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Friday FACTS

31 March 2000

"Leadership, Partnership, and Championship"

New Tobacco Resource



The American Cancer Society has put together a new Clinical Preventive Service Tobacco program- Fresh Start Family! The program consists of training, including a video, and an easy to follow process and content for all medical staff in OB/GYN and Pediatrics. The program follows the AHCPR guidelines- identifies all tobacco users, teaches and uses stage based counseling using the STAGE acronym, includes all relevant forms and contains handouts based upon the patients readiness and stage of change. **Please contact your local or state ACS chapter** to obtain copies of the Fresh Start Family program!

Five Tips for Cooking Healthier Meat

For meat with the least heterocyclic amines (HAs) follow these tips:

- 1. Roast, steam, or stew.** Oven roasting makes it easier to control temperature and avoid overcooking. Steaming or stewing keeps meat moist, which inhibits the formation of HAs.
- 2. Avoid grilling, broiling, or frying until the charred stage.** When the meat dries out, more HAs can form.
- 3. If you must grill, marinate first.** If you marinate chicken before you grill it, the levels of HAs drop dramatically.
- 4. Don't undercook.** Do cook meat beyond the "rare" or "medium-rare" stage to just done to make sure you kill illness-causing bacteria.
- 5. Go veggie.** HAs form only in muscle tissue. By grilling vegetables and switching to soy burgers, you eliminate HAs completely. One soy burger to try: the Boca Burger, which some think has a fast-food burger taste.



"Before everything else, getting ready
is the secret of success."

- Henry Ford

PPIP CORNER



Attention PPIP Coordinators: Upcoming policy available for your preview!

A "DRAFT" of the revised BUMEDNOTE 6100 and a "DRAFT" revised Biannual Questionnaire are available for your review. This document concerning Put Prevention Into Practice for Navy Medicine is expected to be signed any day now. PPIP Coordinators were sent electronic draft copies of these materials **and soon it will be available on the web.** The intent is that **you can begin** information collection to answer questions on the Biannual Survey now, versus a rush to collect data when the note officially gets signed. Starting in April 00, **the PPIP Biannual Questionnaire will be web-based.** Coordinators will submit their reports to NEHC using a web based survey **tracking** tool. The NOTE and Questionnaire will be discussed at next week's Navy PPIP Workshop 4-6 April at Little Creek, VA. The expected deadline to submit the Biannual Report is 30 April 00. Future reports will be due 31 Oct 00 and 30 April 01. If you have not seen a copy of the draft materials, **and would like to review them,** please contact Lynn Klanchar, PPIP Program Manager at klancharl@nehc.med.navy.mil.