



# Community Health Promotion Newsletter

Q2 FY15

## Are You Ready for FIT FEST 2015?

### Points of Interest

- 13 March is FIT FEST 2015
- 24 March is American Diabetes Alert Day
- Sexual Assault Awareness and Prevention Month April 2015
- 6 April to 12 April is Public Health Week
- 7 April is World Health Day
- 31 May is World No Tobacco Day

Get Ready for Fort Rucker FitFest 2015 – your opportunity to maximize health and resilience!

“What brings you in to see us today?” So starts a typical visit with a healthcare provider at Lyster Army Health Clinic. Whether it’s with a primary care provider in our Patient Centered Medical Home, a

behavioral health provider, or one of our specialty providers, the conversation usually starts with a medical need. This is of course appropriate, as we all have healthcare needs that crop up: a back strain or twisted ankle, a well-child or periodic health visit, a flu shot or blue card, or the need for a sympathetic ear. The medical community even has a term for a patient’s stated need. It’s called the “chief complaint,” and serves to focus a provider’s attention on what the problem is, how best to evaluate what is going on, and to develop an appropriate treatment plan. This time-honored way of approaching patients’ needs has resulted in a US healthcare delivery system that is among the most advanced in the world.

The problem is there’s a disconnect between our advanced healthcare system and the results we are seeing. Despite spending about 16 cents of every dollar of Gross Domestic Product on health care, about

twice what other advanced countries spend, the US is falling behind those countries in every important health measure. We live shorter less healthy lives. We have more heart disease and diabetes. We’re more obese and less fit. So great is the problem that fewer than 1 in 4 young adults in the US is fit enough for military service. How can this be? While the answers are complex, an important and simple truth is that most threats to good health don’t come from a lack of healthcare. The most important things we can do to promote good health comes from the choices we make every day where we live and work. We decide what we eat, how much we exercise, and

outside of the healthcare setting. Litespace habits affect physical, emotional, family, social, and spiritual health.

How would the conversation be different if a clinic visit started with, “how’s your health?” It’s a question we all should answer for ourselves on occasion. While busy schedules and healthcare needs may not allow a health assessment at every visit, there’s no reason why we can’t take some time to assess our health outside of a clinic visit. Fort Rucker FitFest 2015 will be an opportunity to do exactly that. FitFest will take place March 13<sup>th</sup> on the fields across from the Air Assault Track. This event is an opportunity for Soldiers, Civilians, and Families to take a few hours to take a knee, assess their health, and meet with on-post and community resources to do a health “tune up.” The format will be a scavenger hunt, with the most important prize being the opportunity for better health in 2015. There will be something for everyone.



what our sleep habits are. The Army’s Performance Triad focuses optimizing sleep, activity, and nutrition to maximize performance and overall health. These decisions happen in the litespace, a term Army Medicine uses to describe our lives

**Lyster Army Health Clinic:**  
334-255-7000

**24/7 Victim Advocacy**  
**Hotline: (334) 379-7947**

**24hr SHARP Hotline:**  
**334-470-6629**

FitFest will kick off the Commander's Cup for Health. This 6 week event will be a fun and family friendly opportunity to really achieve more physical activity, healthier eating, and stronger families. A little competition is a good thing, and trophies will be awarded to the best company, best battalion, and best Family Readiness Group. May the best unit win!

Lyster is pulling out all the stops to support better health. In addition to Zumba (Monday and Wednesday 1630-1700) and Yoga (Monday and Thursday 1145-1230) classes, we're revamping how we deliver dietary education. The old model of waiting for a medical condition to develop and then getting a consult to see a dietitian just doesn't make sense. For the Commander's Cup we are offering a 4-class healthy eating 101 series to anyone with a body mass index of 27

