

Health Promotion & Wellness

May 2019



From top to bottom (U.S. Marine Corps photo by Sgt. Dana Beesley, U.S. Navy photo by Petty Officer 1st Class Amanda Kitchner, U.S. Navy photo by Glenn Sircy)

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



Promoting Physical Fitness Month

May's Physical Fitness Month is here! Each National Health Observance (NHO) presents an opportunity to educate the public, energize co-workers and community members, and promote healthy behaviors. The [NHO toolkits](#) and the [NMCPHC Active Living Webpage](#) have the information and tools you need to get started. Use the tips in this guide to promote a successful health promotion event.

Promoting

Develop a publicity and media outreach plan. Designate a media contact from your planning team and make sure they are available to answer questions and follow up on media requests.

- Start by creating a local media list.
- Use local access television, radio, newspaper and community calendars to promote your event.
- Post event announcements on your website. Encourage your partners to post similar announcements on their websites.
- Send a press release.
- Engage the media by offering a spokesperson from your organization or the community.
- Post flyers or posters throughout the community: on bulletin boards at local community centers, the library, post office, local schools, clinics, pharmacies, stores, commands and MWR locations – fitness centers.
- Send flyers to each participating organization for distribution.
- On the day of the event: Set up tables, chairs and a check-in table prior to your event.
- Make plenty of sign-in sheets. Create a separate sign-in sheet for members of the media.
- Don't forget the refreshments!
- Make signs to direct participants and reporters to your event.



(U.S. Navy photo by Mass Communication Specialist 1st Class Jaq Renard)

If you are distributing information to the media, plan ahead of time to track your coverage. Free media tracking resources search for news articles based on your specific search term(s) and a date range. Some tracking services will send automatic e-mail alerts to notify you when your event and/or keywords are mentioned.

Be sure to share media coverage with your Navy community partners, stakeholders, and all those who helped you plan and promote your event. Post a summary of media coverage on your organization's website. No matter the size or success of your event, remember that your efforts are key to educating the public about important health issues.

Physical Fitness Month Tweets

Interested in tweeting about National Physical Fitness Month? Visit the [NMCPHC Active Living Webpage](#) for a list of Physical Fitness Month tweets.





Promote May's National Physical Fitness and Sports Month at Your Local Command or Installation

Let's make this the best Physical Fitness Month ever!

Visit the [NMCPHC Active Living Website](#) to obtain a sample announcement for National Physical Fitness and Sport Month. The news release has been scripted and includes the latest national guidelines for physical activity and the benefits of physical activity. Commands may add information about scheduled local physical fitness and sports events that will be occurring at a specific operational unit or installation.

Go Navy fitness! Stay healthy! Stay fit! Stay Navy!



(U.S. Navy photo by Mass Communication Specialist 1st Class Mike DiMestico)



Guide to Physical Activity

Physical activity is an important part of your weight management program. Most weight loss occurs because of decreased calorie intake. Sustained physical activity is most helpful in the prevention of weight regain. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes, beyond that produced by weight reduction alone. Start exercising slowly and gradually increase the intensity. Trying too hard at first can lead to injury.

Examples of moderate-intensity amounts of physical activity:

Sporting Activities

- Playing volleyball for 45 – 60 minutes.
- Playing touch football for 45 minutes.
- Walking 1.75 miles in 35 minutes (20 min/mile).
- Basketball (shooting baskets) for 30 minutes.
- Bicycling 5 miles in 30 minutes.
- Dancing fast (social) for 30 minutes.
- Water aerobics for 30 minutes.
- Swimming laps for 20 minutes.
- Basketball (playing game) for 15 – 20 minutes.
- Bicycling 4 miles in 15 minutes.
- Jumping rope for 15 minutes.
- Running 1.5 miles in 15 minutes (10 min/mile).

Common Chores

- Washing and waxing a car for 45 – 60 minutes.
- Washing windows or floors for 45 – 60 minutes.
- Gardening for 30 – 45 minutes.
- Wheeling self in wheelchair for 30 – 40 minutes.
- Pushing a stroller 1.5 miles in 30 minutes.
- Raking leaves for 30 minutes.
- Walking 2 miles in 30 minutes (15 min/mile).
- Shoveling snow for 15 minutes.
- Stair walking for 15 minutes

Your exercise can be done all at one time or intermittently throughout the day. Activities to get you started could include walking or swimming at a slow pace. You can start out by walking 30 minutes for 3 days a week and build to 45 minutes of more intense walking, at least 5 days a week. With this plan, you can burn 100 to 200 calories more per day. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. This regimen can be adapted to other forms of physical activity, but walking is particularly attractive because of its safety and accessibility. Also, try to increase “everyday” activity such as by taking the stairs instead of the elevator. Reducing sedentary time is a good strategy to increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities. Competitive sports, such as tennis and volleyball, can provide an enjoyable form of exercise for many, but care must be taken to avoid injury.





