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Volume 4, Issue 2
Summer 2005

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BODY BY HOOAH

2005 Declared the "Year of
the Healthy Child"

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HOOAH 4 HEALTH NEWSLETTER

2005 Declared the "Year of the Healthy Child"

U.S. Surgeon General Issues Second "Healthy Dozen" List - Toddlers

As parents and children look forward to summer fun, U.S. Surgeon General Richard H. Carmona, M.D., M.P.H., outlined a dozen tips to help keep toddlers safe and healthy. This is the second in a series of "Healthy Dozen Tips" that Dr. Carmona will release as part of "The Year of the Healthy Child" agenda.

"For toddlers everything is new and wonderful. Curiosity and discovery are natural parts of childhood, and children of all ages can benefit from a few simple reminders to parents and caregivers that can keep toddlers healthy and safe," Dr. Carmona said. "As a child begins to walk, a whole host of new dangers are available to them. So be sure to safety-proof your home and begin to teach your toddler good health and safety habits that will last a lifetime."

"I've declared this 'The Year of the Healthy Child' for the Office of the Surgeon General. We're looking at ways to keep children healthy and safe, from pre-birth through their teen years," Dr. Carmona said. "Each phase of a child's life has its own series of potential hazards, and we're trying to shine a light on preventing those illnesses, injuries, and deaths that are preventable. By appreciating what parents do every day and getting the best information out to parents and children, I hope every child will grow up healthy, happy, and able to reach their potential."



The Surgeon General's Tips to Keep Toddlers Safe and Healthy:

- 1. Teach healthy eating.** Provide three nutritious meals supplemented with two to three healthy snacks daily. Feed toddlers at the same time as other family members and allow them to grow into feeding themselves. Offer children nutritious foods and let them decide how much to eat. Avoid foods and drinks that are high in sugar. Be a good role model and follow the Dietary Guidelines for Americans. <http://www.healthierus.gov/dietaryguidelines/index.html>
- 2. Begin a habit of good oral health.** Brush your child's teeth twice a day with a soft toothbrush. Begin brushing for your child when his or her teeth first appear and continue until age 3 or 4 when you can start teaching your child how to brush. Introduce fluoridated toothpaste at age 2. www.nidcr.nih.gov/HealthInformation/OralHealthInformationIndex/ChildrensOralHealth/HealthyMouth/default.htm
- 3. Don't smoke.** And don't allow anyone else to smoke around your child. Second-hand smoke can have a harmful effect on your child's breathing and can have long-term respiratory consequences like impaired lung growth, chronic coughing, and wheezing. Diseases of the respiratory system (aggravated by second-hand smoke) are the leading causes of child hospitalization and one of the leading causes of toddler doctor visits. Also, smoking kills half of all lifetime smokers, costing them more than 12 years of their life. For help to quit smoking, please visit www.cdc.gov/tobacco/how2quit.htm
- 4. Give positive feedback.** Praise good behavior and accomplishments. Hug, talk, read, explore, and play together. This also begins to ensure a healthy bond between parent and child. Also, when

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BODY BY HOOAH
2005 Declared the "Year of
the Healthy Child"

Safe Summer Grilling



Consumers with questions on safe food handling can call the USDA Meat and Poultry Hotline at 1-800-535-4555. The hotline's hours are Monday through Friday, from 10 a.m. to 4 p.m., Eastern Time, year-round. Information can also be accessed on the USDA web site at <http://www.fsis.usda.gov>



(2005 Declared the "Year of the Healthy Child" - Continued from page 1)

choosing a caregiver, discuss their attitudes about discipline and be sure that they agree with your point of view. www.mentalhealth.samhsa.gov/publications/allpubs/Ca-0048/default.asp

5. Always use a car safety seat. Be sure your child rides in an age- and weight-appropriate child safety seat, correctly installed in the back seat, on every trip. If you have any questions about how to install your child safety seat, many local fire and police departments will help you. www.cdc.gov/ncipc/factsheets/childpas.htm

6. Safety-proof your house. To prevent accidental poisoning, move all medications and cleaning products to high shelves. To prevent burns, set the temperature of your hot water heater to 120 degrees Fahrenheit, never leave cups of hot liquid on tables or counter edges, and never carry hot liquids or food while holding your child. To prevent choking, be sure that any toys your child plays with do not have parts that are small enough to choke on. You can test any toy part by simply dropping it through a paper towel roll. If it goes through, the piece is too small and could become a choking hazard. Do not give toddlers under age 2 foods that may cause choking, like hard candy, large pieces of raw vegetable or fruit, or tough meat. To prevent drowning, install a toilet lid lock on every toilet in the home. Drowning can happen in less than a couple of inches of water. www.hhs.gov/safety/index.shtml#injury