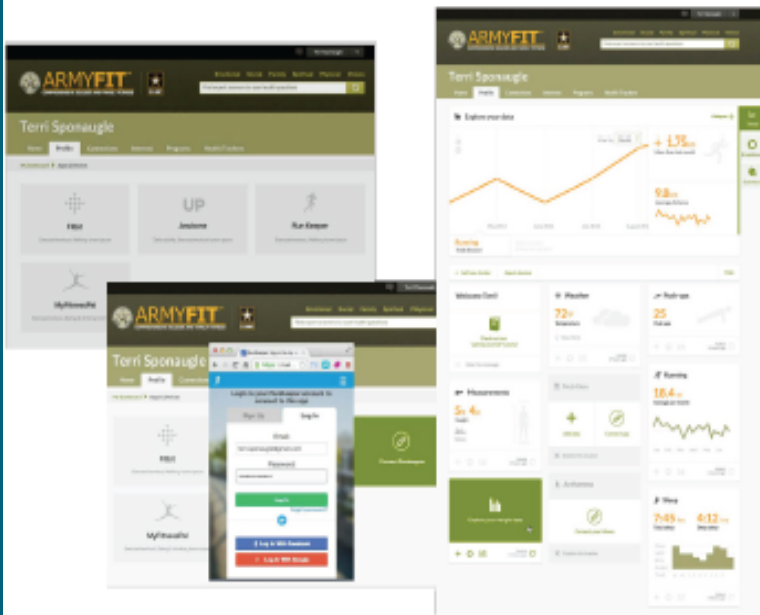
or higher. Healthy Eating 101 will provide information on what your caloric needs are, how to pick healthy foods, proper portions sizes, and how to make changes needed to eat well for life.

I encourage you to take the opportunity to make 2015 a year that you finish healthier than you started. FitFest 2015 is a great opportunity for Soldiers, Families, and Civilians to jump start that commitment. We look forward to seeing you there!

COL Gary Wheeler, Lyster Army Health Clinic Commander



## ArmyFit™: Adapting to Trends - Wearable Technology



ArmyFit™, a Ready and Resilient online assessment and self-development platform, now offers its users the ability to keep track of a particular measurement or activity via Personal Readiness Trackers.

Within ArmyFit™, users can now track body measurements, energy levels, exercise, food and drink intake, and more by entering information or connecting to various apps and devices, such as MapMyFitness, Jawbone UP, or Garmin Connect.

The integrated dashboard allows users to compare tracker results and see progress over time.

Get started today by visiting <https://armyfit.army.mil> today (CAC, AKO or ArmyFit™ log-in required).



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## Worship Services and Healthy Communities

In a recent interview, Jack Miles, the general editor of the new “Norton Anthology of World Religions” and author of the Pulitzer Prize-winning book, “God: A Biography,” stated, “Religion is a ritualized confession of ignorance.” In other words, Miles believes that religion is simply something someone does out of desperation because they cannot find an answer to a difficult question or concern. This idea, or generalized thought, may be directed in a way to explain faith. However, recent trends in health and religion are leading us to believe that religion plays a much larger part in human existence than simply covering our ignorance.

In recent studies, research has found that increasing the overall health of individuals and communities is found in their direct participation in religious activities. For example, in a recent study conducted by Gaydos, Smith, Hogue, and Blevins found that healthy communities are seeking healthy behaviors because of their direct participation in religious programs. In other words, a community seeking religious assets when coping with life stress and illness creates a community of wellness. Community religious assets at the community level can be described as faith institutions (churches, synagogues, mosques, temples) which have the potential to “influence community norms—whether from the pulpit, or in spoken values shared through adult education classes, unspoken values shared among a religious community.” That is to say, when people choose to participate in religious programs, the growing body of research indicates, that the level of wellness in the community increases. The increase in choosing low-risk behaviors, increasing social values, positive and healthy nutrition and exercise, a lowering of sexual assault and domestic violence are all positive outcomes of attending to and being part of religious activities. The question that is raised as part of this discussion is twofold: first, is religion and worship important to our community and secondly, if it is found to be important what are we doing to increase the effectiveness of religious experiences for those that are part of the community?

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The Fort Rucker community in general consists of a high population of Millennials (defined here as 18-30 year-olds). Although this article is not a debate on Millennial culture and or problems associated with such a group, it is significant to understand what is important religiously to them. That is to say, if the argument is to say that religious participation increases community wellbeing and health, then it is crucial to understand if Millennials are at all interested in religious services. Do Millennials attend religious activities because of their ignorance, or do they attend for other reasons that may lead to healthy communities?

