

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

"Courage to Care" Launches Help for Returning Combatants, Families

A team of experts in military medicine and health communication at the Uniformed Services University of the Health Sciences in Bethesda, MD launched a new health education campaign -- "Courage to Care." In particular, Courage to Care is aimed at helping combatants reintegrate back into their families after surviving the battlefields of Iraq and Afghanistan. Courage to Care consists of ready-to-use fact sheets written for physician providers, as well as servicemen and women, on topics about military life and health. The fact sheets are in the public domain, intended for distribution to provider networks, and can be customized with a site's local contact information and resources. The first of two fact sheets is titled "Reintegration Roadmap - Shared Sense of Purpose," and is for the health and social service provider. Its companion sheet, "Becoming a Couple Again, Creating a Shared Sense of Purpose," is for military couples experiencing the transition. The content derives from interviews conducted by the university's health professionals with affected service members and families who have experienced combat stress and family separation. The fact sheets describe the reintegration challenges and offer a step-by-step process to help affected individuals re-establish their relationship as a couple and as a family.

For more information, see

http://www.military.com/NewsContent/0,13319,dod2_082404.00.html.

To view the first fact sheets provided by the program, visit the 'Courage to Care' page: <http://www.usuhs.mil/psy/courage.html>



Healthful Links

Looking for more information? There's a bounty of valuable resources to help parents lead the way to helping kids eat more fruits and vegetables and be more active. In addition to NCI's 5 A Day website, www.5aday.gov, check out the following resources from other members of the National 5 A Day Partnership:



United States Department of Agriculture (USDA)

* Find out what kinds of changes are taking place in school lunchrooms across the nation and why their implementation is so important.

www.fns.usda.gov/tn/

* The perfect place for parents to find books about healthy eating, interactive cookbooks, and simple tips to keep fruits and vegetables part of the family.

www.fns.usda.gov/tn/parents/index.htm

* "Fruits and Vegetables Galore: Helping Kids Eat More" is a kit designed to help schools take steps to promote eating fruits and vegetables by creating an environment that promotes healthy eating.

http://www.fns.usda.gov/tn/Resources/fv_galore.html

American Cancer Society

* The "Complete Guide to Nutrition and Physical Activity" can help both parents and kids reach for a healthier future. www.cancer.org/docroot/PED/content/PED_3_2X_Diet_and_Activity_Factors_That_Affect_Risks.asp

www.cancer.org/docroot/PED/content/PED_3_2X_Diet_and_Activity_Factors_That_Affect_Risks.asp

* Make sure the whole family eats their 5 to 9 servings of fruits and vegetables a day with this easy and fun sample menu. www.cancer.org/docroot/PED/content/PED_3_2x_Sample_Menu_to_Include_5_A_Day.asp?sitearea=PED

Continuing Education:

The Employee Education System, VI SN 17, San Antonio, TX, in collaboration with South Texas Veterans Healthcare System is pleased to announce an upcoming conference, "Intensive Lifestyle Management Of Patients With Metabolic Syndrome And Type 2 Diabetes", October 1, 2004, in San Antonio, TX. For further information and registration, select the links below http://www-nehc.med.navy.mil/downloads/hp/Aug_20_04DraftBrochure_05B_V17_DIABETES_A4.doc or http://www-nehc.med.navy.mil/downloads/hp/Registration_Form_04.B.V17.DIABETES.A.doc.

"The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt