks, condom use, seat belt use, orabstinence from cigarette use during pregnancy.To read the Executive Summary as well as the entire report, visit the DoD (HA) website at: http://www.ha.osd.mil/special_reports/2005_Health_Behaviors_Survey_1-07.pdf.

Tobacco Cessation Programs:

NAS Jacksonville Participates in "Great American Spit-Out Day"

The Wellness Center at Naval Hospital Jacksonville, Florida conducted "Through with Chew" week February 18-24 and "The Great American Spit-Out Day" February 22, 2007. This event was organized by Tobacco Treatment Specialist Danny Woodard, and the focus was to take Spit Tobacco education and prevention to the troops. Spit Tobacco use, better know as snuff and chewing tobacco, is responsible for over 9,000 oral cancer deaths annually in the U.S. Spit tobacco is higher in nicotine levels then nicotine in one cigarette, thus making it harder for many people to quit dipping than to quit smoking. There has been an increase in Spit Tobacco use within the Department of the Navy in recent years due to the cut back on smoking aboard ship and no smoking aboard naval aircraft and workspaces ashore.

"*Quit Spit Kits*" were handed out at six different commands aboard Naval Air Station Jacksonville. The kits consisted of tobacco substitutes made from tobacco-nicotine free mint, tea, coconut and ginseng products. The substitutes have some of the same texture and flavor as snuff but without the carcinogens or cancer causing toxins. These products have been clinically proven to assist in tobacco cessation. Also included in the kits were "Myths and Facts" about spit tobacco, which included a personal oral exam checklist, Tobacco Cessation Program information aboard NAS Jacksonville, other educational brochures on spit tobacco, and information on stress management and fitness for nicotine recovery. Over 100 Kits were handed out during a 3 day timeframe during the "Through with Chew week."

Picture of the "Quit Spit Kits" that were handed out at NAS Jacksonville

START USING THE HEALTH PROMOTION TOOLBOX TODAY

Promote a fit and healthy workforce with your Health Promotion Toolbox.

What is the Health Promotion Toolbox?

The Health Promotion (HP) Toolbox is a Calendar of events and supporting resources to promote health among active duty members, reserve component members and civilians in DoN workplaces. The HP Toolbox supports command-level Health Promotion Programs, Physical Readiness PrograM,, Marine Corps Semper Fit Program, and Marine Corps Physical Fitness Test and Body Composition Program.

Why is a Health Promotion Toolbox needed?

Many Navy and Marine Corps workplaces could benefit from having "prepackaged" and easy to use health promotion materials. This can save time for the health promoter by having the best materials pre-selected for your immediate use. The HP Toolbox helps commands select and easily promote key health promotion topics.

HP Toolbox Objectives are to:

- Enable easy, uniform delivery of priority health promotion information (basic awareness, educational, and self-help) by collateral duty health promoters in operational units and shore commands.
- Provide universally accessible, easy-to-use support materials.
- Increase the impact of health promotion efforts (information saturation and effort synergy) through event synchronization of national health observances by command health promotion programs (including operational units and shore commands, Navy Medicine, Navy Personnel Command, Commander Naval Installations, Marine Corps Community Services, Morale, Welfare and Recreation (MWR) and Semper Fit).
- Decrease redundancy of content development.

Can commands do more?

Yes. The HP Toolbox content is not intended to limit health promotion activities - commands are encouraged to do much more.

How do I get it?

The toolbox may be accessed on line at:
http://www-nehc.med.navy.mil/hp/HP_Toolbox.htm

A SPECIAL THANKS TO ALL THE WELLNESS ORGANIZATIONS THAT CONTRIBUTED TO THIS MONTH'S NEWSLETTER

CALENDAR OF EVENTS

MARCH 2007:

March 4-31:
Navy Environmental Health Center's
Crews Into Shape Contest
Register at: http://www-nehc.med.navy.mil/hp/crews_into_shape/index.htm

March 5-8:
2007 Military Suicide Prevention Conference
Location: Hollywood, FL
Info: http://www.ha.osd.mil/2007mspc/

March 5:
Second Fleet Operational Advisory Group Culture of Fitness Meeting
Location: Norfolk, VA
POC: Master Chief Hart @ e-mail: hartr@secondflt.navy.mil

March 5-9:
OPNAV N1351 Personal Readiness Summit
Location: Bremerton/Whidbey Island, WA
Contact Info for NADAP: http://www.npc.navy.mil/nadap
Contact Info for Physical Readiness: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

March 12-16:
Command Fitness Leader Course
Location: Mayport, FL
Contact Info: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

March 17-22:
Navy Environmental Health Center's
Forty Sixth Health & Preventive Medicine Conference
Location: Hampton, VA
Info: http://www-nehc.med.navy.mil/Conference07/Index.htm

March 22-23:
OPNAV N1351 Personal Readiness Summit (Physical Readiness Only)
Location: Norfolk, VA
Contact Info: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

April 2-5:
OPNAV N1351 Personal Readiness Summit
Location: Guam
Contact Info for NADAP: http://www.npc.navy.mil/nadap
Contact Info for Physical Readiness: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

April 2-6:
Navy Fitness Personnel Dietary Guidance Certificate with Cooper Institute
Location: Millington, TN

April 9-13:
Command Fitness Leader Course
Location: Millington, TN
Contact Info: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

April 23-27:
OPNAV N1351 Personal Readiness Summit
Location: San Diego, CA
Contact Info for NADAP: http://www.npc.navy.mil/nadap
Contact Info for Physical Readiness: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

April 23-27:
Command Fitness Leader Course
Location: Naples, Italy
Contact Info for Physical Readiness: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

May 7-14:
OPNAV N1351 Personal Readiness Summit
Location: Yokosuka, Japan
Contact Info for NADAP: http://www.npc.navy.mil/nadap
Contact Info for Physical Readiness: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness

May 14-18:
Command Fitness Leader Course
Location: Norfolk, VA
Contact Info: http://www.npc.navy.mil/CommandSupport/PhysicalReadiness