



# MARINE CORPS LOGISTICS COMMAND



March 2015

## Health & Wellness

### Month in Review:

The Navy and Marine Corps Public Health Center (NMCPHC), in conjunction with the Academy of Nutrition and Dietetics', has promoted the month of March as National Nutrition Month®. With a goal of "encouraging Sailors and Marines to "Bite into a Healthy Lifestyle" they created the "Crews Into Shape Challenge". Specifically, the goals of the challenge were to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DoD family. The challenge focused on the following:

- Eating Healthy
- Physical Activity Plans
- Making informed food choices
- Reduction in Chronic Disease



For more information on how to get involved, create your own team, and compete against other teams in this challenge, please visit the following link.

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>

Among other resources you may find at the NMCPCH are high-speed-low-drag fact sheets on topics ranging from healthy lifestyles to food safety and grocery shopping tips. For instance, with respect to serving sizes:

### **DID YOU KNOW?**

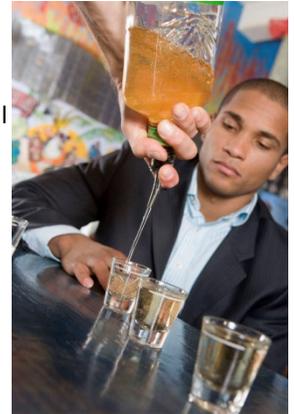
- 3 oz. of meat are equal to the size of a deck of cards
- A medium apple is about the size of a tennis ball
- 1 serving of cheese is about the size of 6 dice
- 1 serving of butter is about the size of a postage stamp
- A cup of ice cream is about the size of a tennis ball
- 1 cup of broccoli is about the size of a baseball
- 2 tbsp. of peanut butter is about the size of a ping pong ball
- ½ cup of pasta is about the size of a tennis ball

For this fact sheet, along with many other interesting facts about the various different topics associated with the National Nutrition Month®, please visit the Navy Public Health Center at the link below and keep up the hard work if you put together a team for the challenge.

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-march.aspx>

### Looking Forward:

According to the National Council on Alcoholism and Drug Dependence, Inc. (NCADD), the month of April is National Alcohol Awareness Month. Each April since 1987, the NCADD has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.



Their theme this year, "**For the Health of It: Early Education on Alcoholism and Addiction**", focuses on youth and will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the benefits of providing early education to give kids a better understanding of the impact that alcohol can have on their lives.

Adolescence is a time of heightened risk taking and young people may not be fully prepared to anticipate all the consequences of drinking alcohol, such as swigging drinks to "celebrate" a special occasion, or being in a car with a driver who has been drinking. It is the number one drug of choice for America's youth, and is more likely to kill young people than all illegal drugs combined.

Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people themselves.

An integral part of Alcohol Awareness Month is **Alcohol-Free Weekend (April 3-5, 2015)**, which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During this seventy-two-hour period, NCADD extends an open invitation to all Americans, young and old, to participate in three alcohol-free days and to use this time to contact local NCADD Affiliates and other alcoholism agencies to learn more about alcoholism and its early symptoms.

For more information about NCADD, underage drinking, Alcohol Awareness Month and Alcohol-Free Weekend, visit the NCADD website at: [www.ncadd.org](http://www.ncadd.org)