

FORGING THE FUTURE:



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Friday FACTS

6 February 2004

"Leadership, Partnership, and Championship"

9-Minute Walk for Heart Health

A leisurely 9-minute stroll a day can drastically cut a woman's risk of coronary heart disease, say Harvard epidemiologists reporting in the March 21, 2001 Journal of the American Medical Association. A 5-year study of 40,000 women indicates that just a little exercise (such as walking 1 hour a week) can reduce the risk of heart disease by half. It's the amount of time spent walking, not the pace, that counts. Women who strolled benefited as much as those who hustled along. And even women with other risk factors (smoking, high cholesterol levels, and obesity) saw the advantages.

That latest study supports a previous Harvard finding about exercise and women, based on the long-running Nurses Health Study. It showed that a brisk, 1-hour walk every day reduces the risk of adult-onset diabetes by at least 25%, with the benefit increasing as physical activity increased.

Inspiring Walkers

The new year is a great time to boost walking participation. Here are a few promotional ideas:

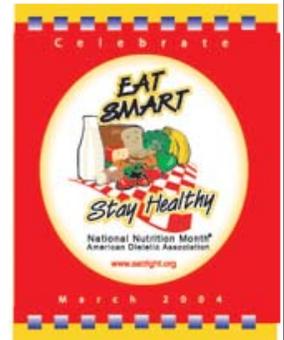
- Best Routes. Have participants submit simple maps/easy directions for their favorite local walking routes. Compile them and distribute.
- Inspiring Stories. Ask participants to write their own stories to walk by. (They can be true life or fiction.) After getting their permission, post the stories to share.
- Walking Gear. Invite a local footwear vendor to come in and show various walking shoes and accessories. Be sure to request discount coupons for those who register for your Winter/Spring walking event.
- Lunchtime Stroll. Conduct a 15-minute leisurely walk at a local park. Have participants talk about what they observe, feel, and think.
- Art Contest. Encourage participants to sketch what they see as they walk, then post their work for voting most artistic, most abstract, funniest, most realistic.
- Treasure Hunt. Get participants to bring back treasures from their walks to share a flower, stone, etc.



Source: wellness-solution@hesonline.com

National Nutrition Month® 2004

University of Massachusetts Medical School has authorized NEHC to link their nutrition website to our Nutrition site. For those still looking for Healthy Heart Information on cholesterol, triglycerides and eating tips visit the NEHC nutrition website at <http://www-nehc.med.navy.mil/hp/nutrit/index.htm>. National Nutrition Month is less than a month away. For more information on resources such as handouts, games and articles, visit the NEHC Nutrition website and click on the National Nutrition Month, Eat Smart, Stay Healthy link. For more information contact <http://www.eatright.org> for marketing flyers and other incentives.



NEHC Workshop Poster Session Updates

The deadline for Poster Session abstract submissions for the 43rd Navy Occupational Health & Preventive Medicine Workshop has been extended to 20 February. Share what you are doing at your local command by submitting an abstract for the Poster Session at the workshop.

Are you planning to attend the NEHC Workshop, but don't plan to submit an abstract for the Poster Session? Would you like to help judge other Poster Session abstracts within your own discipline? If so, please contact Carol Boston at bostonc@nehc.med.navy.mil. All Poster judges will need to have their reviews and scoring completed by Sunday, 21 March at 1400.



"The best proof of love is trust."

-Joyce Brothers