Strength Training for Military Women

By Chris Chandler, MPH, CSCS, Health Promotion Coordinator from Naval Hospital Camp Pendleton

Men and women have different physiological differences in regards to body composition, musculoskeletal, cardiorespiratory, metabolic and thermoregulatory function. These differences put women who are serving in the military at a higher risk of injury during training or deployment than men who are serving in the military (Nindl, Jones, Van Arsedale, and Kelly, 2016 p. 50-62). In order to reduce the risk of injury, military women should engage in an effective strength and conditioning program.

Military training can be very rigorous. Long durations of carrying heavy loads and intense cardiovascular demands have the possibility to cause a significant decrease in body weight due to the loss of muscle tissue and adipose tissue. On average, women have less muscle mass than males to begin with. A further reduction in muscle tissue puts women at a higher risk for bone loss, which puts them at a higher risk for stress fractures and other musculoskeletal injuries (Nindl et al., 2016 p.50-62). Moreover, high-intensity training has been shown to cause iron levels to decline (Conway, 2016). For women this can become problematic. Women are more susceptible to lower iron levels than males. Low iron levels can cause a reduction in hemoglobin which will exasperate the effects of fatigue (Conway, 2016). These effects can be mitigated by incorporating a proper strength and conditioning routine into their weekly training regime.

There are seven primary movements which should be included in a proper training regime in order to address each plain of movement and reduce the risk of injury. These movements include:

- Hinge – deadlift variations, swing patterns, bridges
- Knee-Dominant – squat variations, split squats, multi-planar squats, and all lunge variations
- Rotation – medicine ball throws, cable chops
- Horizontal Push – bench press, push-ups
- Horizontal Pull – rowing variations, face pulls
- Vertical Push – overhead press, military press, handstands
- Vertical Pull –pull-ups, chin-ups, pulldowns

In addition to these seven primary movements there are three functional movements which should be included. These movements include:

- Stability (or anti-movements) –deadlifts, planks, and paloff presses
- Gait –crawl, walk, run, sprint, and bound
- Cross Pollination –walking lunges, reverse lunges, side lunges

Sourced from (Mullins, 2016).

When all of these movement patterns are incorporated into a proper strength and conditioning regime, the chances of injury are greatly reduced.

Conway, P. (2016). THE WOMAN WARRIOR—TRAINING. [online] Nsca.com. Available at: https://www.nsca.com/contentassets/16952a7da56f496aa5518fdbcf156786a/tsac_report_41-5_the_woman_warrior.pdf [Accessed 11 Mar. 2019].

Mullins, K. (2016). PROGRAMING THE GENERAL POPULATION FOR OPTIMAL. [online] Nsca.com. Available at: <https://www.nsca.com/contentassets/8f72280dbc6a4607b96a56dcccdef02b4/ptq5.2.8-programing-the-general-population-for-optimal-fitness10-important-movement-patterns.pdf> [Accessed 11 Mar. 2019].

Nindl, B., Jones, B., Van Arsedale, S., Kelly, K. and Kraemer, W. (2016). Operational Physical Performance and Fitness in Military Women: Physiological, Musculoskeletal Injury, and Optimized Physical Training Considerations for Successfully Integrating Women Into Combat-Centric Military Occupations. Military Medicine, [online] 181(1S), pp.50-62. Available at: https://academic.oup.com/milmed/article/181/suppl_1/50/4209407 [Accessed 11 Mar. 2019].





Decide + Be Ready: Military Contraception App

Decide + Be Ready: a Birth Control Decision Aid was released as a mobile application by the Defense Health Agency (DHA) on 28 February 2019.

The iOS version can be accessed [here](#).

The Android version will be released in the near future on Google Play. The app can also be found using search terms such as “DHA birth control”, “decide be ready”, “military birth control”, etc.

Decide + Be Ready is designed to help women make decisions regarding contraception to also meet the unique needs of servicewomen. This app supports military women in their decision-making related to contraception, taking into consideration that servicewomen, when deployed or working in uniquely challenging environments, may also choose to use one of the birth control methods to manage or even skip menstrual periods.

Shared decision making involves active participation by both a patient and provider, in which risks and benefits are considered for each option, patient values and preferences are emphasized, and ultimately the patient and her provider make the final decision together based on all of those factors. Decision aids are designed to assist in shared decision-making and are particularly applicable to clinical encounters for preference sensitive decisions, such as the choice of contraceptive method, a decision that can significantly impact a woman's health. There are a multitude of options to choose from and often patients do not have all the information they need to be able to discern which method might be best for them.

