

FORGING THE FUTURE:



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

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Friday FACTS

26 July 2002

"Leadership, Partnership, and Championship"

September 22-28 is 5 A Day Week!

This year's theme is Eating 5 to 9 and Feeling Fine: Fruits and Vegetables Anytime! Log on to NEHC's nutrition website for more information on 5 A Day Recipes, Resources, Printable Items, Tips on eating 5-9 fruits and vegetables at work, supermarket and eating out tips.



Survey on nutrition indicates successful health promotion efforts to educate Americans on healthy eating and physical activity

The American Dietetic Association announced the efforts made to promote healthy eating are working according to their public opinion survey - Nutrition & You: Trends 2002. Healthful eating messages are making a difference in getting people to take action to improve nutrition and health, and more Americans are seeking information on improving their diets. According to the 2002 survey, 38% of Americans polled are "already doing it" when it comes to better eating, compared to 28% in 2000. This survey is conducted every 2 years and tracks the evolution of attitudes, knowledge, beliefs and behaviors regarding food, nutrition and physical activity. For more information, see www-nehc.med.navy.mil/hp and click on the nutrition website under resources. With continued efforts by the health promotion departments Navy-wide, we are making significant differences in the nutritional readiness of our military members. Keep up the good work!

<http://www.eatright.org/pr/2002/trends2002.html>

New Resource on the International Food Information Council

The American Dietetic Association announced that IFIC has designed a new program to provide guidance for consumers. "New Nutrition Conversation with Consumers" will help deliver consumer tested nutrition messages and tips. This is a great resource to assist health professionals with ideas to help communicate effectively with consumers. This program was founded on the principle that is more effective to talk with consumers about food and nutrition than at them. For more information, log into the NEHC nutrition website under resources and click on International Food Information Council: Nutrition Conversation with Consumers.

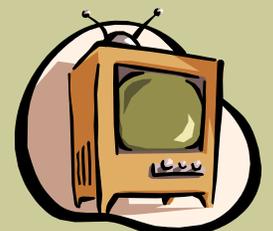
http://www.newconversation.org/newsite/index.html?SEOP=nutrition_guides&referrer=

Try Turning the TV Off Tonight

To sit in front of the television may seem like a relaxing way to spend the evening, but in truth it can suck the life energy out of you. Television can be addictive, for what usually starts out as watching a half-hour sitcom ends up being another wasted night in front of the boob tube every night.

So rather than be passively entertained with someone else's creativity (or lack thereof), try turning off the television one night a week and forcing yourself to do something else. Listen to music. Play that instrument you haven't touched in months. Pull out a cookbook and whip up something fantastic. You will be surprised how creative you become and how simple your life will be.

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To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must cultivate our personal life; and to cultivate our personal life, we must first set our hearts right. --Confucius