A recent study conducted by the Barna Group illustrates and draws attention to the questions raised above. Barna Group found Millennials attend church for five reasons: First, relationships. The number one reason that Millennials attend worship service is to connect with other people in a non-technological way. That is, to unplug and speak with someone face-to-face. Secondly, Millennials attend religious services to learn how to contribute to society. This is a fascinating area since many worship services teach very little about cultural integration and making a difference in society. Third, Millennials attend worship services to discover their own mission in the world, to lead and to direct, not merely to wait their turn to lead. Fourth, Millennials want to understand how their vocation is connected with what God would have them do. For example, Millennials want to know how their vocation is connected with the larger picture of what God is doing in the world. That is, does what I do matter to God?

Fifth, Millennials deeply desire an intimate relationship with God. In a world often concerned with numbers, Millennials want to feel a personal connection with God, one size fits all does not count in spiritual disciplines. With these five reasons outlined above, it is easy for spiritual leaders to look closely at their programs of worship to see if their programs are drawing people in or driving people away. If the programs at Ft. Rucker are drawing people in by using the above principles, the community will certainly see an increase of health and wellbeing.



To further draw attention to the need and importance of religious services in a community, and the concept that healthy spirituality equals healthy communities, a recent study was conducted by the author as part of the Community Health Promotion Council (CHPC) here at Ft. Rucker. The study asked the participants (N=127; 84 Enlisted Soldiers, 19 Officers, 16 Warrant Officers, and 8 family members) to indicate what was most important in their spiritual lives and the most important area that a

current trend in America is in turning towards spirituality and turning away from religion. There are some that argue that attending worship service is not important and that it is simply for communities that need assurance from church leaders that their current difficulties and circumstances will change in the next life. That is to say, communities that are riddled with poverty or crime would find more benefits of attending worship events than would someone that has not known difficulties and violence. In other words, people that live in communities with high levels of technology, education, and an overall safe community do

**This study indicates the deep desire people have to attend worship services.**

Chaplain should focus their attention. It was found that religious services were the most important. Religious services trumped pastoral counseling, religious education, chaplain lead programs such as Strong Bond's retreats and Chaplain visits to the work place and or hospitals. This study indicates the deep desire people have to attend worship services. Is the need to attend worship services, as Jack Miles indicated, because we as humans are ignorant and therefore need to cover our ignorance? Probably not, there seems to be a profound need to connect with God in a setting that allows for connection. The study indicates there is a need for people to unplug from the stress of life and connect to a power that brings hope, healing, and more than likely creates a healthy community in which to live.

However, if a person already resides in a healthy community is there a need to attend religious services? Over the past thirty years Americans have increasingly turned away from houses of worship. The

not need religious leaders telling them to press on through their difficulties and therefore do not need religious services. It is often thought that a strong government safety net takes the place of all religious services. This may indeed be true as Brown, Taylor, and Chatters report that religious activities decrease as local government provides more safety for its people. In other words, why do we need to attend a house of worship if my hope and faith reside elsewhere? This is a difficult question to answer. However, the answer may be found in the research being conducted at Ft. Rucker.

During the second phase of the mixed method research project the author interviewed ten people to gain insight into why people attend worship service and why they believe that of all the religious services offered by Chaplains at Ft. Rucker people would choose religious services as the most important. The responses to the interviews were a mixed bag ranging from comments about the need to build community and connect with fellow worshipers to a comment on the importance of sacrifice and God in worship (See Genesis 22:5). Givens and Givens would agree that worship is what we are prepared to relinquish – "what we are to give up at personal cost." Therefore, worship is a kind of sacrifice. If no sacrifice is required, worship then be-

comes hollow and people may begin to draw comfort from their own personal security.

Religion and worship is a unique aspect of the human condition and regardless of where a person stands on the topic, it is a significant part of human growth and wellness. To ignore worship and religious services is to ignore a foundational human experience. In order to build healthy communities, it is important to look at the research on religion and health. It is also significant to evaluate the current religious services that target the majority of the community in which one resides. A human is not simply an animal that attends worship services because they cannot answer difficult questions. Worship is a time for connection, a time of growth, a time of trust, and a time of sacrifice that builds strong and healthy communities.



Author - Chaplain (MAJ) Troy D. Allan is currently assigned as the Family Life Chaplain at Ft. Rucker, Alabama. He holds a Doctorate Degree in Education with an emphasis in pastoral counseling. He is board certified through the American Association of Professional Chaplains.