Decide + Be Ready is straightforward to use, guiding the user through a flow of information and questions to ultimately arrive at a customized recommendation for contraception. The app consists of the following features:

1. Brief educational modules reviewing: effectiveness, mode and frequency of administration, side effects, return to fertility and special considerations for servicewomen.
2. “Info quickies” that provide information about such topics as postpartum and breastfeeding considerations, emergency contraception and fertility awareness methods.
3. An interactive section that allows a woman to indicate her preferences for the method characteristics described above and the value she places on those characteristics.
4. A short checklist assessing medical eligibility for different contraceptive methods.
5. A screen that highlights the methods that may be the best “fit” based on her responses to items 3 and 4 above. The user can select the methods that she wishes to discuss at more length with her provider. She can also use the “Compare Methods” function to view all the characteristics of two methods side-by-side (this can be saved or shared for future reference).
6. A screen that allows her to document questions she might have for her provider.
7. A final screen that displays and/or allows a patient to print out her method preferences, value she puts upon method characteristics, questions she wishes to ask her provider and methods of most interest. The patient can share this display and/or print-out with her provider.

Decide + Be Ready was funded by the Uniformed Services University (USU) Defense Health Horizons Program and developed jointly by faculty at USU, the Person-Centered Reproductive Health Program at the University of California San Francisco (UCSF) and Nitid Bit, LLC. It is sponsored and maintained by the Defense Health Agency (DHA).



CBD Oil - Is it Legal for Military Service Members to Use?

Products containing cannabidiol (CBD) oil are showing up in a lot of places, from dietary supplements to topical skin care products. Many of these products promise to be a natural remedy for a lot of common conditions, despite lack of credible research to back these claims up. As consumers see more of these products available for sale on store shelves, it can influence the decision to buy them. If it's for sale at the grocery store, it must be legal, right? For those in the military, the answer is no.



In December 2018, the FDA released a statement to clarify the official position on cannabis products. Hemp and derivatives of cannabis with extremely low (less than 0.3% dry weight) concentrations of THC (delta-9-tetrahydrocannabinol) are no longer on the controlled substances list. When adding a few hemp seeds to a salad, the risk of ingesting enough psychoactive compounds is small, however, U.S. Air Force and U.S. Army policy expressly prohibits the use of hemp seeds for service members. The U.S. Navy and U.S. Marine Corps does not currently have any restrictions on normal dietary hemp seed use. Cannabidiol, or 'CBD', extracted from the cannabis plant, is a cannabis-derived product. CBD is not a legal food or supplement ingredient, and product manufacturers should not be using it, even though it is widely available. CBD oil usually has a small amount of THC, but there is no way to know how much THC a product actually contains, unless the product is tested. Manufacturers of products containing CBD oil are actively targeting the military population, and use of these products puts military service members at risk of exposure to unknown amounts of THC – potentially enough to “pop positive” on a drug urinalysis screening and lead to a very abrupt end to a military career. Don't be taken in by false health claims – when it comes to using CBD products, just say “No”!

As always the research team at [Operation Supplement Safety](#) is going to be a great resource for the latest information on any dietary supplements, including information on CBD oil and the current list of dietary supplement ingredients prohibited by the Department of Defense. Bookmark the website as a favorite and refer to it whenever you have a question. Content is updated as soon as new information is available.

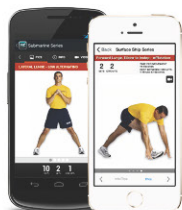
Click [here](#) to learn more about the most up-to-date research on CBD oil-containing products.

DoD Launches Updated Tobacco Education Campaign

The Department of Defense (DoD) recently launched their updated tobacco education campaign. Quit Tobacco - UCanQuit2 is now YouCanQuit2! The mission, to help U.S. service members quit tobacco, remains the same, but the campaign has a new name, logo, look and website. The campaign, originally launched in 2007, includes resources and tools that give service members the information, motivation and support they need to stay or become tobacco free. YouCanQuit2 and its resources can be accessed at <https://www.ycq2.org/>.

NOFFS Operational Series

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



NOFFS APP: AVAILABLE NOW!

NOFFS

Navy Operational Fitness and Fueling System

Take NOFFS with you on your iPhone, iPad, Touch, (that's Android) Phone so that you're never away from the gym!



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.navmcpubhlthcenpors.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: May 16

Topic: Online Sexual Health Quickie with Bob MacDonald

DCS Link: <https://conference.apps.mil/webconf/HPWWebinarMay2019>

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: June 20

Topic: Sleep with Dr J. Lynn Caldwell

DCS Link: <https://conference.apps.mil/webconf/HPWWebinarJun2019>

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: July 18

Topic: Nutrition with Jennifer Meeks

DCS Link: <https://conference.apps.mil/webconf/HPWWebinarJul2019>

Phone Bridge: To Be Announced.

Help spread the word!

