

FORGING THE FUTURE:



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Friday FACTS

19 March 2004

"Leadership, Partnership, and Championship"

Teens Health Website

TeensHealth was created for teens looking for honest, accurate information and advice about health, relationships, and growing up. It offer a safe, private place that's accessible 24 hours a day to get the doctor-approved info teens need to understand the changes that they (and their friends) may be going through - and to make educated decisions about their life. There's a lot of confusing, misleading, and just plain wrong health information on the Web - and our mission is to tell it straight. Created by The Nemours Foundation's Center for Children's Health Media, TeensHealth and KidsHealth provide teens and families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has been on the Web since 1995 and is the largest and most visited site on the Web providing doctor-approved health information about children from before birth through adolescence. KidsHealth has been accessed by over 100,000,000 visitors. KidsHealth has separate areas for kids, teens, and parents - each with its own design, age-appropriate content, and tone. The content on KidsHealth is the equivalent of a 40-volume encyclopedia - and it's growing every week. There are literally thousands of in-depth features, articles, animations, games, and resources - all original and all developed by experts in the health of children and teens.



<http://www.teenshealth.org/teen/>

FDA Proposes Action Plan to Confront Nation's Obesity Problem

Since the late 1980s, adult obesity has steadily increased in this country. About 64 percent of Americans are overweight and more than 30 percent are obese. To help tackle what FDA is calling the "nation's obesity epidemic," the agency released, on March 12, 2004, the final report of its Obesity Working Group. The group's long- and short-term proposals are based on the scientific fact that weight control is mainly a function of caloric balance. That is, calories in must equal calories out. So FDA is focusing on "calories count" as the basis of its actions and the message of its obesity campaign.

Recommended actions include:

- enhancing the food label to display calorie count more prominently and to use meaningful serving sizes
- initiating a consumer education campaign focusing on the "Calories Count" message
- encouraging restaurants to provide nutritional information to consumers
- stepping up enforcement actions concerning accuracy of food labels
- revising FDA guidance for developing drugs to treat obesity
- working cooperatively with other government agencies, non-profits, industry, and academia on obesity research

For ore information on the FDA Obesity Working Group's report visit <http://www.fda.gov/oc/initiatives/obesity/>



Sleep Awareness Week

March 29- April 2, 2004 is National Sleep Awareness Week! How often do you get all the restful and rewarding sleep that you need? Do you wake up energized and ready to face the day? Do you promote adequate and healthy sleep as part of wellness programming?

Resources to improve sleep quality are available on the NEHC Health Promotion Stress

Management Page (http://www-nehc.med.navy.mil/hp/stress/bumps_road.htm) under Sailor section and Bumps in the Road.

"Dreams are extremely important. You can't do it unless you imagine it." — George Lucas