

# Health Promotion & Wellness

April 2019



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From top to bottom (U.S. Navy photo by Petty Officer 1st Class Brannon Deugan, U.S. Marine Corps photo by Lance Cpl Healthier Johnson, U.S. Navy photo by Petty Officer 2nd Class Alysia Hernandez)



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



## Promote Sexual Health and Score!

Click here to get resources for Sexual Health Month!

Active duty Sailors and Marines acquire preventable sexually transmitted infections, including 75-100 new HIV infections each year. Gonorrhea, chlamydia and syphilis rates have been rising each year since 2014. Only about half of pregnancies among enlisted women are planned. These outcomes occur among members in both garrison and operational settings. The negative consequences of sexual risk taking for the individual Sailor and Marine may include pain and suffering, embarrassment, and lifelong health, career, family, relationship and financial consequences. For the Department of the Navy, negative consequences may include lost duty days, early separations from service, direct medical care costs and an erosion of image.

One way of measuring sexual health at your command is to look at your Navy and Marine Corps Public Health Center (NMCPHC) Workplace Health Risk Assessment (HRA) data. You can compare your scores on condom and contraception use to the Navy, Marine Corps and Coast Guard average scores using the annual HRA report on the HRA webpage.

As you think about how to promote sexual health, consider how you might also score Blue H points at the same time. Here are some of the Blue H criteria:

- **Ships Only** (all others take the points as if in compliance): Ship medical departments ensure all newly assigned, female Sailors have been offered an opportunity or referral to ensure she is satisfied with her current form of contraception (if any).
- **Ships Only:** Pre and post deployment briefings mention Zika Virus risk when deployment involved a Zika transmission area.
- Have at least 25% of your military members view the Navy film “Reproductive Health – Types of Contraception” (2012) or “Think Ahead – Pregnancy and Parenting” (2013) or was this film shown on ship television? or did the command conduct at least one iteration of NMCPHC’s group-intervention “For Ladies Only”?
- Have at least 25% of your military members view the Navy film “HIV Awareness in the Military” (2016) or the SHARP “HPV Vaccination” video or did the command conduct a sexual health poster campaign using at least four SHARP posters displayed for at least one week in places/spaces typically traversed by at least half of the staff or did the command include links to at least four of the “Sexual Health Quickie” videos in their Plan of the Week or show at least four of the “Sexual Health Quickie” videos during all-hands events?
- Do your military members have easy access to condoms?
- Other than any other criterion listed above, has your command conducted a sexual health awareness event during April (preferably) or at any other time this year?

To score the Blue H points, you must use the materials specified in the criteria, in the specified way, and to the specified extent. This can take a little planning. Use your command health promotion committee to think through the best times/ places to achieve the maximum benefit. Keep in mind that the NMCPHC materials are designed for adults only, so if there are minors in your command spaces, be thoughtful about how you deploy these materials. If you develop your own materials, be sure to get leadership buy-in for the materials and your plan to use them.

The NMCPHC Health Promotion Toolbox for April has ready to use messages for commanding officers, quickie videos, detailed films, posters (most of which are aligned in landscape format for maximum effect on digital screens), factsheets, condom-access guidelines, plan of the day notes, briefings, policies and graphics.

### Additional Resources:

- [NMCPHC sexual health promotion materials](#)
- [NMCPHC sexual health promotion materials on the SHARP Toolbox DVD](#)
- [2019 Blue H criteria](#)
- [HRA](#)
- [DoD and DoN sexual health indicator data and technical reports](#)
- [SHARP Newsletter](#)





## Additional Resources on Tobacco Cessation

NMCPHC has developed a new tobacco product for widespread use - The Truth About Tobacco. It discusses common myths and facts, encourages quitting tobacco use and provides places to go for assistance. You may find the Truth About Tobacco dynamic slide show on DVIDS [here](#) and also on YouTube [here](#).



Additional tobacco free living information can be found on the [NMCPHC website](#).



The Freedom Quitline remains open for business! TRICARE® beneficiaries who are smokers may call them and obtain free telephone counseling sessions and nicotine replacement therapy to help with quitting. The Freedom Quitline is an effective intervention and is convenient for active duty, dependents and retirees.

For additional information, visit [Freedom Quitline](#).

## Additional Resources on Sleep

Looking for something on sleep? HPW has two web pages with ready to use materials, resources and information.

- [HPW Sleep](#)
- [Sleep for Wounded, Ill and Injured](#)



## 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.nmcpHC-hpw-training@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpers.list.nmcpHC-hpw-training@mail.mil).

## 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 CEUs are available.

**Date:** April 18

**Topic:** Fitness and Injury Prevention with Diana Settles

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

**Date:** May 16

**Topic:** Online Sexual Health Quickie with Bob MacDonald

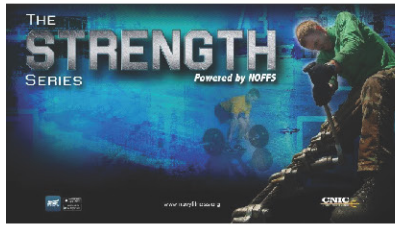
**DCS Link:** <https://conference.apps.mil/webconfHPWWebinarMay2019>

Help spread the word!

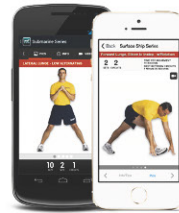


## Promoting Fitness

Check out the NOFFS Strength Series -  
[Click here](#) to learn more!



Check out the NOFFS Apps -  
[Click here](#) to download!



NOFFS APP: AVAILABLE NOW!

### NOFFS

Navy Operational Fitness and Fueling System

Take NOFFS with you on your iPhone, iPad Touch, iPad or Android Phone so that you're never away from the action!

## Speedy Microwave Chicken Quesadilla

### Ingredients (Serves 6):

- 5 - 6 oz. canned chicken or turkey, drained and flaked
- 1/3 packet of taco seasoning
- 1 14 - 16oz. can fat-free refried beans
- 4 - 5 oz. sliced black olives, drained
- 4 oz. salsa
- 8 6" whole wheat tortillas
- 4 oz. shredded cheddar cheese
- Mixed salad greens
- Plain nonfat Greek yogurt (optional)
- Juice of 1/2 lime (optional)



*(Photo courtesy of Defense Commissary Agency)*

### Directions:

1. In a medium sized bowl, mix the refried beans, 1/3 packet of taco seasoning, drained olives and lime juice (optional).
2. Lay out 4 tortillas and then spread 1/4 of the mixture on each tortilla. Top the mixture with 1/4 of the chicken per tortilla and then top the chicken with 1 oz. of cheese. Finish by topping each with a tortilla.
3. Place one quesadilla in the microwave, cover with a damp paper towel and cook for 60 - 70 seconds, or until heated through and the cheese is melted. Carefully remove from the microwave and top each with 1/4 of the salsa, salad greens and a dollop of Greek yogurt (optional).
4. Repeat step 3 for the remaining quesadillas.

### Tip:

- All four quesadillas do not need to be made at one time. Just throw together the bean mix, and gently add the chicken and keep it a covered container in the fridge for up to three days. Then make them as desired. These work great for an after-school snack or even a quick breakfast.
- Forget the tortillas and make yourself a big salad with mixed greens and a variety of vegetables and use the bean and chicken mixture to create a "leaned down" version of taco salad.

Check out the Defense Commissary's Recipes for more dietitian-approved healthy ideas by clicking [here](#).

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

