

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

Friday FACTS

14 July 2000

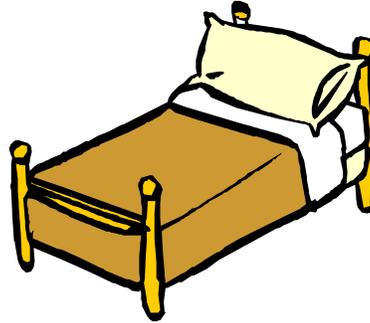
"Leadership, Partnership, and Championship"



President Clinton issued Executive Order 13058 on Expanding Access to Smoking Cessation Programs for Federal Employees. The order directs all agencies to send the messages - to

encourage to stop smoking and not start; to provide assistance and information in helping with quitting; and to encourage participation with the American Cancer Society Great American Smokeout coming up on November 16th. For the full text see <http://www.pub.whitehouse.gov/uri-res/12R?urn:pdi://oma.eop.gov.us/2000/6/27/8.text.1>

SAILORS AND MARINES TO GET BETTER NIGHT'S SLEEP



Last week, as part of the Navy's "Living Better, Caring for the Best" program, officials announced an initiative to replace existing shipboard foam mattresses with new, improved innerspring mattresses. The Navy will spend \$2.8 million this year on the new mattress program, and approximately \$12 million per year in fiscal 2002 and fiscal 2003. The Congress has promised \$13 million in funding support for fiscal 2001, making total program allocation about a million dollars per month for 36 months. The USS Harry S. Truman Battle Group and the USS Nassau Amphibious Ready Group, both deploying this November, will be the first to receive the new mattresses. The 14,000 new mattresses, which cost \$200 each, have a projected service life of seven years -- two to four years longer than those currently on U.S. Navy ships.

Congratulation to CAPT (Sel) Larry Williams the first winner in our Health Promotions Share your Resources contest. CAPT Williams shared his favorite health websites: the Mayo Health "Oasis" <http://www.mayohealth.org> and the Society for Research on Nicotine and Tobacco at www.srnt.org.

Mayo Clinic Tobacco Training

October 22-25, 2000 is the next scheduled Mayo Clinic Nicotine Dependence Training Seminar. Please contact the Mayo School of Continuing Education at cme@mayo.edu or at 1-800-323-2688 for details and information.

Stress Busters

Christmas shopping in July? Why not? Avoid the last-minute rush and buy some gifts now or when you go on vacation and hide them until December. The more you can spread out your gift buying through the year, the easier it'll be on your pocketbook, the less you'll have to fight the holiday crowds, and the more time you'll have to enjoy the season.

*"Words are, of course, the most powerful drug used by mankind."
-Rudyard Kipling*