

Health Promotion & Wellness

November/December 2019

November is Tobacco Free Living Month

This month we are promoting tobacco free living. Tobacco remains the leading cause of illness and death in this country and includes all types of tobacco such as cigarettes, cigars, pipes, hookahs, chew, dip, spit, e-cigarettes, vapes, Juul and even the new heated tobacco products called IQOS. Our goal is to encourage those who use tobacco to quit, keep those who do not use tobacco free and protect everyone from the harmful effects of secondhand smoke. Resources to support this include the [HPW Toolbox](#) and the [Tobacco Free Living website](#). The DoD's tobacco education campaign YouCanQuit2 also has many resources to support tobacco free living on their [website](#) including a new section on [tobacco and e-cigarettes](#) and [materials for order](#).

November Events

- The Navy and the military are partnering with CDC and the U.S. Department of Veterans Affairs to support and promote a Facebook Tobacco Free Event in November. Additional information on this event can be found here: <https://www.facebook.com/cdctobaccofree/>.
- The Great American Smokeout is on November 21st. DoD promotes this annual event and information; resources and ideas for activities can be found on the American Cancer Society website at: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>.

New Nutrition, Physical Activity, and Obesity Infographic

The Office of Disease Prevention and Health Promotion is releasing infographics monthly from the Healthy People 2020 leading health indicators. The latest infographic is on nutrition, physical activity, and obesity. The United States still has a long way to go to meet these Healthy People 2020 indicators. Can you believe the daily mean total intake of vegetables is less than one serving per 1000 calories? We have a lot of work to do!

For the nutrition, physical activity, and obesity infographic, visit: https://health.gov/news/blog/2019/09/check-out-the-new-nutrition-physical-activity-and-obesity-infographic-from-healthy-people-2020-2/?source=govdelivery&utm_medium=email&utm_source=govdelivery

For other available infographics, check out: <https://www.healthypeople.gov/2020/leading-health-indicators/LHI-Infographic-Gallery?ga=2.65733614.1503466294.1569430357-387177809.1547474838>



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December is Impaired Driving Prevention Month

Each December we promote responsible alcohol and drug use as part of Impaired Driving Prevention Month. Marines, Sailors and families are busy and on the go during the holiday season and one poor decision such as driving impaired can be harmful or even fatal. We have resources you can use in the [December HPW Toolbox](#) and on the NMCPHC Preventing Drug Abuse and Excessive Alcohol Use [website](#). Resources are also available from the Navy's [Keep What You've Earned campaign](#) as well as the DoD's [Own Your Limits](#) campaign.

DoD Launches New Responsible Drinking Campaign

The That Guy campaign recently came to an end. In its place, Own Your Limits was created with input from the Services and Service members. With a modernized approach, the new campaign highlights current trends in alcohol misuse, emphasizes responsible drinking call to action and is gender neutral. With a new website featuring responsible drinking tips, resources and online tools, the new campaign aims to help Service members learn how to drink responsibly, if they choose to drink alcohol. Find resources available for download here: www.ownyourlimits.org/. You can also join Own Your Limits on Instagram at @ownyourlimits, www.instagram.com/ownyourlimits or on Facebook @ownyourlimits, [https://www.facebook.com/](https://www.facebook.com/ownyourlimits)

OWN YOUR
LIMITS

Free Materials Available For Order!

The DoD's tobacco education campaign [YouCanQuit2](#) and responsible drinking campaign [Own Your Limits](#) have campaign materials available for order. The materials are intended to support installation or command-level activities related to tobacco or alcohol education, prevention, or outreach. To order materials for YouCanQuit2, click [here](#). To order materials for Own Your Limits, click [here](#).