7. Never leave your toddler unattended. As a child grows, so does his or her natural curiosity to explore. It just takes a few seconds for an inquisitive toddler to get into a dangerous situation. www.hhs.gov/safety/index.shtml#injury

8. Make sure your child has a primary health provider. Prevention is the key to a healthy childhood. So make sure that your child has a primary health provider, such as a pediatrician or family practitioner, who knows your child before your child has an illness, injury, or developmental delay that requires medical attention. www.ahrq.gov/ppip/childguide/

9. Fully immunize your child. Make sure your child gets all immunizations on time. Immunizations have prevented death and disease for millions of children throughout the United States and the rest of the world. Talk with your child's primary health provider about keeping up to date on all vaccinations. www.cdc.gov/nip/recs/child-schedule.htm#Printable

10. Learn child first aid and CPR. Be prepared. Know how to call for help, including poison control. The national toll-free line for poison control is 1-800-222-1222. Also, learn child first aid and CPR. We hope you will never have to use these skills. But if you do, the life you save could be your child's. www.nlm.nih.gov/medlineplus/firstaid.html

11. Practice prevention and safety. Teach your child safety tips, including always swimming with a friend, and wearing a bicycle helmet. Teach your child about sun safety, including wearing a hat outdoors and frequently applying SPF 30 sunscreen. Also, a growing child will come into potentially dangerous situations or may become separated from a parent or caregiver. Be sure your older toddler knows his or her name, parents' names, and phone number. Help him or her to recognize police and fire officials as trusted individuals, while raising caution to other strangers. Get your child's fingerprints taken and keep a recent photograph in your wallet. www.healthfinder.gov/scripts/SearchContext.asp?topic=160&refine=1

12. Have fun. Parenting is the most difficult job in the world. As much as you love your child, it can be stressful to be a parent. Be patient, manage your stress, and ask for help. All parents sometimes feel overwhelmed and frustrated as they tackle the challenges involved with parenting. If you feel so stressed that you feel unable to cope with the demands of parenting, get help. http://www.nichd.nih.gov/publications/pubs/parenting/parenting_advice.cfm

Source: Department of Health and Human Services, Office of the Surgeon General, News Release, May 19, 2005. Contact: HHS Press Office, (202) 690-6343.

For more information on "The Year of the Healthy Child" visit www.surgeongeneral.gov.



Relax Your Mind and Body

By the American Institute for Cancer Research
AICR Ever Green, Ever Healthy
February 2005
Topic: Lifestyle

Is stress wearing you down? Are your muscles tense and your posture less than perfect? Bringing yoga, a touch of Eastern culture, into your Western lifestyle may be the perfect answer to help you unwind both your body and mind.



People of all ages and physical abilities have been practicing yoga for more than 5,000 years for general well-being. Today, an estimated 12 million Americans practice yoga for conditions as varied as addiction, fatigue and weight management.

De-stress and Lower Your Health Risks

Studies show that yoga, like many forms of physical activity, can actually help relieve stress. Emotional stress from daily life often contributes to physical stresses like muscle tension and constricted breathing. Because of its impact on the circulatory system, stress is also linked to cardiovascular disease. By alleviating physical and emotional stress, you may reduce your risk of heart disease and other illnesses.

Some hospitals are making yoga and meditation classes available to cancer patients, and reductions in stress levels have been observed. It is yet unclear, however, whether stress reduction influences long-term prognosis for cancer. But studies show that stress relief helps bolster the immune system's ability to fight diseases, including cancer.

Yoga reduces stress by encouraging deep, rhythmic breathing. It also promotes relaxation by increasing the flow of blood and oxygen to each part of the body. Some forms of yoga include meditation or the repetition of a soothing sound or phrase.

Because yoga also lengthens muscles, stretches joints and limbers ligaments, the exercises may actually help reverse some physical effects of aging like arthritis, stiff joints and general aches and pains.

So, take a deep breath, and open your mind to this ancient form of exercise.

Pointers for Starting Yoga

- Be sure to check with your doctor before beginning a new exercise program. Find a yoga instructor in your area by asking other people or visiting the websites <http://www.yogajournal.com/> or <http://www.yogaalliance.org/>.
- Start out with simple standing and sitting poses. Some forms can give you an intense workout. If in doubt, ask the instructor to clarify what will be taught.
- As a beginner, it is advisable to choose a gentle, slow form of yoga. Consider one of the following:
- *Hatha* yoga is the most popular branch of yoga from which a lot of other styles originated. Because the practice can vary widely, students should find out exactly what a class offers.
- In *Iyengar* yoga students hold poses, especially standing postures, typically longer than in other forms.
- *Svaroopa* is a consciousness-oriented yoga that promotes healing. Students often begin this form in comfortable chair poses that help the spine.
- *Integral* focuses on integrating yoga teachings into everyday work and relationships.
- Office work can be a significant source of stress. To relieve the strain of working at the computer, practice the yoga exercises at <http://www.mydailyyoga.com/>. Anyone can do these simple exercises at their desk in little time.



