

FORGING THE FUTURE:



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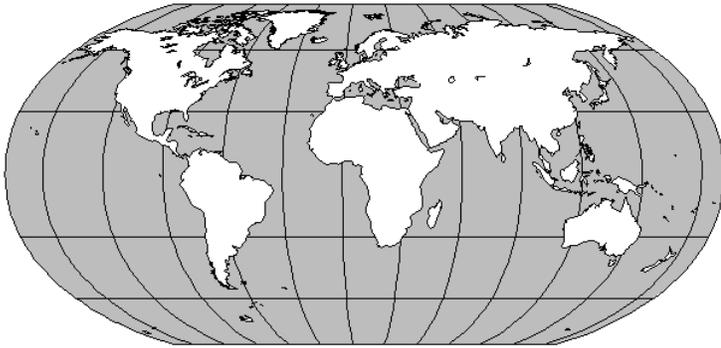


Friday FACTS

12 March 2004

"Leadership, Partnership, and Championship"

2002 Department of Defense Survey of Health Related Behaviors Among Military Personnel



The 2002 Department of Defense (DoD) Survey of Health Related Behaviors Among Military Personnel is the eighth in a series of DoD surveys conducted since 1980 and has three broad aims: a) to continue the survey of substance use among active-duty military personnel, b) to assess progress toward selected Healthy People 2000 objectives for active-duty military personnel, and c) to provide baseline data regarding progress toward selected Healthy People 2010 objectives for active-duty military personnel. As such, it provides comprehensive and

detailed estimates of the prevalence of alcohol, illicit drugs, and tobacco use and the negative effects of alcohol use.

In combination with data from the prior surveys in the series, it provides data for trends. It also provides estimates for health behaviors pertaining to fitness and cardiovascular disease risk reduction, injuries and injury prevention, and sexually transmitted disease risk reduction. In addition, it offers an assessment of the mental health of military personnel, including stress and depression, and examines oral health and dental check-ups, gambling behaviors, and special gender-specific health issues pertaining to women's and men's health.

The survey was briefed to the press by Dr. Winkenwerder ASD(HA) on Monday 8 March, 2004 and thus is released for review and use. The Highlights Report (132 pages) is hyperlinked at <http://www.tricare.osd.mil/main/news/DoDSurvey.htm>, an abbreviated version of the complete, final report.

The Final Report (347 pages) is an Adobe Acrobat file that can be downloaded and printed at <http://www.tricare.osd.mil/main/news/2002WWFinalReport.pdf>

Preventive Health Assessment (PHA) guidance for students at training commands

A BUMED letter (6000 Ser 4UM3M2/0004) was signed on 9 March 04 clarifying that the accessioning physical of those newly accessioned active duty members in a student status (of less than one year) can be used in lieu of the PHA until the members reach their ultimate duty station. The letter can be found and downloaded at <http://www-nehc.med.navy.mil/hp/cps/pha.htm>

30 Minutes of Moderate Exercise Does Make a Difference



Walking is one of the easiest ways to stay active. Walking just 30 minutes every day can offset gradual weight gain from being inactive and even result in modest loss of weight and fat for most individuals—even if a person does not make any diet changes. More exercise leads to additional weight and fat loss.

— *Archives of Internal Medicine*, January 12, 2004

"Look not mournfully into the past. It comes not back again. Wisely improve the present. It is thine. Go forth to meet the shadowy future, without fear."

— Henry Wadsworth Longfellow