

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/ff/hpfrifax.htm>

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

Friday FACTS

18 April 2003

"Leadership, Partnership, and Championship"

National Teen Pregnancy Prevention Day - May 7, 2003

Sponsored by the National Campaign to Prevent Teen Pregnancy and National Day founding partners "Teen People" magazine and Teen People online, the National Day -- set for May 7, 2003 -- is designed to focus the attention of teens - to get them to stop, think, and take action - on the importance of avoiding teen pregnancy and other consequences of sex.



According to teenpregnancy.org, 4 out of 10 girls in the U.S. get pregnant at least once by age 20 - one million teenaged American girls each year. Although many teens say they are concerned about pregnancy, many still think "it can't happen to me." The number one reason teenagers give for not using protection is that they *weren't planning to have sex* and that it "just happened." The teenpregnancy.org online quiz is designed to help teens come up with their own plans for avoiding pregnancy. Try it at <https://www.teenpregnancy.org/national/pdf/printablequiz.pdf>.

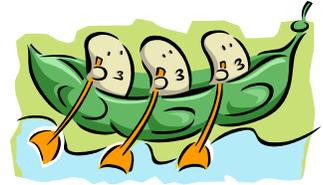
The 2003 version of this quiz will be available on May 7, 2003 (and for a couple of weeks thereafter). The quiz challenges teens to make decisions about a number of tough and realistic sexual scenarios.

The National Campaign has made a variety of materials available - postcards, posters, pens, stickers and brochures - to promote the National Day to Prevent Teen Pregnancy in your community. The National Day 2003 Package 1 is complimentary and includes:

10 copies (1 bundle) of the 'Score Big Tonight' postcard; 10 copies (1 bundle) of the 'All the Fun, Passion, Decisions, None of the Consequences' postcard; and 5 copies of the 'Score Big Tonight' poster.

The final scores are in for the Crews into Shape Challenge!

Congratulations go to the top 4 teams for doing an outstanding job of fitting eating fruits and vegetables, exercise, and drinking water into their



daily routine while accomplishing weight loss! Awards will be given to the top 4 teams, and the winners are:

- First Place:** Dawn Patrol, Beaufort, SC
 - Second Place:** The Returning Champs, Charleston, SC
 - Third Place:** Copralalics, Charleston, SC
 - Fourth Place:** Mobb Squad, Charleston, SC
- The South Carolina Sweep!

All participants should feel a big sense of accomplishment. At the end of the 4 week challenge approximately:

- 900 pounds of weight was lost
- 6,185 servings of fruit and vegetables were eaten
- 79,035 hours of exercise was completed
- Too many gallons of water for me to calculate!!
- The teams from Charleston lost a total of 264 pounds, NDC Dam Neck 234 pounds, and Jacksonville 227 pounds. Everyone did a fantastic job! Keep up the good work, and please feel free to share ongoing success with me at kistlerl@nehc.med.navy.mil.

"It is by no means certain that our individual personality is the single inhabitant of these our corporeal frames...

We all do things both awake and asleep which surprise us.

Perhaps we have cotenants in this house we live in."

- Oliver Wendell Holmes