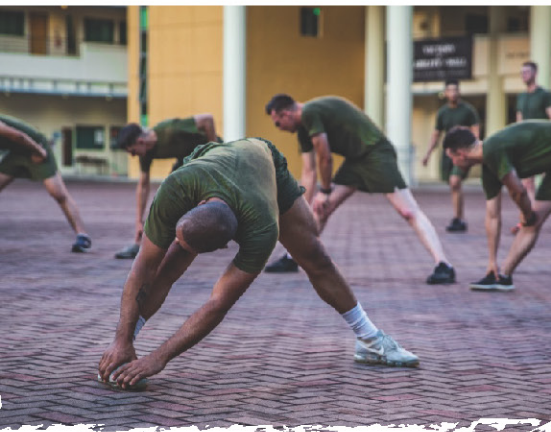


Health Promotion & Wellness

June 2019



In This Issue

Men's Health Month	2
Sailor Fitness During National Men's Health Month: Stay Healthy, Stay Fit, Stay Navy	•
The Mediterranean Diet	3
New CDC E-Cigarette Youth Resource	•
Guam May Fitness Poster	4
National HIV Testing Day	•
Beet Ice Cream	•
YouCanQuit2 and That Guy Materials Available For Order	5
Training and Events	•
HPW Stakeholder Webinars: Upcoming 2019 Schedule	•

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

Men's Health Month

[Click here to get resources for Men's Health Month!](#)

Men's health can be challenging. Most men think "it won't happen to me", so a lot of times, messages tend to tell women to let men know what they should do. If you ask around your command, you will very likely find men who have been touched by the preventable diseases or conditions that could be caught early and potentially treated or controlled. Encourage a "Man to Man" talk. It is well-known that a "nagging wife" is not always taken seriously. However, if a male friend says, "wow, I just had a cancer scare, but fortunately it was caught early", this may encourage others to make more of an effort to look into their health.

Sailor Fitness During National Men's Health Month **Stay Healthy, Stay Fit, Stay Navy**

June is National Men's Health Month. In recognition of this national health observance, try something new! Consider engaging in a new physical activity or sport.

The U.S. Navy's MWR Fitness/Sports and Outdoor Recreation programs offer a variety of exciting active living options. In addition, check out the local area's community recreation programs. Kayaking, rock climbing, 5ks, hiking/camping trips, local hiking trails, dancing, golfing, sports team participation, whitewater rafting, etc. Drop by your MWR program office today and learn which activities are available in your local area.

Sailors enjoy the benefits of being physically fit by participating in an active lifestyle, both on and off the job. Excellence in fitness and physical readiness is not just experienced during work hours. It's a way of life!

Regular physical activity can produce long-term health benefits for men. It can help:

- Improve physique = look good = feel good.
- Improve sex life.
- Improve sleep.
- Decrease potential of becoming depressed.
- Increase energy and self-esteem.
- Prevent chronic diseases such as heart disease, cancer and stroke (the three leading health-related causes of death).
- Control weight.
- Make muscles stronger.
- Reduce fat.
- Promote strong bone, muscle and joint development.
- Condition heart and lungs.
- Build overall strength and endurance.
- Relieve stress.
- Increase chances of living longer.



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



(U.S. Navy photo by Mass Communication Specialist 3rd Class Julio Martinez)



(U.S. Navy photo by Petty Officer 2nd Class Ian Carver)



The Mediterranean Diet

We often have more nutrition information coming at us than we are able to process. How can we keep up and figure out what we are supposed to be eating? Research has demonstrated that the Mediterranean Diet is one of the best ways of eating for our long-term health. This has been demonstrated by the overall health and lifespan of people in cultures that have historically eaten this way.

What is the Mediterranean Diet? It's a traditional way of eating among populations from Southern Italy, Crete and Greece that focuses on eating a lot of fruits, vegetables and whole grains and limits intake of dairy foods, meats and processed sweets. Additionally, there is a focus on being physically active every day and enjoying meals with friends and family. The Mediterranean Diet is a whole foods diet that has been shown to help people lose weight, lower blood pressure, prevent diabetes and preserve cognitive function as we age. To follow along with the Mediterranean Diet, without having to adhere to a strict "diet," follow these recommendations:

Things to do every day:

- Be physically active, not just "working out" but being more active throughout the day. Aim to sit less.
- Eat meals with friends and family. Meal times should help foster a sense of community.
- Eat whole, minimally processed, foods such as fruits, vegetables, whole grains, beans, nuts, seeds, herbs and spices.

At least twice a week:

- Eat fish or seafood that has been cooked without added fats.

A few times per week, eat these foods in small amounts:

- Low fat dairy (cheese, yogurt)
- Eggs
- Poultry

Once per week (or less), include:

- Red meat
- Sweets – limit to special occasions, not every day/every meal.

