



Volume 1, Issue 1
November, 2001

Special points of interest:

- **What is HOOAH 4 HEALTH?**
- **The Skinny on the LEAN Weight Loss and Fitness Program**
- **Mind Matters**
- **Brain Teasers**
- **The Spirit of Awareness & Preparedness**
- **HOOAH Humor**
- **Is Your Kid a Booster?**
- **The HOOAH CHALLENGE Debuts**
- **Editors' Message Board**

Inside this issue:

About HOOAH 4 HEALTH	2
BODY	2
MIND	2
SPIRIT	3
ENVIRONMENT	4
HOOAH 4 FAMILY	5
Editors' Message Board	6



HOOAH 4 HEALTH

NEWSLETTER

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 Component. The site was launched in May 2000 and since then over 2,455,183 hits have been recorded. The users of www.hooah4health.com include not only reserve component citizen-soldiers and active Army personnel, but also their co-workers and families. 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 and subsequent development of the Army Well-Being Strategic Plan by the U.S. Army War College at the request of General Keane, the Vice Chief of Staff 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. The success of HOOAH 4 HEALTH will be measured in terms of force health protection and combat readiness, but the Army vision projects the well-being of Soldiers, Department of the Army civilians and their families as not only a combat readiness issue, but one that is critical to making the Army professionally rewarding and personally enriching to all of its members.



www.hooah4health.com

This is the first 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!

The Skinny on the LEAN Weight Management and Fitness Program

Packing on a few extra pounds may seem perfectly acceptable to most of us, but to a Soldier it may mean failing the next Army Physical Fitness Test (APFT.) Weight gain is a nasty career-jeopardizing gremlin to any Service member. In the Army alone, over 1,200 soldiers are discharged every year for not being able to comply with weight standards. Lieutenant Colonel Larry James, Ph.D., a psychologist at Tripler Army Medical Center in Honolulu recognized the complexities of weight control in 1995. Through consultations with experts in the fields of



BODY BY HOOAH

WWW.HOOAH4HEALTH.COM

Fruit Smoothie

- ★ 1/2 cup of 100% orange juice
- ★ 1/2 cup non-fat vanilla yogurt
- ★ 1/2 cup frozen blueberries/strawberries
- ★ 1 ripe medium size banana

Mix in blender on high until thick and smooth. 306 calories, provides 124% of daily Vitamin C requirement.. Recipe courtesy of the AMC Cancer Research Center. www.AMC.org



MIND MATTERS

WWW.HOOAH4HEALTH.COM

(The Skinny on the LEAN Weight Management and Fitness Program Continued)

nutrition, exercise and psychology he developed a healthy strategy to win the war against unwanted weight gain. The LEAN (Lifestyle, Expectations/Exercise/Emotions, Attitude, Nutrition) program has helped over 500 soldiers lose unwanted pounds in a concentrated two-week “get healthy” regimen that includes extra physical training, healthy choice education and behavior modification and motivation. Since the inception of the 2-week program over 500 enrollees have experienced on the average a 5 pound weight loss for females and a 10 pound weight loss for males, according to the current program director, Major James Earles, Psy.D. Weekly group sessions reinforce the initial training and motivation to keep the weight off, or to lose more weight. Program participants found the following tips helpful in sticking with the LEAN program:

- ★ Create a strong support group.
- ★ Count each and every calorie.
- ★ Remain focused.
- ★ Think twice before you make a meal/snack choice.
- ★ Do not skip meals.
- ★ Create moderate, everyday exercises, such as stair climbing and yard work.
- ★ Concentrate on how your body feels as weight drops, looking good is an added perk.

More weight loss and maintenance tips can be found in the BODY and CHANGE sections of the HOOAH 4 HEALTH web site. For more information about the LEAN program go to <http://prpo.tamc.amedd.army.mil/prpo/projects/lean>

Mind Matters

Still think that space is the final frontier? Step into the Twenty-first Century and consider the three pound superparallel electrochemical computer housed inside your skull. Although the human brain weighs only three pounds and appears to be a squishy, nondescript gray mass; it is the ultimate enigma. In 1982, the Department of Defense (DOD) kicked off a quest to build a computer that would capture the mysteries of brain function and assess the mental capacity of military recruits to perform certain tasks. However, computer capabilities in 1982 were no match for the 20 million billion calculations that the human brain makes per second. Technological advances such as super computing, scanning and imaging have made possible another effort to map the human brain. In 1993, a \$12 million effort, the Human Brain Project was launched by the National Institute of Mental Health (NIMH) and four other federal agencies. Research for this effort is conducted at 19 universities and 6 hospitals in 10 countries, and the potential benefits to humankind could be phenomenal. The entire project may take decades to conclude, but preliminary work at the Brain Mapping Center at the University of California Los Angeles, may provide a brain map by 2004. Want to know more? Click on www.nimh.nih.gov/neuroinformatics/index.cfm.

Brain Teasers

- ★ If a turtle loses it's shell is it naked or homeless?
- ★ If nothing sticks to Teflon, then how do they make Teflon stick to the pan?
- ★ If love is blind, then why is lingerie so popular?
- ★ Why is there an expiration date on sour cream?
- ★ If most car accidents occur within 5 miles of home, then why doesn't every one just move 5 miles away?
- ★ Why are psychics still working if they all know the winning lottery numbers?
- ★ If you try to fail, but you succeed, which have you done?

