



MARINE CORPS LOGISTICS COMMAND

February 2015



Health & Wellness

Month in Review:

According to the U.S. Department of Health and Human Services and the American Heart Association, February was designated as American Heart Month. Heart disease, including stroke, is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease.

Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices

What can you do?

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. Lowering your risk is simple:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Know this!!! It's not just a man's disease.

Heart disease and stroke kill 1 in 3 women, yet it's 80% preventable. Join with the American Heart Association to raise awareness to end this killer of women. Employees all over could be seen on **February 6th** wearing **Red** to show their support for saving women's lives. As you may have noticed, men and women everywhere were encouraged by the AHA to show how they "went **Red**" on all of their media profiles using the "#GoRed" signature designation.



<https://www.goredforwomen.org/wearredday/>

Looking Forward:

The Navy and Marine Corps Public Health Center (NMCPHC), in conjunction with the Academy of Nutrition and Dietetics¹, is promoting the month of March as National Nutrition Month[®]. With a goal of "encouraging Sailors and Marines to "Bite into a Healthy Lifestyle" they have created the "Crews Into Shape Challenge". Specifically, the goals of the challenge are to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DoD family. The challenge focuses 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 NMCPHC 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 start putting together your teams for the challenge.

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