

FORGING THE FUTURE:



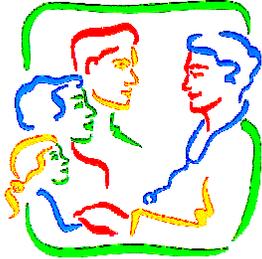
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Friday FACTS

12 January 2001

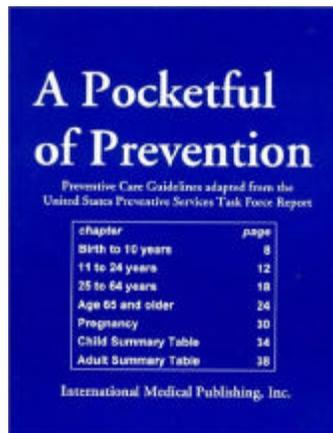
"Leadership, Partnership, and Championship"



A Pocketful of Prevention is a pocket guide of Preventive Care Guidelines adapted from the United States Preventive Services Task Force (USPSTF), "Guide to Clinical Preventive Services" (2nd edition, March 96) and edited by Thomas M. Masterson, M.D. The USPSTF recommends tailoring the content of periodic health examinations to

the individual patient, emphasizing evidenced-based preventive services based on a patient's age, sex, and other risk factors. **A Pocketful of Prevention** is divided into five chapters that summarize general Clinical Preventive Services (CPS)

recommendations for patients ages: birth to 10 years, 11-24 years, 25 to 64 years, 65 years and over, and pregnant female patients. Preventive service recommendations for high-risk subpopulations within each of these five groups are listed separately at the end of the corresponding chapter. This pocket guide is truly "pocket-sized" at 4 inches x 5 ½ inches! It can be ordered from International Medical Publishing, Inc., P.O. Box 479, McLean, VA 22101-0479 Phone 703-519-0807 or toll free at 800-591-2713. ISBN is 1-883205-44-1. Cost is approximately \$7.50. Web site is <http://www.medicalpublishing.com> where it can be ordered or viewed online.



Crews Into Shape

Is a 4-week challenge or contest that brings individuals together in a team approach to wellness. If you want to improve your health, nutrition, energy level, readiness, weight, exercise routine, and/or reduce your stress, then here is how to participate:

- Find 4 to 10 team members
- Pick a leader and team name
- Challenge others at your command to use March, Nutrition Month to "Crews Into Shape".

Points are earned for the following:

- Exercising 5 times a week for 30 minutes (accumulated)
- Maintaining or achieving a weight goal
- Eating a combination of 5 or more fruits and vegetables daily

The Top 4 groups will be given awards. All members completing the challenge will be given certificates.

CHALLENGE RUNS FROM MARCH 4 TO 31st, 2001

Form groups now and get details and paper work from our NEHC Website Nutrition page (www-nehc.med.navy.mil/hp/nutrit). To sign up call Mary Kay Solera or Lynn Worman (757) 462-5585. 5439. There are some pre-contest requirements that need to be completed before the contest begins, so start cruising now.

Outcome of California Tobacco Program



Read about the success and positive effects of the California Tobacco Control Program! See *NEJM* (New England Journal of Medicine) December 14, 2000 Vol. 343, No. 24 special article titled- Association of the California Tobacco Control Program

with Declines in Cigarette Consumption and Mortality from Heart Disease by C. Fichtenberg and S. Glantz.

*"The man of genius
is he who finds such joy in his art
that he will work at it
come hell or high water."*

-Stendahl