FORGING THE FUTURE:

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

Friday FACTS

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

2 March 2001 "Leadership, Partnership, and Championship"

Kick Butts Day 2001

Consider participating in this year's event on April 4! The Kick Butts Day is an activity which promotes student participation and adults to assist them... See the website http://kickbuttsday.org to obtain an activity guide materials, marketing ideas and to register for the event.

"Let nothing dim the light that shines from within. "

-Maya Angelou

It's Here! Check out our new NEHC Physical Fitness Homepage: http://www-nehc.med.navy.mil/hp/fitness/index.htm

All those commands wanting to be a part of the "Crews into Shape" challenge to eat 5 Fruits and Vegetables and Exercise 5 X a week between March 4 and March 31st, please fax your rosters and registration forms to Mary Kay Solera Fax (757) 444-1345 by Monday March 4th. Information on the challenge is on the NEHC nutrition web page under Current Campaign. Thanks to those who have already sent in their forms.

WORLD HEALTH DAY 7 APRIL 2001

April 7, 2001 is World Health Day! The focus for this year is Mental Health and the theme for the World Health Organization (WHO) is "Stop Exclusion...Dare to Care". World Health Day 2001 is a global advocacy and awareness-raising activity dedicated to mental health issues. The goals of this year are- to focus on child and adolescent mental health, to destigmatize mental health and to lend support to families, caregivers and communities. To obtain additional information, materials, activities, and learn how to participate, visit the WHO website: http://www.who.int/world-health-day

Eating for a healthy heart

Limiting saturated fat to no more than 10 percent of total calories, total fat to 20 to 30 percent of daily calories and dietary cholesterol to 300 milligrams (mg) daily, along with exercise, can control your blood cholesterol level. Of the dietary changes, limiting saturated fat is the most important step in reducing your blood cholesterol level and minimizing your risk of coronary artery disease. Some foods increase your risk of heart disease. Others may help protect against this No. 1 killer of Americans. For a review of heart-healthy foods to include in your diet and additional information visit: http://www.mayoclinic.com/home?id=NU00196

Additional Options for Epidemiology Training

The Task Force on Community Preventive Services is compiling the **Guide to Community Preventive Services: Systematic Reviews and Evidence-Based Recommendations**, a publication that will provide public health practitioners and decision makers with recommendations regarding population based interventions to promote health and to prevent disease, injury, disability, and premature death in communities. Of significant interest, the Task Force published their reviews and recommendations on **tobacco use prevention and control** in the American Journal of Preventive Medicine, Vol. 20, (2) Supplement, February 2001. In this publication are recommendations to reduce exposure to environmental tobacco smoke and strategies to reduce tobacco use initiation and cessation. These articles, and more information on the Guide to Community Preventive Services is available at: http://www.thecommunityguide.org/home_f.html

Two CDC Staff Members will present the Guide to Community Preventive Services' during the breakout session at the DoD Population Health Conference on Wednesday 16 May