

FORGING THE FUTURE:



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Friday FACTS

2 April 2004

"Leadership, Partnership, and Championship"



HEALTHIER FEDS WEBSITE <http://www.opm.gov/healthierfeds/>
MEMORANDUM FOR HEADS OF DEPARTMENTS AND AGENCIES

FROM: Kay Coles James, Director
SUBJECT: 2004 HealthierFeds Campaign

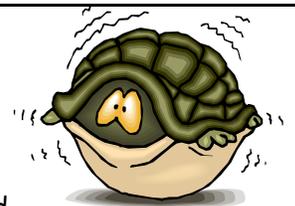
I am pleased to announce that we have launched a new OPM website to support our 2004 *HealthierFeds* campaign. The *HealthierFeds* initiative places emphasis on educating Federal employees and retirees on healthy living and best-treatment strategies. It is well established that physical activity, nutrition, preventive screenings and healthy lifestyle choices all reduce demand on the health care system. *HealthierFeds* brings attention to the healthcare industry's "demand" side, incorporating personal responsibility and the consumer's role in driving both quality and affordability. It is aimed at educating the Federal workforce on how they can take greater responsibility for their personal health.

We intend *HealthierFeds* to be a model for agencies as well as for private employers. And, we envision it as a collaborative effort. We have been partnering with Federal Employees Health Benefits Program (FEHB) carriers this past year and, with the introduction of the new website, are expanding the scope of the *HealthierFeds* campaign to include all Federal agencies. We plan to include *HealthierFeds* on the agenda for the Chief Human Capital Officers Council. It is a win-win situation for everyone.

HealthierFeds fully supports President Bush's *HealthierUS* initiative for a healthier America: Be physically active every day, eat a nutritious diet, get preventive screenings and make healthy choices. *HealthierFeds* also supports the *Steps to a HealthierUS*, led by Secretary Tommy G. Thompson of the Department of Health and Human Services (HHS) that advances the *HealthierUS* goal of helping Americans live longer, better, and healthier lives. The Steps includes both personal responsibility for the choices Americans make and social responsibility to ensure that policy makers support programs that foster healthy behaviors and prevent disease. The Steps initiative envisions a healthy, strong U.S. population supported by a health care system in which diseases are prevented when possible, controlled when necessary, and treated when appropriate. This initiative is a shift in the traditional approach to the health of our citizens, moving us from a disease care system to a health care system.

National Anxiety Disorders Screening Day

May 5, 2004 is the annual National Anxiety Disorder's Screening Day! Anxiety has often been called the common cold, as it occurs frequently among all of our population, and often Americans struggle with anxiety without getting help or knowing how to effectively cope. The awareness and screening program is sponsored by Freedom From Fear and offers materials and resources for Mental Health Professionals, as well as a interactive web-based self-assessment on their Homepage <http://www.freedomfromfear.org>



Nothing is particularly hard if you divide it into small jobs.