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Friday FACTS

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"Leadership, Partnership, and Championship"

Task Force Issues Recommendations on Counseling for a Healthy Diet

The U.S. Preventive Services Task Force released recommendations in January that primary care clinicians provide intensive behavioral dietary counseling for adult patients with high cholesterol and other known risk factors for diet-related chronic disease such as high blood pressure and obesity.



After reviewing 35 years worth of diet counseling research, the U.S. Preventive Services Task Force concludes that intensive diet counseling can help at-risk adult patients eat less fat and more fruits and vegetables. This counseling can be delivered by primary care clinicians or referred to other specialists such as nutritionists or dietitians. Effective counseling for at-risk patients typically involved multiple, individual or group sessions and stressed techniques to boost patients' skills, motivation, social support and personal involvement in goal setting.

These recommendations appear in the January 2003 issue of the *American Journal of Preventive Medicine* and can be viewed on the Agency for Healthcare Research and Quality (AHRQ) Web site at <http://www.ahrq.gov/clinic/3rduspstf/diet/>.

The U.S. Preventive Services Task Force concludes that there is insufficient evidence to recommend whether brief, routine diet counseling in the primary care setting is effective for healthy adults. While previous research suggests that moderate or large diet changes are associated with lower rates of heart disease and some types of cancer, it has not been shown whether small diet changes can lead to better health.

The study was funded by the Agency for Healthcare Research and Quality, an agency of the U.S. Department of Health and Human Services.

Previous Task Force recommendations, summaries of the evidence, easy-to-read fact sheets explaining the recommendations, and related materials are available from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or sending an email to ahrqpubs@ahrq.gov, or visit website <http://www.ahrq.gov>.

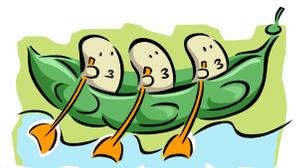
Source: *Health Issues Update* January/February 2003

Extension of PHA requirement for the PRT

OPNAVINST 6110.16, Physical Readiness Program, states that as of January 2003 a Preventive Health Assessment (PHA) is necessary before members participate in the PRT or physical conditioning. This time frame has been extended until January 2004 to allow sites to implement processes and conduct the initial assessments. In the meantime, members without a PHA can still participate in PRT and physical conditioning by complying with existing processes that include completing the PARFQ and being screened by a credentialed medical provider for any identified risk factors. The Navy message can be found at http://www-nehc.med.navy.mil/downloads/hp/PHA_msg.htm

Crews Into Shape

Do you want to join those who will be eating 5 servings of Fruits and Vegetables, Exercising 5 times a week, and drink plenty of good old H₂O? Get your team ready now! The challenge runs from March 3-28. You can get team rosters at: http://www-nehc.med.navy.mil/downloads/hp/Crews_Leader_Notes.pdf and fax them to Lynn Kistler at 757-953-0688 by March 3rd. For further information contact Lynn Kistler at kistlerl@nehc.med.navy.mil, 757-953-0955 or DSN 377-0955.



In the middle of difficulty lies opportunity - Albert Einstein