The Spirit of Awareness and Preparedness

It is undeniable that the tragic events of September 11th have deeply affected all Americans. The entire staff, editors and sponsors of the HOOAH 4 HEALTH newsletter wish to extend heartfelt sympathies to the victims and survivors of the horrific attacks on the World Trade Center and the Pentagon. Deployment issues have become extremely important to the H4H audience, and the H4H web site contains in-depth deployment information for Soldiers and their families. Many users of HOOAH 4 HEALTH have expressed a desire to develop heightened awareness about disaster preparedness. Acts of terrorism, just like acts of nature are random and unpredictable, but preparedness can and must begin at home. The Federal Emergency Management Agency (FEMA) has some excellent tips for families to use as a guide to enhance preparedness for natural and unnatural disasters. First, have a family disaster plan. It is almost impossible to function in an organized, effective fashion after a disaster strikes. What disaster supplies are needed for a family to survive three days of evacuation or confinement? Buy a large sealed portable plastic container (a garbage can will work), and fill it with the items on FEMA's disaster supply list. Some of these things are already in your home. But, there are some inexpensive common household items, provisions and supplies that may have to be purchased. Include all family members in drafting your disaster plan. Make fulfilling your disaster supply list a learning experience for everyone. For a complete discussion of family emergency preparedness visit www.fema.gov. Download the [family preparedness list](#) today. It pays to be aware and prepared.

HOOAH Humor

YOU MIGHT BE A LITTLE TOO HOOAH IF... *

- ★ You butter your toast with a bayonet.
- ★ Your personal license plate says "At Ease."
- ★ Your POV has your name stenciled on the windshield.
- ★ Anyone using the TV remote control must dispatch it first.
- ★ Your dog's name is "Ranger."
- ★ All your meals at home are MREs.
- ★ Everyone does six pull ups before sitting down at the dinner table.

(*Annotated from Symatx's Military Humor Page)

Car Seat Safety—Is Your Kid a Booster?

Did you know that over one million children are involved in car accidents every year, and 15% of these children are injured? If your child has outgrown his/her car seat they should be using car seat boosters. Booster seats raise a child up so that the two pieces of existing seat belts fit properly. Children and preteens need booster seats until they weigh eighty pounds and reach 4'9" in height. Seatbelts used by adult passengers are not adequate protection for children. A child involved in an accident wearing a seatbelt without a booster seat could experience "seat belt syndrome", a condition that occurs when a child's vital organs are squeezed or compressed in an accident. A recent report by NBC consumer affairs reporter, Jan Fox targets car accidents as the number one killer of kids. Accidents happen everyday, but the proper use of car and booster seats can save lives. For more information about the proper use of car and booster seats log on to <http://safekids.chop.edu/prevention/carseat.shtml>, sponsored by the National Safe Kids Organization and the Children's Hospital of Philadelphia.



SPIRIT
Preparedness and Awareness



[Download This Image](#)



Environment
Child Safety



Organization Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: email@h4hnewsletter.org

PRODUCTION STAFF

Ann Stark, *Managing Editor*

Visiontracks, Inc,
*Multimedia Design, and
Technical Production*

Cybervillage Networkers,
Technical consultants

WEB:
www.hooah4health.com



**ARE YOU READY TO ACCEPT
THE HOOAH CHALLENGE?**
www.hooah4health.com



HOOAH 4 HEALTH

SPECIAL ADVISORS*

2001-2002

Mrs. Liz Plewes, U.S. Army Reserve

Mrs. Barbara Schultz, U.S. National Guard

EDITORIAL BOARD

COL Fred Gerber, Director, Health Care Operations, OTSG

COL Deborah Wheeling, Chief, Clinical Services, U.S. Army National Guard

LTC Donald Donahue, Medical Operations, Officer, OCAR

LTC Penny Replogle, Deputy Chief, Medical Affairs, OCAR

LTC Mary Sherman, Chief, Medical Policy, OCAR

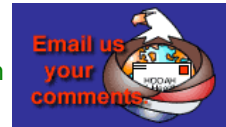
Ms. Judith Harris, BSN, MA, USA CHPPM, H4H Project Officer

Mr. Phil Perkins, MS, MPH, Battelle Memorial Institute

Mr. John McGowen, Health Affairs Consultant, US Army National Guard

**To view full bios on the special advisors and production staff, visit <http://www.h4hnewsletter.org/bios.html>.*

If you have any questions, comments, or suggestions email us at:
h4hnewsletter@visiontracks.com



News Shots—HOOAH Challenge Debuts

Starting on October 22, 2001 there will be just one more incentive to log on to www.hooah4health.com... twenty-one correspondence course credits. Army Reserve, National Guard, and other service members can now take the HOOAH CHALLENGE, an interactive, web-based health promotion educational course offered through the U.S. Army Medical Department Center and School in Ft. Sam Houston. The modular course material is taken directly from information provided on the web site. Bookmark features enable the participant to review study material and take the course at a self-tailored pace. The CHALLENGE has been registered and validated by the Schoolhouse and is also accessible through the Reimer Digital Library. Users may access the CHALLENGE through the HOOAH web site, or directly at www.hooahchallenge.com. Approximately 150 participants have already registered. Are you ready to accept the HOOAH CHALLENGE?

Coming Soon!

Check out the special holiday newsletter for low-fat holiday recipes, tips on managing holiday stress, and family spirit enhancers. Single and serving? An H4H newsletter exclusive will highlight the special concerns and needs of single soldiers during the holidays and during deployment. If you have a comment or suggestion regarding this issue of the newsletter, or a contribution for our holiday issue, please send an email to comments@h4hnewsletter.org. HOOAH!