Notes – For references and the entire article in APA format please contact the author at 334-255-2989

## SAY NO to TOBACCO

Sunday, May 31st is World No Tobacco Day

By CPT Pamela Francis

Tobacco is one of the biggest preventable epidemics in the United States that kills approximately six million people yearly according to the World Health Organization (WHO). More than five million of those deaths are the result of direct tobacco use with the rest being related to second hand smoke. Over 7,000 chemicals are released with hundreds being toxic and over 70 being cancerous. The 2011 Department of Defense Survey of Health-Related Behaviors (released Feb 2013) reported that approximately 50 percent of all service members use nicotine and 24 percent of those surveyed reported smoking cigarettes (compared to their civilian counterparts at 20.6 percent).



Have you said I'm not hurting any one but myself? Have you taken a smoke break and went back to work without changing your clothes? Do you smoke in your house and car? If you answered yes to any of these questions then you are exposing yourself as well as others to the toxic fumes from tobacco. The fumes or secondhand smoke is as dangerous as firsthand smoke; secondhand smoke exposure occurs largely in public venues with the majority of exposure occurring in homes and the workplace causing more than 600,000 deaths of non-smokers yearly. Particles from smoking settle on upholstery in the car, on curtains, clothing, and furniture that is inhaled by your passengers, visitors, family and patients leading to a greater risk for them to have ear infections, asthma attacks, respiratory infections and a higher risk for sudden infant death syndrome (SIDS), lung cancer and heart disease according to the center for disease control and prevention (CDC).

The support of tobacco use in past military culture dates back to WWI when cigarettes were given to Soldiers for free and by WWII cigarettes were a 300 billion dollar business with 75% going to Soldiers. In 1964, the Surgeon General outlined the dangers of tobacco use and overtime the message has gained support. Today the Army Surgeon General's Performance Triad Initiative supports healthy behaviors and lifestyle choices by decreasing tobacco use and creating tobacco free installations by 2020. These increased restrictions and tightening regulations are forcing tobacco manufacturers to come up with new inventive ways to survive. Manufacturers are marketing products as natural alternatives with the perception of being better than cigarette use. The so called less harmful alternative such as hookah (water pipe), Kreteks (clove cigarettes), and Bidis (tobacco rolled in tendu leaf) are marketed as a natural, healthy alternative likely to increase the appeal among youths. Ongoing research is finding that these alternatives are not safer than cigarettes and may be proven to be more harmful. The CDC reports that Hookah pipes used in hookah bars may lead to the risk of spreading infectious diseases from lack of proper cleaning.

Would you stop if I told you that the leading cause of death in the United States is heart disease from tobacco use with cancer as the second leading cause? Did you know that tobacco ruins oral hygiene, decrease blood flow to organs causing impotence, hurts stamina and endurance, makes you shaky and reduces hand-eye coordination, causes stress injuries, and harms readiness? Did you know non-smokers live longer? Are these enough reasons to stop? Tobacco dependence is a chronic disease that requires repeated intervention and multiple attempts to quit. Lyster Army Health Clinic is helping to combat tobacco use through the offering of tobacco cessation classes in four one hour classes each month. This is helping you to understand why you are smoking and the difficulties in quitting, managing stressors of quitting, coping with withdrawals, overcoming obstacles, weight management, relation techniques, how to enjoy being tobacco free, and strategies for regression.

If you want to save money, improve your health and those around you then there are avenues to assist in cessation of tobacco products. Effective treatments exist that can significantly increase rates of long-term abstinence. Call 334-255-9908 or speak to your primary care provider to find what treatments would best benefit you. For more information go to [www.ucanquit2.org](http://www.ucanquit2.org), [www.cdc.gov](http://www.cdc.gov), or [www.who.gov](http://www.who.gov).

## Diabetes Alert Day

American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. In 2015, Alert Day will take place on Tuesday, March 24.