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Beware of the “Health Halo” Effect

It's no secret that food and beverage companies spend a lot of money on marketing their products to the public to help drive sales. Often, as consumers get more educated on specific nutrition topics, this drives demand for changes to our food supply. As Americans learned more about high fructose corn syrup (HFCS), and became aware of how prevalent it actually was, food manufacturers responded, and began eliminating the ingredient from products. As HFCS was removed from the ingredients list on back of the package, the front of the package usually made sure to mention this elimination in bold letters. Even if HFCS was replaced with another type of sugar—leaving the food product with a nearly identical amount of added sugar—the claim of “HFCS-free!” could give the impression that this was now a more healthful choice. That is part of the ‘health halo’ effect, where we consider something healthier based on our perceptions and not based on scientific facts. If a product doesn't contain any of the “prohibited/forbidden/off-limits” ingredients, then we tend to consider it a healthy choice. If a product contains the latest “superfood/antioxidant/cancer-fighter” ingredient, then we also consider this the healthiest choice.

Food and beverage marketers have studied how we shop and know what words we are looking for when we are making healthy choices. Some of the current popular terms include: organic, gluten-free, made from scratch, low-fat, high protein, paleo-friendly. None of these terms really tell us much, but they can be powerful and make us subconsciously consider foods with any of these claims as the better choice. This goes a long way to influencing what we buy.

The reality is that just because a food or beverage product contains trendy ingredients, does not necessarily make it a great choice. The more foods are processed, generally the less natural good-for-you nutrients remain. Usually the foods that are really the best choices for a healthful diet don't have nutrition claims. When shopping, we need to stick to foods we *know* are good for us:

- Whole fruits and vegetables: aim for 5-10 servings of fresh, frozen or canned fruits and vegetables every day. Limit the added salt, sugars and fats and choose whole foods as often as possible.
- Whole grains: choose foods like brown rice, oats, millet, barley, quinoa or amaranth to add a good source of dietary fiber and nutrient dense carbohydrates. One quarter of our plate is a good portion size.
- Include lean protein sources: choose less-processed cuts of meat, poultry or seafood and plant sources, like beans. Limit processed meats, like cured or canned meat products that often have additives without any health benefits.

Holiday Health: Strategies to Minimize Weight Gain

Command Personalized Flyer available for Download!

http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/injury-violence-free-living/WM_Holiday%20Health%20Factsheet.pdf



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10 Steps to Increase Physical Activity during the Holiday Season

Set Goals: To avoid forgetting about workouts, make exercise appointments on your calendar. Accountability is awesome! Share your holiday exercise schedule with a friend and ask them to hold you accountable to your exercise schedule.

1. **Park far away:** Park far away from the store entrance. Parking lots are crowded during the holiday season. Turn that full parking lot into an opportunity to burn some calories.
2. **Prepare to stay active when traveling:** Have a plan. Make sure to pack exercise clothes. If you are staying at a hotel, check if the hotel has an exercise room. If you are visiting family, find the best exercise strategy during your stay.
3. **Play:** Have fun! Embrace the excitement of having little ones around. Go for a walk, check out the holiday decorations, play flag football or soccer after a holiday meal!
4. **Sign up for a MWR fitness challenge:** Navy and Marine Corps Fitness Programs offer a variety of holiday fitness ideas. Check out your local MWR fitness program to see what is available in your area.
5. **Walk the mall before shopping:** Enjoy window shopping while exercising. Get some steps in while you shop.
6. **Exercise Indoors:** You can exercise at a fitness center, climb stairs or strength train at your home, try a new fitness DVD (check the out at the local library), or use an online app.
7. **Wear a Pedometer:** Keep track of your holiday exercise activity by either wearing a pedometer or paying attention to your steps on your smart phone. A general step fitness goal is 10,000 steps for health and 15,000 steps for weight loss.
8. **Break activity into smaller chunks:** Walk a few minutes several times a day. Use phone reminders to keep you moving each hour. This will enable your metabolism to remain in an elevated state.
9. **Volunteer to put up the outdoor holiday decorations:** This absolutely counts towards moderate physical activity. You will burn extra calories while you place lights and decorations around the yard and house.