MIND MATTERS
Relax Your Mind and Body

YOGA is a mind-body exercise, which combines stretching and controlled breathing to achieve relaxation and a stabilized mood.

“Take advantage of whatever stress reduction programs your department offers: whether it is a workout at the gym, yoga, or perhaps even counseling.” --*Vice Admiral Richard H. Carmona, M.D., M.P.H., FACS United States Surgeon General, U.S. Department of Health and Human Services from remarks to attendees, Public Safety Wellness Week speech in Orlando, Florida January 22, 2003.*

<http://www.surgeongeneral.gov/news/speeches/publicsafewell.htm>

**SPIRIT**

Courage to Care-Helping
National Guard and Reserve
Reenter the Workplace

**ENVIRONMENT**

Skin Cancer Prevention:
Helping Us Know What Works



Visit www.healthits.us
for more deployment
and mobilization
resources!

Courage to Care-Helping National Guard and Reserve Reenter the Workplace

COURAGE TO CARE



Courage to Care is a new, electronic health campaign for military and civilian professionals serving the military community, as well as for military men, women and families. Courage to Care consists of electronic fact sheets on timely health topics relevant to military life that provide actionable information. Courage to Care is in the public domain; designed to fit into your health outreach; and can be customized with your local contact information and sent to your provider or support group network. It may also be used as a resource link on web sites, and can be sent to friends and family. Courage to Care content is developed by leading military health experts from Uniformed Services University of the Health Sciences, your nation's federal medical school.

This Courage to Care fact sheet is written for military health providers and educators who can use it as part of their reintegration outreach. It is also written for human resource and employee assistance professionals who can use it to enhance this transition in their own workplaces.

Click here to download a PDF version of the "[Helping National Guard and Reserve Reenter the Workplace](#)" Fact Sheet.

For more information or to view the Courage to Care web site visit <http://www.usuhs.mil/psy/courage.html>.

You may contact Courage to Care at [courage to care@usuhs.mil](mailto:courage_to_care@usuhs.mil).

Skin Cancer Prevention: Helping Us Know What Works

Summer is upon us once again. For many people that means much more time in the sun – and many reminders about how to avoid excessive UV radiation exposure. How do we know if the standard reminders to use sun screen, wear hats and light-colored clothing, avoid the sun in the middle of the day, and stay in the shade really work?



There is increasing emphasis on the role of evidence-based medicine (EBM) in health promotion and disease prevention these days. EBM bases recommendations for prevention and treatment on interventions that are proven to be effective by solid research. One of several national organizations supporting the development of evidence-based guidelines is the Centers for Disease Control and Prevention (CDC). Many organizations develop guidelines for use in the clinical setting (hospitals, clinics, and providers' offices). CDC is the only one to sponsor a Task Force that makes recommendations about public health and health promotion in communities and populations. The Task Force reviews published research and recommends for or against using a particular intervention, or it may find that there is not enough research to make a recommendation. The work is ongoing, and so far the *Guide to Community Preventive Services* contains recommendations about tobacco use, physical activity, motor vehicle occupant injury, cancer and several other topics (go to <http://www.thecommunityguide.org/default.htm> for more information).

At present, the Task Force has found enough evidence to recommend two community-level interventions for the prevention of skin cancer: education and policy development in primary schools and educational and policy approaches for recreational and tourism settings. They

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both fall under the general topic of **preventing skin cancer by reducing UV 9 ultraviolet light exposure:**

- Using educational and policy measures in elementary schools to improve children’s “covering-up” behavior, e.g. wearing protective clothing by:
 - using classroom teaching and projects, interactive programs and peer education
 - changing school policies to call for wearing protective clothing during outdoor activities
- Using education and policy measures to improve adults’ “covering-up” behavior in recreational or tourist settings by:
 - providing educational brochures
 - providing training and role-modeling by outdoor recreation staff
 - providing sun safety lessons
 - increasing available shaded areas

This doesn’t mean that all of the other skin cancer prevention techniques don’t work. It may be that there just isn’t enough research yet to make an **evidence-based** recommendation. We should ALL continue sun-safe practices (see box). However, if you’re looking for prevention topics for your elementary school or community park/pool, these two would be great!