The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round. Take the risk test here: [www.diabetes.org/are-you-at-risk/diabetes-risk-test/](http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/)

Ingredients:  
 cooking spray  
 1 Tbsp olive oil  
 1/2 cup frozen chopped spinach, thawed and drained  
 1 cup mushrooms, finely chopped  
 1 clove garlic, minced  
 4 (4 oz) skinless, boneless chicken breasts  
 4 wedges Laughing Cow Creamy Swiss Garlic and Herb cheese  
 1/4 tsp ground black pepper  
 1/2 tsp paprika  
 4 toothpicks

## Spinach and Mushroom Stuffed Chicken

### Instructions:

1. Preheat oven to 350F. Spray a baking dish with cooking spray.
2. Add the oil to a medium sauté pan over medium-high heat. Add the spinach and sauté for 3 min. Add the mushrooms and cook for an additional 4-5 min. Add the garlic and sauté for 30 seconds.
3. Place one chicken breast on a cutting board and cover with plastic wrap. Pound the chicken with a meat tenderizer or rolling pin until it is about 1/4 inch thick. Repeat process with the other 3 chicken breasts.
4. Spread 1 cheese wedge on one side of one chicken breast. Spread 1/4 cup of spinach mushroom mixture on top of cheese. Roll the chicken breast and secure the seam with a toothpick. Repeat with the other chicken breasts.
5. Sprinkle chicken breasts with pepper and paprika. Place the rolled chicken breasts on a baking dish and bake for 30 to 40 min or until done.
6. To serve remove the toothpicks and slice each breast into 5 rounds.



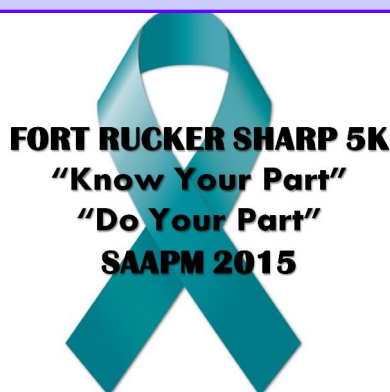
This dish is a good source of protein and also provides some veggies.

While quick to prepare,

**Prep Time: 20 minutes**

Find more healthy recipes on [www.diabetes.org](http://www.diabetes.org)

## SHARP AWARENESS 5K RUN



As part of Sexual Assault Awareness and Prevention Month (April 2015), the Fort Rucker SHARP office, in partnership with Fort Rucker MWR will be hosting a 5K SHARP Awareness run on 4 Apr 15. The theme for this year is 'Eliminate Sexual Assault. Know Your Part, Do Your Part'. The purpose of this run is to promote awareness to all Soldiers, Department of the Army Civilians (DACs), Family members and members of our local community. Prior to the run, the Lyster Army Health Clinic (LAHC) team will give a short presentation on the resources and services available to victims of sexual abuse and trauma.

The Daleville and Enterprise High School Junior Reserve Officers Training Corps (JROTC) programs have volunteered to help plan and coordinate the run as well as participate in the actual run. All activities will be conducted on Fort Rucker and members of the public are invited to participate. It costs \$3 to register. Runners can compete in over 12 categories. Medals will be given to first, second and third place winners. Winners will also receive a SAAPM themed t-shirt.





## USAACE SHARP MOTORCYCLE RIDE

*"Our profession is built on the bedrock of trust; sexual assault and sexual harassment betray that trust. They have a corrosive effect on our unit readiness, team cohesion, good order and discipline. We are entrusted with ensuring the health and welfare of America's sons and daughters. There are no bystanders in this effort. Our Soldiers, their families, and the American people are counting on us to lead the way in solving this problem within our ranks."*

*Raymond T. Odierno*

*General, 38<sup>th</sup> Chief of Staff*

**Who:** All uniformed and civilian motorcycle riders on FORT Rucker.

**What:** SHARP Awareness Motorcycle Ride

**When:** 20 March 15

**Where:** At 1030 hrs all riders will assemble at Bldg 6030 (Motorcycle Safety Course) for motorcycle inspections and a safety brief. Once the safety inspections and briefs are complete, we will depart no later than 1145 hrs. All riders will depart out of the Ozark gate and travel to US 231 and ride to Dothan. Upon our arrival in Dothan, we will stop at a buffet style restaurant and have lunch. After everyone has had lunch, we will depart Dothan and take US 84W and ride to Enterprise. Once we arrive in Enterprise, we will merge onto Boll Weevil Circle and ride through Enterprise and head towards the Enterprise Gate to return to Fort Rucker. Once we arrive back on post we will assemble at Bldg 6030, conduct an After Action Review and then be released.

**Why:** To raise awareness and encourage prevention in our local communities. USAACE is dedicated to eliminating incidents of Sexual Assault and Sexual Harassment here on Fort Rucker.

**For more info contact** 334-464-3553

