

FORGING THE FUTURE:



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Friday FACTS

8 September 2000

"Leadership, Partnership, and Championship"

American Heart Association



Fighting Heart Disease and Stroke

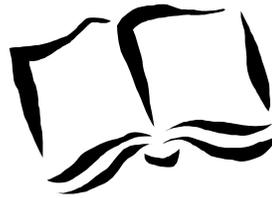
National Cholesterol Education Month — September 2000

High blood cholesterol increases the risk of heart disease, the leading cause of death in the United States. Lowering cholesterol levels will reduce new heart disease events and deaths. To increase awareness of the importance of monitoring cholesterol levels and steps to achieve or maintain healthy levels, the National Cholesterol Education Program (NCEP) is sponsoring National Cholesterol Education Month during September.

During September, CDC-funded state cardiovascular health programs and their partners will highlight programs that raise awareness and understanding about high blood cholesterol as a risk factor for heart disease. Additional information about how cholesterol may affect health and about other risk factors for heart disease is available from the American Heart Association World-Wide Web site at http://www.americanheart.org/cholesterol_, NCEP at http://www.nhlbi.nih.gov/about/ncep/index.htm_, and CDC at <http://www.cdc.gov/nccdphp/cvd>

Tobacco Use in Teens

The CDC MMWR August 25, 2000 Weekly <http://www.cdc.gov/epo/mmwr/preview> has a new article out- Trends in Cigarette Smoking among High School Students. The results suggest an overall teen smoking prevalence rate of 34.9% in 1999. High smoking rates were revealed among both white males(38.2%) and white females(39.1%) and constitute a major health risk for our population and potential



Do you keep track of your healthy behaviors? Do you suggest to others that they monitor their healthy lifestyle changes with weight loss, eating, exercising?

<http://www.cbshealthwatch.com> has a private section (click under Daily Diary) to keep track of behavior changes and progress...

If you learn from your suffering, and really come to understand the lesson you were taught, you might be able to help someone else who's now in the phase you may have just completed. Maybe that's what it's all about after all...

-Anonymous

Depression

Most of us get the "blues" periodically. But if depression lasts longer than a few weeks - if it saps your energy, causes physical problems, and/or causes you to lose interest in living - it's time to get help.

Note: Regular, brisk exercise can often prevent and relieve common depression.

PPIP Biannual Questionnaire - Due in OCTOBER

The next biannual survey for the report period April 00 - 30 Sept 00 is due: NET (no earlier than) 1 Oct, but NLT (no later than) 31 Oct.

It is posted on the web at <http://www-nehc.med.navy.mil/informatics/ppip.htm>

Please submit the report **ELECTRONICALLY** and make note of new **directions** (ie. disregard Section C). This report should be completed by the PPIP coordinator at each MTF/DTF Claimancy 18 command (parent and tenant commands). Please use your command UIC when you submit a report. POC is klancharl@nehc.med.navy.mil.

The overall (group) results of the previous Navy PPIP Biannual Survey (report period Oct 99-April 00) are available on the web at <http://www-nehc.med.navy.mil/hp/ppip/policy/index.htm> Individual command results were sent by BUMED to PPIP coordinators at commands who submitted a report for the last cycle. If you submitted a report but did not receive feedback, please contact klancharl@nehc.med.navy.mil.