Remember --*The strongest, preventable risk factor for developing skin cancer is exposure to the sun’s ultraviolet (UV) rays. Enjoy your summer safely!*

****go to <http://www.h4hmediacenter.us/archive/Sun20Protection20Poster.pdf> for a cool sun protection poster!**

HOOAH Recipe -- Vegetable Pasta with Fresh Tomatoes

Pasta goes vegetarian for summer. Lighten it up and try this quick, flavor-packed dinner. Add crusty bread and a beverage to complete the menu.

Source: www.5aday.com

Preparation time: 30 minutes

Servings: 4 - 2 cup.

5 A Day servings: 3.

Ingredients:	
<ul style="list-style-type: none"> • 3 medium zucchini, washed and ends removed • 1 medium onion, peeled and chopped • 2 cloves garlic, peeled and chopped • 1 tbsp. olive oil • 1 tbsp. dried leaf basil, crushed 	<ul style="list-style-type: none"> • ½ tsp. coarsely ground black pepper • 2 cups prepared no-fat pasta sauce • 1 cup chopped fresh tomatoes • 8 oz. dried pasta, shape of choice • 1 tbsp. chopped fresh parsley or basil • grated Parmesan cheese, optional*

1. Cut zucchini in quarters lengthwise and cut into ½-inch pieces. Place zucchini, onion, garlic, and olive oil with seasonings in large, deep skillet and sauté over MEDIUM heat until soft. Stir often.
2. Add prepared sauce, mix well, and let simmer for 5 minutes. Stir in ½ cup chopped tomato and allow to heat thoroughly.
3. In a separate pot, cook pasta as directed on package. Drain well and place in large serving bowl. Add sauce and mix gently. Top with the reserved ½ cup chopped tomatoes and chopped herbs. Serve hot.

*Optional ingredients are not included in the dietary analysis.

Credit: Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP



ENVIRONMENT

Helping Us Know What Works:
Skin Cancer Prevention

- Wear light-colored, lightweight protective clothing
- Apply sunscreen 45 minutes before sun exposure and reapply every 2-3 hours and after swimming
- Avoid sun exposure during peak UV hours, between 10 AM and 3 PM
- Wear wrap-around sun glasses and a wide-brimmed hat
- When your shadow is short, seek shade



Nutritional Information per Serving

- Calories: 350
- Total Fat: 5g
- Saturated Fat: 0.5g
- % of Calories from Fat: 14%
- Protein: 17g
- Carbohydrates: 60g
- Cholesterol: 0mg
- Dietary Fiber: 7g
- Sodium: 370mg

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WEB:

www.hooah4health.com



**ARE YOU READY TO
ACCEPT THE HOOAH
CHALLENGE?**

www.hooah4health.com



Health Education Tools

July is:

1 - 31

UV Safety Month

American Academy of
Ophthalmology
P.O. Box 7424
San Francisco, CA
94120-7424
(415) 447-0213
(415) 561-8533 Fax
eyemd@aaao.org
www.aaao.org
Materials available
Contact: Georgia
Alward,
Communications
Department

August is:

1 - 31

National Immunization Awareness Month

National Partnership for
Immunization
121 North Washington Street,
Suite 300
Alexandria, VA 22314
(703) 836-6110
npi@hmhb.org
www.partnersforimmunization.org
Materials available
Contact: NIAM Resource Center

September is:

1 - 30

National Cholesterol Education Month

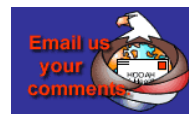
National Heart, Lung, and
Blood Institute Health
Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
(240) 629-3426 Fax
nhlbiinfo@rover.nhlbi.nih.gov
www.nhlbi.nih.gov
Materials available
Contact: Information Specialist

What is HOOAH 4 HEALTH?

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 107 million hits have been recorded. The users of [http://www.hooah4health.com/](http://www.hooah4health.com) include not only Reserve Component citizen-Soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army web site originate from around the world. The vision of the Army Well-Being Strategic Plan is captured throughout the modules on the site. Body, mind, spirit, environment, prevention, change, family and lifestyle are the primary wellness topics contained in a user-friendly environment.

This is the sixteenth issue of the HOOAH 4 HEALTH newsletter. It has been developed and designed so any user can customize it to enhance or augment their DOD health promotion or prevention program. Just insert a tailored organization logo at the top left-hand corner. The editors invite you to visit the H4H web site (www.hooah4health.com) regularly and use the quarterly newsletter. A message board is available on the site. All comments and contributions are welcomed. HOOAH!

If you have any questions, comments, or suggestions email us at:
h4newsletter@visiontracks.com



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This newsletter was reviewed by USACHPPM subject matter experts and the USACHPPM Health Information Office.

