USNH Yokosuka to sponsor CFAY Health Fair April 16

By Lt. Anne Jarrett, USNH Yokosuka

Commander Fleet Activities Yokosuka (CFAY) will host a U.S. Naval Hospital (USNH) Yokosuka sponsored Health Fair at the red brick area in front of the commissary April 16 from 10 a.m. to 5 p.m.

More than 30 medical providers and USNH staff will be on hand to help answer community member's medical questions, provide information regarding important health and wellness topics and provide the opportunity to give the gift of life with a community bone marrow registration drive.

USNH Yokosuka Commanding Officer Capt. Kevin Moore explains that the event is designed to address a wide variety of needs and provide something for everyone.

"There is nothing more important than our ensuring the health and wellness of our community," said Moore. "Whether one of our beneficiaries is preparing for deployment, retirement or a new baby, this Health Fair will be able to answer their questions. There will be something for everyone."

For those who are interested in helping others, the fair will kick-off a community wide bone marrow registration drive to identify potential marrow donors. The registration process is simple. No blood, no needles, just a swab of your cheek and a few moments of your time.

Participants in this year's Health Fair are:

• Family Practice, General Surgery and Laboratory Services will be available to answer questions on preventive health screening topics such as breast cancer and mammography, colon cancer screening, cholesterol, and diabetes screening.

• Dental Department will provide information on pediatric and adult dentistry. To help promote a lifetime of oral health, parents will receive information on how to properly care for their children's teeth and gums to prevent cavities and gum disease.

Sailors discuss healthy lifestyle choices during a *USS Blue Ridge* (LCC 19) sponsored Health Fair. CFAY will host a USNH Yokosuka sponsored Health Fair at the red brick area in front of the commissary April 16 from 10 a.m. to 5 p.m. The fair will help answer medical questions and provide important information regarding health and wellness topics.

U.S. Navy file photo by PH3 Tucker M. Yates

• Maternal Newborn Unit will be available to answer questions regarding breastfeeding, newborn care and postpartum depression.

• Women Infant and Children Overseas Program will be on hand to teach families about their program which provides nutritional education and supplemental foods for families who meet program qualifications.

• Educational and Developmental Intervention Service (EDIS) will be available to address questions or concerns about childhood development and discuss available services.

• USNH Health Promotions staff and CFAY Morale Welfare and Recreation staff will be passing out information regarding adult programs available at the Fleet Recreation Center.

• The Mental Health Department will be available to increase awareness about important topics for psychological health such as suicide prevention, child abuse, deployment operational stress and caregiver operational stress.

• The Sexual Assault Forensic Examination (SAFE) Team will be available for questions.

• TRICARE representatives will be offering assistance regarding benefits, programs and policies with Overseas TRICARE Retirement Program, TRICARE Dental and benefits for students currently in college.

For more information about the Health Fair, contact Lt. Anne Jarrett at 243-2607.

Navy introduces fitness, nutrition program at health seminar

By MC2 Kim Williams, Navy Public Affairs Support Element East

The U.S. Navy, partnered with Athletes' Performance Institute (API), introduced the Navy Operational Fitness and Fueling Series (NOFFS) at the 49th annual Navy and Marine Corps Public Health Conference, March 25, in Hampton, Va.

The program is aimed at building operational performance in the fleet and includes tools for Sailors to improve their physical fitness and overall nutrition. Built on five pillar preps of eat clean, eat often, hydrate, recover and mindset, NOFFS allows those once stumped at the notion of building effective eating habits and exercise routines the ability to jump-start their performance by selecting foods and exercises that will help them meet the daily demands of their operational duties.

"NOFFS is a complete workout and nutritional program that will eliminate the guess work for Sailors so they can go about their daily fitness routines without having to seek someone out to help them," said Lisa Sexauer, program manager of fitness and injury prevention for Commander Navy Installations Command.

The Navy will roll the program and its resources out to the fleet in June 2010 and it will become part of the command fitness leader course in 2011.

"The program will take us into a whole new realm of physical readiness in the Navy," said Sexauer. "It's certainly a departure from what has become familiar within our general population; it's far more contemporary and will accentuate our ability to perform at a higher level operationally with greater durability and less risk for injury."

The Navy and API have been working together for eight years to improve physical readiness throughout the fleet.

"We have taken a comprehensive approach working with the Navy including looking at the strength program, warm-up and cardiovascular fitness demands of a Sailor," said Paul Cauldwell, API performance specialist. "We also looked at the nutritional needs a Sailor has both abroad and while they are deployed. We wanted to ensure that the training we developed fits their lives just like we do for professional athletes."

Cauldwell added that the overall goal of the Navy and API is to decrease injury to Sailors based on a sedentary lifestyle.

"We noticed a lack of consistency across the board in our research," said Cauldwell. We want to bring that to the fleet. Ultimately, we want to take care of the Navy's biggest asset, its Sailors."

Once the program hits the fleet, Sailors will have menus, nutrition rules and food or "fuel" information at their fingertips. After conducting several focus groups on various platforms in the fleet, officials determined that enclosing the science of proper exercise and nutrition in a handy booklet was the best way to go to ensure that Sailors can understand and apply the fundamentals of a healthy diet and exercise to their lives easily.

For more information about the NOFFS program, visit the Web site http://www.nmcphc.med.navy.mil/Healthy_Living/Physical_Fitness/ NOFFS.aspx.