

FORGING THE FUTURE:



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Friday FACTS

10 August 2001

"Leadership, Partnership, and Championship"

ATTENTION: Budget Guidance - for CLAIMANCY 18 Health Promotion Coordinators

This year was a learning session for all of us in identifying Health Promotion/Prevention Budgets. CAPT Holder, myself, and Lynn Klanchar realized that there were some themes among the budget proposals that needed some tweaking and updating. I'd like to take this opportunity to identify some of those. First of all, take care when identifying areas to be funded. Please do not include breast health items as those are already funded by Health Affairs and your MTF has those funds. Secondly, Command Fitness Leaders are trained by the Bureau of Personnel, not by BUMED. Many of the PRT programs have been realigned under HP. This is not a bad idea, but what happens is then HP becomes responsible for funding everything that has been previously funded by another department in the MTF. Partner with MWR and MWR funds should be used to hire aerobics instructors, massage therapists and exercise equipment versus HP funds. Partner with Occupational Health to develop health promotion plans and strategies for civilian staff. Another thing that came up frequently is cholesterol screening. Remember that the recommended frequency for cholesterol screening for adults is only every 5 years (unless abnormal). This should be happening as part of Physical Exams for military members and not Health Promotion staff going out to commands to conduct group screenings. This can be perceived as a duplication of services and a misuse of resources.

The focus of what you do in health promotion and prevention initiatives is aimed at your external customers. We want to assist the fleet - ship/shore based operational commands on the base or where your MTF or BMC is located. In other words, the days of just taking care of hospital staff are gone. So, when you plan education and intervention strategies, they should not include augmenting staff to offer services to the hospital staff. Please reach out and touch your active duty sailors and marines. What are their population needs? How can you improve their overall health?

If you're not sure of direction, please contact Lynn Klanchar at klancharl@nehc.med.navy.mil phone: 462-5486 or myself at mckayd@nehc.med.navy.mil phone: 462-5588, we are standing by always ready to assist.

Thanks,
CAPT Debbie McKay

Health Promotion From the Mess Decks Course

The Health Promotion From the Mess Decks Course is a two-day "hands on" training for Navy Mess Specialists. It offers course participants the opportunity to brush up on basic nutrition and weight management guidelines, and to learn healthier recipe modification and preparation techniques. The course gives an introduction to Navy Health Promotion and discusses how Mess Specialists can implement effective strategies on the Mess Decks that support Navy Health Promotion goals. Scheduled course dates are:

<u>Dates</u>	<u>Location</u>	<u>Point of Contact</u>	<u>Phone Number</u>
13-14 Sept.	Yokosuka	Food Management Team	011-81-311-743-7324 DSN: 243-7324
19-20 Sept.	Pearl Harbor	Food Management Team	(808) 473-3049 / 3760

"When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us." - Alexander Graham Bell