

Health Promotion & Wellness

September 2019

September is Mental Health and Suicide Prevention Month

Every September we promote and focus on psychological health and suicide prevention as part of our healthy living campaign. We want everyone to perform at their best, get plenty of rest and sleep, manage their stress, exercise and eat well. However, we may not always cope well with daily hassles, find that we fall and stay in the yellow stress zone, and decide not reach out for support. This month offers an opportunity to reflect upon our well-being and promote psychological health, suicide prevention and seeking help. The [September Toolbox](#) has a number of ready to use materials. The [Navy Suicide Prevention program](#) also has excellent resources and information.

Surgeons General Joint Tobacco Letter

The U.S. Surgeon General and the Army, Navy and Air Force Surgeons General issued a joint statement addressing tobacco use in the military. The statement identifies tobacco as a readiness and health issue and recommends actions to reduce tobacco use. The letter was published in Stars and Stripes and can be accessed [here](#).

Be Cautious About Dietary Supplements

U.S. Army Criminal Investigation Command recently issued a Criminal Alert Notice regarding possible steroid-containing supplements sold at Army and Air Force Exchange Service (AAFES) exchanges. At least two independent crime laboratory tests confirmed the presence of androsterone and androstenediol in 5 Star Nutrition products, such as "Alpha Shredded" and "Trenatestin." These two substances are considered anabolic steroids and are prohibited for use by U.S. service members. As Navy Exchanges and AAFES Exchange become aware of problem dietary supplements, the products are removed from shelves, however, it is still possible to inadvertently buy prohibited substances at other venues, so it is important to remain vigilant.

Click [here](#) for more the most current dietary supplement information from Operation Supplement Safety.

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DEPARTMENT OF THE ARMY
U. S. ARMY CRIMINAL INVESTIGATION COMMAND
2718 TELEGRAPH ROAD
QUANTICO, VA 22134

03 July 2019

CIOP-IN

CRIMINAL ALERT NOTICE 00086-2019-CID101




MEMORANDUM FOR See Distribution

SUBJECT: Criminal Alert Notice (0086-2019-CID101-4E4A/9H) DoD Prohibited Substances Found in Performance-Enhancing Supplements

1. The following information was received via Air Force Office of Special Investigations (AFOSI) Bulletin 31534, dated 22 May 2019, "Supplements Sold at AAFES Exchanges May Contain Steroids;" HQDA, G-1, SR2 Deterrence Program; Armed Forces Medical Examiner System (AFMES) Division of Forensic Toxicology; and Open Source Intelligence, which are considered reliable sources.

2. Subject(s): Unknown

3. AFOSI was notified by the U.S. Food and Drug Administration (FDA), Office of Criminal Investigations (FDA/OCI) that nutrition supplements sold by 5 Star Nutrition (aka Total Nutrition and Brick & Mortar Distributing, LLC) may contain illegal Schedule II ingredients including anabolic steroids. Following a December 2018 Health and Wellness inspection at Moody Air Force Base (AFB), suspected illicit drugs (or) narcotics were seized and submitted for testing. At least two independent crime laboratory tests confirmed the presence of androsterone and androstenediol in 5 Star Nutrition products, such as "Alpha Shredded" and "Trenatestin."¹

¹ Supplements Sold at AAFES Exchanges May Contain Steroids (pp. 1-2, Rep. No. Product ID: 31534). (May 22, 2019), AFOSI Bulletin.

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Navy Orthopedic Surgeon and Athletic Trainer Recognized

Cmdr. James Hammond, doctor of osteopathic medicine and certified athletic trainer (ATC), department head of Navy Medical Center Portsmouth's orthopedic surgery, was recognized in the summer 2019 newsletter of the Board of Certification for Athletic Trainers for not only being a military orthopedic surgeon, but an ATC as well. He credits his background as an ATC in helping him better understand post-operative rehabilitation and more.

Hammond is passionate about athletic training education and believes his athletic training background is invaluable, explaining how lucky he is to take care of service men and women. "I get to take care of people who have given of themselves to ensure the safety of our nation," Hammond said, "it is a great honor to care for these individuals." He is also the vice chair of the Bureau of Medicine neuromusculoskeletal sub-community on sports medicine, which works towards preventing injuries.

Fresh, Frozen or Canned – Just Eat Them!

