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Friday FACTS

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"Leadership, Partnership, and Championship"

Task Force Recommends Specific Types of Programs To Promote Breastfeeding

The U.S. Preventive Services Task Force today recommended structured education and counseling programs to promote breastfeeding because such programs increase the proportion of women who begin and continue to breastfeed their babies. Simply telling mothers they should breastfeed or giving them pamphlets is not enough, they said.



The Task Force found insufficient evidence to recommend less-intensive intervention such as having primary care providers give advice or written materials such as pamphlets. The Task Force also found insufficient evidence for peer counseling alone, although some studies show that peer support can enhance structured education programs by encouraging women after they begin to breastfeed to continue the practice longer than they otherwise might. The Task Force is the leading independent panel of private-sector experts in prevention and primary care and is sponsored by the Agency for Healthcare Research and Quality. The recommendations are published in the July/August issue of the *Annals of Family Medicine*. The recommendations can be viewed on the AHRQ's Web site at: <http://www.ahrq.gov/clinic/uspstf/uspsbrfd.htm>.

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 e-mailing ahrqpubs@ahrq.gov

Health Promotion Director Course Update

Significant changes have been made in the Health Promotion Director Course offered by NEHC and the Cooper Institute in Dallas, TX. The course has been shortened to four days, and will no longer be offered in partnership with the Cooper Institute. The revised course will be taught by NEHC staff and other military personnel with expertise in topic areas presented in the course.



The four-day training is designed for Navy Health Promotion Directors/Coordinators and Marine Corps Semper Fit Coordinators who have direct responsibility for Health Promotion/Semper Fit (HP/SF) program management. It includes information regarding the process of planning, implementing, and evaluating a successful command HP/SF Program, but also includes program content information specific to the US Navy and Marine Corps. A certification will no longer be offered; however, approximately thirty (30) CMEs, CEUs and CHES credits will be awarded to individuals attending the course.

The next scheduled course will be 3-6 November 2003 at the Shifting Sands Club and Conference Center, Fleet Combat Training Center Atlantic, Dam Neck, Virginia Beach, VA. Quotas are open to line HP/SF personnel and medical/dental department staff who are officers, senior enlisted (E-7 or above), or senior civilians (GS-9 or NF-4 and above).

The BUMED message announcing the course, including information regarding the procedure for requesting a quota to attend, is posted on the NEHC Health Promotion Website at <http://www-nehc.med.navy.mil/hp/tc/index.htm>. The message can also be obtained through official Naval Message traffic (date/time group R 312054Z JUL 03).

Deadline for requesting a quota to attend the course is 22 August 2003. For further information, contact the NEHC Health Promotion Training Program Manager at HP-Training@nehc.mar.med.navy.mil

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

- Anatole France