Injury Prevention Tips

Prevent injuries this season by:

- Check your furnace regularly and have it inspected by professionals.
- Inspect your fireplace for safe operations. Never leave it unattended.
- Only use decorative lights outside approved for outdoor use.
- Do not overload circuits or power strips. Turn lights off when you leave the house.
- Place cords away from traffic areas and heat sources, not under rugs.
- Check lights, cords and plugs for wear, frayed insulation, cracks, and loose connections or bulbs.
- Place holiday trees away from heat sources and open flames.
- Keep water in tree base and check it at least daily.



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Holiday Wish List = Healthy and Fit 2020

Take advantage of the opportunity for potentially getting or giving gifts that promote movement! Consider adding exercise/activity related items to your wish list. Here are some ideas:

- **Exercise Clothes:** Evaluate your exercise wardrobe, and list what is missing.
- **Pedometers – Heart Rate Monitors:** Currently there are pedometers that also serve as heart rate monitors. The pedometers calculate steps per day, calories burned, and enable you to track calories consumed.
- **Bicycle:** As the year winds down, cycling shops are removing the prior year's cycles to make room for the new models. You might be able to get a good deal if you're an early shopper! You can also easily transform your outdoor bike into an indoor bike by adding a bike stand/trainer to your wish list.
- **Exercise Equipment:** Anything you have your eyes on? Home workout equipment, yoga mat, kayak, paddleboard, sporting equipment, camping equipment, water bottle, or weights?
- **Exercise-Focused Trip or Lessons:** Check out possible exercise adventures. Local MWR programs have these often. Examples = hiking and camping adventure in the mountains, kayaking in the spring, rock climbing, etc.

Microwave Cooking Series: Spinach Soufflé

Spinach is a great leafy green that is delicious and shows up in cuisines from Indian to Italian. A true soufflé can challenge any cook with it's complicated béchamel base and careful cooking requirements. This one is mixed right in it's baking dish and is a great side dish. This can also be a bed for a poached egg or pile it on a piece of toast with some melted cheese on top.

Servings: 4

Ingredients:

- 1 16oz bag frozen chopped spinach, thawed
- 1 large egg
- 1/2 cup milk
- 1/2 cup grated Parmesan, Asiago or Manchego cheese, plus more when serving.
- Pinch onion powder
- Pinch of salt and pepper
- Pinch of ground nutmeg
- fresh lemon juice for sprinkling (optional)

Cookware: 6x3 ceramic soufflé dish or 1.5 quart casserole dish

Wattage: 1,100 - 1,300

Cook Time: 7 minutes

Standing Time: 5 minutes

Directions:

1. Drain the spinach and squeeze out the excess liquid with your hands.
2. Place the egg and milk into a greased dish; beat with a fork. Stir in the cheese and spices. Fold in the spinach, evenly moistening with egg mixture; the spinach will soak it up.
3. Partially cover with plastic wrap and cook on HIGH for 3 1/2 minutes.
4. Pull back the plastic wrap to release the steam, re-cover, and microcook on HIGH for another 3 1/2 minutes.
5. When done, the edges will be firm and slightly pull away from the sides of the dish, and the center will still be moist.
6. Let stand, covered, for 5 minutes, then divide the hot soufflé between four serving dishes. Sprinkle with some additional cheese or a squeeze of lemon juice if you like.



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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 upcoming HPW trainings [here](#). For further information and/or to submit 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

We will not be holding monthly webinars in 2020. We will provide a few series of webinars towards specific goals (i.e. Diabetes Educators, Mental Health, etc) and information will be sent as these are finalized.

Times are: 1400 EST (other time zones: 1300 CST, 1200 MT, 1100 PST, 0800 HI, 0300 Japan).

Be sure to add these 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: November 21

Topic: **CHANGE!** Future of Health Promotion in this changing environment. Please let us know if you will be attending. We will be looking at DHA instructions that discuss health promotion collaborations and we will be sending these in advance for your review.

Date: December 19

Topic: Blue H Award with Bob MacDonald

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

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

You can download the slides past webinars and listen to the recorded audio at a time that is convenient for you. CEUs are available for these also. If you would have a topic you would like to hear more about, feel free to let us know by emailing usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-contacthpw@mail.mil.

Help spread the word!