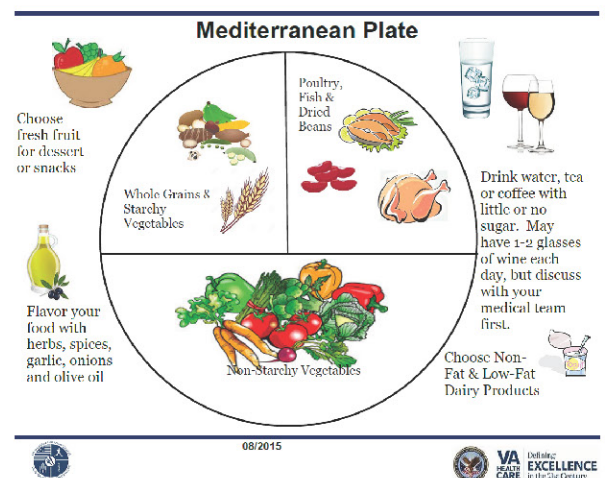
And, drink:

- Mostly water!
- Wine in moderation (For women: up to 1 glass daily, with no more than 7 glasses per week. For men: up to 1-2 glasses daily, with no more than 10 glasses per week). If you don't drink alcohol, don't start!

For more general wellness information from the VA, visit the [VA Patient Centered Care portal](#). Click [here](#) for more information about the Mediterranean Diet and a sample menu.

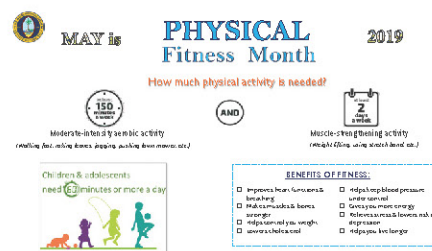
New CDC E-Cigarette Youth Resource

The Office on Smoking and Health at CDC developed a new presentation on e-cigarettes that can be used by adults to educate youth on health risks and how to avoid e-cigarettes and other forms of tobacco use. The presentation entitled *Know the Risks: A Youth Guide to E-cigarettes* can be found [here](#).



Guam May Fitness Poster

Here is an example of a simple and specific poster made by our hard working Health Promoters at USNH Guam! This prints out on an 8.5x14 inch page and can be easily adapted to your command. [Click here](#) to request a printable version. Thanks to Luis Martinez and his team for sharing!



National HIV Testing Day

National HIV Testing Day, June 27, highlights the importance of testing in detecting, treating and preventing human immunodeficiency virus (HIV) infection. A person's awareness of their HIV infection through HIV testing is the first step to prevention, health care and social services that improve prevention, quality of life and length of survival. Of the 1.1 million people in the U.S. living with HIV, an estimated 14.5% are unaware of their infection and about one of three new infections are transmitted by people who are unaware of their infection.

Military members are tested for HIV once every 2 years. But, CDC and U.S. Preventive Services Task Force recommend annual testing (at a minimum) for people at substantial risk for HIV, including men who have sex with men. Please encourage your patients and people to ask for an HIV test (and ask if they're interested in HIV PrEP) if they or you believe they are at substantial risk for HIV. Additionally, HIV screening should be included in the routine panel of prenatal screening tests for all pregnant women. Patients diagnosed with tuberculosis or a sexually transmitted infection should also be screened for HIV.

Who is at "substantial risk"? In 2018, nearly all new Navy HIV cases in 2018 (50) were men (98%) and enlisted (92%); most were age 20 - 29 (75%). Among enlisted Navy men, seroconversion rates were over three times higher for black men (82) compared to white men (24). There were zero HIV positive Hispanic men. Among the 25 HIV positive Marines, all were male and all but one was enlisted. Among Navy men diagnosed with HIV 2010 - 2018, the most frequently reported risk during the 12 months preceding their HIV diagnosis was sex with a man (69.5%), followed by sex with an anonymous partner (54.1%) and sex with a woman (41.8%). Among Marines, the most frequently reported risk was sex with an anonymous partner (63.6%), followed by sex with a woman (59.9%) and sex with a man (56.1%).

Resources:

- [National HIV Testing Day](#)
- [Basic HIV testing information for consumers](#)
- [Basic HIV testing information for health professionals](#)

Beet Ice Cream

Ingredients:

- 1 beet (washed, peeled, diced in 1" pieces)
- 2 very ripe frozen bananas (lots of brown spots)
- 2 oz. blueberries (washed)
- 1 1/2 tbsp. of chia seeds
- 1 cup of liquid (non-fat skim milk, almond milk, rice milk, etc.)
- 2 oz. coconut flakes (unsweetened)

Directions:

1. Place the first five ingredients, along with 1/2 of the coconut flakes (1 oz.) into a very high-speed blender; blend until the mixture is smooth.
2. Divide into 2 bowls; sprinkle the remaining coconut (1 oz.) on top.



YouCanQuit2 and That Guy Materials Available For Order

YouCanQuit2, the official DoD tobacco education campaign, and That Guy, the DoD's campaign on responsible drinking, are excited to announce that print and promotional materials are available to order for each of the campaigns. Materials for order include posters and fact sheets as well as promotional materials like bracelets, sticky notes, playing cards and pens.

To place an order for YouCanQuit2 print and promotional materials, visit their [website](#).

To place an order for our That Guy print and promotional materials, visit their [website](#).

Check back often for new and restocked materials!

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.nmcphe-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 (other time zones: 1300 CST, 1200 MT, 1100 PST, 0800 HI, 0300 Japan).

We will be using DCS for showing the presentation. This will be recorded and CEUs are available.

Date: June 20

Topic: Sleep with Dr J. Lynn Caldwell

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

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

Date: July 18

Topic: Nutrition with Jennifer Meeks

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

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

The webinar page on our website is getting a complete overhaul and we will be sending out an email when it is complete. We are looking forward to providing access to great courses we have already held. You can download the slides and listen to the 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.nmcphe-contactpw@mail.mil.

Help spread the word!

