

Health Promotion Resources Available from the HPM

LENDING LIBRARY

Videos
Audio Tapes
Books
Heart rate monitors
Fitness testing equipment-
flex boxes, tape measures, stopwatches, pulse monitors, blood pressure monitors
CO2 Breath Analyzer for Smokers

HEALTH PROMOTION MODELS

Food Pyramid	Cancerous Lung	Blubber Busters
Sample Food Portions	Death of an Artery	Junk Food Fats
Effects of Smoking	Year's Worth of Smoking Tar	Impaired Driving Glasses
Effects of 2 nd Hand Smoke	Day's Worth of Fat	
Effects of Obesity	Food Fat Samples	
Effects of Smokeless Tobacco	Pickled Liver- alcohol abuse	
Effects of High Blood Pressure	Death of a Liver	
Effects of Alcohol	Fat & Sugar In Common Foods	
Fat & Muscle Models (1# & 5#)	Mr. Dip Lip	

POSTERS & PAMPHLET TITLES

Stress	Men & Self Care
Physical Fitness	Women & Self Care
Smoke Free Living	Stress Management
Cholesterol	Blood Pressure
Diet & Nutrition	Wellness
Weight Management	Computer Fitness

INCENTIVE PROGRAM MATERIALS

Crews Into Shape	March Madness Nutrition Contest
Walking Program	Feel Like a Million Wellness Contest
Fit for Life	Winning the Losing Battle (Wt Mgmt)
Detour From Stress	Colorful Choices Nutrition Contest
Wellness For Life	Fitness Challenge

RECOGNITION AND AWARDS ITEMS

Water bottles, mugs, cups, squeeze balls, etc.

HEALTH SCREENING EQUIPMENT

Cholesterol testing- on site field -testing equipment
Blood Pressure
Body Fat Composition

COMPUTERIZED DIETARY & NUTRITIONAL ANALYSIS

Dine Healthy - computerized meals and food analysis and dietary planning programs

STRESS ASSESSMENT

Stress Maps, Stress Profiler, Stress Assessment- assessment and training

HEALTH PROMOTION TRAINING KITS

24 Titles- each Kit includes a video, handouts, and lesson plan (see "Health Promotion Training Kits")

How to Use the Health Promotion Planner:

1. Scheduling

- a. Plan your Wellness activities 6-12 months out. *If you don't schedule, it won't happen!*
- b. Coordinate the plan with your Command or division chief and training officer.
- c. Conduct a unit *interest survey*
- d. Brainstorm activities with your Wellness Committee and the regional Wellness Program Coordinator.
- e. Determine what *level* of activity you want- *Awareness, Education, or Intervention*

2. Levels of Activities

Level	Purpose	Activities	Length	Target
Awareness	Provide Information & increase awareness of Wellness issues	Pamphlets, bulletin boards, email, , POW's, morning musters	5-30 Minutes	70-100 %
Education	In-depth information & skills to prepare to change	All-hands trainings, health screenings, video-based trng, health fairs, multiple sessions	1-4 Hours	40-70%
Intervention	Support behavior & lifestyle changes	Tobacco cessation class, exercise classes, weight management programs, incentive programs	2-6 months	10-25%

3. Resources

- a. Refer to the following *2000 Health Promotion Program Planner* for monthly themes and suggested activities.
- b. Use the blank form *2000 Health Promotion Program Planner"* to schedule unit activities.
- c. **Kit** refers to the *Wellness Education Training Kit*.
 1. Contains a video, lesson plan, and camera-ready materials
 2. More than twenty Wellness Topics.
 3. Available for loan from the Regional Wellness Program Coordinator (510) 437-2736.
- d. **List** refers to the *List of Healthy Web Sites*
 1. Included at the end of this Planning Guide.
 2. More than 20 web sites listed.
 3. Excellent source for quick information.
- e. Consult with Mr. Dan Blaettler, your regional Health Promotion Program Manager (510) 437-2736