Sometimes it's difficult to get to the grocery store often enough to have fresh fruits and vegetables for meals all week, making it more challenging for us to eat the recommended number of daily servings. Fresh produce offers a lot of flavor and nutrients, however, all produce counts towards the daily goal. Having frozen or canned options helps add more flexibility to daily meal planning, as we aim to fill half our plate with fruits and vegetables. Aim for five to eight servings of fruits and vegetables every day. One cup of fruit counts as one serving of fruit. One cup of raw or cooked vegetables, one cup of vegetable juice, or two cups of raw leafy greens counts as one vegetable serving.

Fresh fruits and vegetables: The best choices are produce that are in season, which are usually the most affordable and the most flavorful. You can also grab an apple or a banana on your way out the door or add extra vegetables to any sandwich, to sneak in more servings throughout the day.

Frozen fruits and vegetables: Frozen options can be perfect additions to your meal plan as they are usually picked at peak of ripeness and then flash frozen to preserve optimal nutrition. They can last for several months in the freezer and are often already cut and prepped to be a quick addition to any meal. Be careful about added sodium from sauces and seasonings added to vegetables and sugar or syrup added to frozen fruits. Try adding frozen spinach to any pasta sauce or frozen berries to your morning oatmeal.

Canned fruits and vegetables: A convenient option to have on hand in the pantry. They don't expire quickly, so this is a great option if you feel like you keep wasting money when fresh produce spoils too quickly. Plus, canned options are usually already cut, prepped and ready to add to a meal. Sodium is usually added to canned foods to preserve them, so look for low-sodium, reduced-sodium or no-salt-added labeled vegetables and soups. Drain and rinse canned vegetables to reduce sodium even more. For canned fruit, choose products canned in water or its own juice, or light syrup. Try adding canned tomatoes to a soup and use canned fruit as a quick afternoon snack.

Just remember, the most important thing about fruits and vegetables is that you have to eat them to get the benefits from them. So don't hesitate to include frozen or canned options as often as possible.

Click [here](#) for more information.



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Double Check Blue H Award Criteria: Last Quarter is Almost Here

The last quarter of the year can be busy, especially trying to complete the criteria for the Blue H Award. We would love to see your submission next year, so please review your criteria set, make a plan to get the unfinished items completed, let us know if you have any questions and get your submission ready. We look forward to seeing the great work you are doing!

[Contact us](#) with any questions.

Barracks Cookbook Link

The [Navy Barracks Cookbook](#) provides active duty personnel with great, simple recipes so they can have tasty and healthy alternatives to eating out or making processed food.

Microwave Cooking Series: Asparagus Risotto

Our August HPW Monthly Webinar was on Microcooking. There is so much more that can be done with a microwave than only heating frozen meals, warming leftovers or making popcorn! As promised, we are starting a series of recipes that can be made in a microwave. Risotto is challenging on any stove, so it seems appropriate to show that even this delicious dish that mocks the best of chefs can also be made, from scratch, in your microwave. The trick is the rice you use - do not substitute or it will not turn out as creamy.

Servings: 4

Ingredients:

- 2 tbsp. unsalted butter
- 2 tbsp. olive oil
- 3 tbsp. minced shallots
- 1 1/2 cups arborio or carnaroli rice (no substitutes)
- 3 3/4 cups hot, low sodium chicken broth (plus more as needed)
- 6 oz. mushrooms your choice
- 12 oz. asparagus spears, cut into 2 inch pieces
- Salt and pepper to taste
- 3/4 cup Parmigiano-Reggiano cheese

Directions:

1. Place butter and oil in casserole dish, uncovered and cook on high, 1 - 2 minutes until melted and warm.
2. Add shallots, stir to coat and continue to cook on high for 2 minutes.
3. Add rice and stir to coat all grains for an additional 2 minutes.
4. Pour in hot broth and cook for 6 - 7 minutes.
5. Add mushrooms and asparagus and cook for 6 minutes.
6. If rice is not yet tender, stir and continue to cook in 2 minute intervals until rice is done. Add broth if necessary.
7. Stir in cheese and serve.



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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.nmcphc-hpw-training@mail.mil.

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 this 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: September 19

Topic: 2020 Vision: Group Brainstorming Session

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!

Additional Training

The annual Navy Suicide Prevention Webinar will be held September 24. There will be more details to follow.

Tobacco Cessation Facilitator Training will be held at the Norfolk Branch Health Clinic September 27 and November 5. For information, visit the [training page](#).

