

FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

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23 March 2001

"Leadership, Partnership, and Championship"

CEU's Offered for DoD Population Health & Health Promotion Conference

Since the inception of the NEHC Workshop, CEUs have been offered to many health professionals who have attended the event. The CEUs are offered at no charge. Last week we obtained approval to offer Category 1 CEUs to Registered Dietitians who attend the DoD Population Health & Health Promotion Conference, as well as other sessions of the NEHC Workshop that might apply to the competencies of an RD. For more information about CEUs, including a list of the disciplines who will receive them, go to the NEHC Workshop Website <http://www-nehc.med.navy.mil>, then click on the flashing Workshop icon.

Reminder April 4th is 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.



Suicide Prevention Week 6-12 May 2001

Suicide Risk Across Society is the theme of this year's Suicide Prevention week 6-12 May! The focus is to recognize and address risk factors and groups often overlooked and neglected. For additional information and to order a packet of materials, contact the American Association of Suicidology at <http://www.suicidology.org>

KIDS FILL UP ON EMPTY CALORIES

Soft drinks are incredibly popular with kids. But with each sugary sip, they are taking in more than just a sweet taste. They're also consuming loads of extra, empty calories that can be associated with the significant increase in obesity among children. Although diet is just one factor in this disturbing trend, it is a major determinant.



Even though other beverages such as milk or juice contain calories, they also have significant amounts of other nutrients that contribute to health. It's been reported that half of all Americans and most adolescents (65 percent of girls and 74 percent of boys) consume soft drinks daily. Soft drinks are the leading source of added sugars in the diets of teenagers — 36.2 grams for teen girls, 57.7 grams for teen boys. For additional information visit: <http://www.mayoclinic.com/home?id=NE00229>

"It is a man's own mind, not his enemy or foe, that lures him to evil ways."

-Buddha

Reminder ...

Forty-First Workshop Seventh Annual Funertainment

1930, Wednesday, 16 May 2001

Town & Country Hotel, San Diego, CA

If you're interested in entertaining or helping out behind the scenes, please contact Marlene Walters -- waltersm@nehc.med.navy.mil, or (757) 462-5506, DSN 253-5506 -- by 16 April 2001.