HEALTH PROMOTION PROGRAM PLANNER

MONTH	THEME	POSSIBLE ACTIVITIES	RESOURCES
JANUARY	<i>New Year's Resolutions</i>	<ul style="list-style-type: none"> • Survey Group Interests • Personal Wellness Goal Setting • Semi-annual health risk appraisals • Start Physical Fitness • Weight Management • Personal/Group Incentive Program • Tobacco Cessation 	Kit: "Get Physical!" Kit: "Profiling Your Wellness" Kit: "Achieving Total Wellness" Kit: "Living the Active Life"
FEBRUARY	<i>Heart Health Month</i>	<ul style="list-style-type: none"> • Blood Pressure Screenings • Cholesterol Screenings • CPR training/renewal • Health Risk Screening • Team Incentive Program • Stroke Awareness 	Kit: "A Healthy Heart" Kit: "Lower the Pressure" Kit: "Controlling Cholesterol" Kit: "Is Your Number Up?" Kit: "Check to Detect"
MARCH	<i>Nutrition & Weight Management</i>	<ul style="list-style-type: none"> • Body fat composition screening • Dietary analysis • Galley Menu Changes • Healthy Eating themes • Food Pyramid education • Five-A-Day Program Information • Weight management programs • Cooking demos & food sampling 	Kit: "Eating Healthy for Life" Kit: "Eating Well the Food Pyramid Way" Kit: "Weight Management" Kit: "Eating Healthy on the Run" Kit: "Smart Supermarket Shopping" Kit: "Understanding Food Labels" Kit: "Seven Nutritional Myths"
APRIL	<i>Cancer Control/ Alcohol Awareness</i>	<ul style="list-style-type: none"> • Self-examination information • Cancer Prevention Information • Alcohol & Cancer Awareness • Am Cancer Society Local Speaker • Alcohol awareness training • Cancer warning signs 	Kit: "Getting Rid of Unhealthy Habits" List: "Healthy Web Sites"
MAY	<i>Physical Fitness & Sports</i>	<ul style="list-style-type: none"> • Commandant's Physical Fitness Award Program • Fitness Assessment & goal setting • Start Walking and Running Groups • Beginning Fitness Instruction • Fitness/Sports Competition Day • Sports Day- non competitive • Physical activity challenge 	Kit: "Get FITT" Kit: "Preventing Sports Injuries" Kit: "Back Strength & Fitness" Wellness Manual: Commandant's Physical Fitness Award Program List: "Healthy Web Sites"
JUNE	<i>Summer Safety</i>	<ul style="list-style-type: none"> • Rec. vehicle safety: motorcycles, bicycles, atv's, skateboards, blades • Boating safety: sailing, power, jet • All-hands safety training • Safety bullets in POW's • Safe travel tips • Family Swimming safety 	Coast Guard Boating Safety Publications Highway Traffic Safety Hotline (800) 424-9393 List: "Healthy Web Sites" U.S. Consumer Product Hotline (800) 638-2772

HEALTH PROMOTION PROGRAM PLANNER

MONTH	THEME	POSSIBLE ACTIVITIES	RESOURCES
JULY	<i>Safe Fun In The Sun</i>	<ul style="list-style-type: none"> • Sun Protection • Hydration • Picnic health • Food health • First Aid kits for vacation 	Am. Cancer Society County Public Health Office List: "Healthy Web Sites"
AUGUST	<i>Stress Management</i>	<ul style="list-style-type: none"> • Stress Map assessment • Relaxation Techniques • Stress signals • Stress buster suggestions in POW • Yoga, Tai Chi, etc. demos 	Kit: "Stress Management" Kit: "Stress Survival Skills" Kit: "Getting Rid of Unhealthy Habits" Kit: "Preventing Burnout"
SEPTEMBER	<i>Cholesterol Education</i>	<ul style="list-style-type: none"> • Cholesterol screening • Health risk assessments • Semi-annual health screenings or health risk appraisals • Low fat & cholesterol cooking 	Kit: "Controlling Cholesterol" Kit: "Low Fat Cooking"
OCTOBER	<i>Family Health</i>	<ul style="list-style-type: none"> • Family Health Fair night • Family preventive care measures • Family sports & activity picnic • Healthy family cooking and food sampling 	Kit: "Healthy Eating for the Whole Family" Kit: "Smart Supermarket Shopping"
NOVEMBER	<i>Tobacco Avoidance</i>	<ul style="list-style-type: none"> • Great American Smoke Out Nov. 16 • Tobacco cessation group • Adopt-a-smoker Day • All-hands tobacco awareness training 	Kit: "Quitting Smokeless Tobacco" Kit: "Tobacco Awareness" Kit: "How to Quit Smoking" Tobacco Cessation Facilitator
DECEMBER	<i>Wellness for the Holidays</i>	<ul style="list-style-type: none"> • Drinking & Driving Awareness • Holiday food management • Stress and the Holidays • Managing the <i>Holiday Blues</i> • Healthy holiday food & beverage recipes • HIV/STD awareness & prevention 	Kit: "Getting Rid of Unhealthy Habits" Kit: "Managing Holiday Stress" Kit: "HIV-no Nonsense Answers" List: "Healthy Web Sites"

For more information:

Dan Blaettler, *Regional Wellness Program Coordinator*, ISC Alameda (510) 437-2736

List: "Healthy Web Sites"

Center for Disease Control: <http://www.cdc.gov/>

2000 National Health Observances <http://nhic-nt.health.org/Pubs/2000healthobserv/nho.htm>

HEALTH PROMOTION ANNUAL PROGRAM PLANNER

MONTH	THEME	POSSIBLE ACTIVITIES	RESOURCES
JANUARY	<i>New Year's Resolutions</i>		
FEBRUARY	<i>Heart Health Month</i>		
MARCH	<i>Nutrition & Weight Management</i>		
APRIL	<i>Cancer Control</i>		
MAY	<i>Physical Fitness & Sports</i>		
JUNE	<i>Summer Safety</i>		

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