



APRIL-JUNE 2012

NAVAL HEALTH CLINIC ANNAPOLIS

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- April is Sexual Assault Prevention and Awareness Month as well as National Autism Awareness Month!
- With May comes National Physical Fitness and Sports Month, Women's Health Week and World No Tobacco Day!
- June 2011 is Men's Health Week and National Cancer Survivor Day!

Inside this issue:

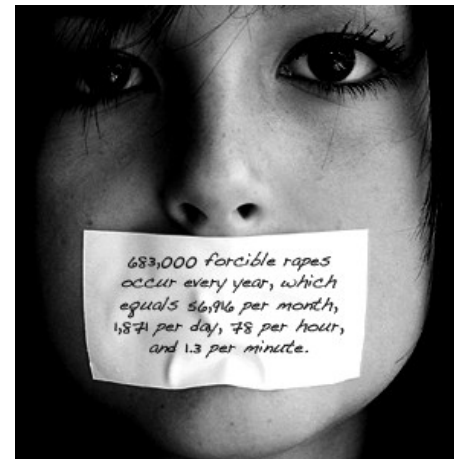
Sexual Assault Awareness Month	1
National Autism Awareness Month	2
National Physical Fitness And Sports Month	2
Women's Health Week: IT'S YOUR TIME!	3
WORLD NO TOBACCO DAY: Tobacco Industry Interference	3
	4
	4

Sexual Assault Awareness Month

The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.

By working together and pooling our resources during the month of April, we can highlight sexual violence as a major public health, human rights and social justice issue and reinforce the need for prevention efforts.

Sexual violence—including child sexual abuse—crosses all ages, genders, races, ethnicities, and economic backgrounds. According to the Child Maltreatment 2009 report from the U.S. Department of Health and Human Services' Children's Bureau, 65,964 cases of child sexual abuse were reported in the United States in 2009—9.5 percent of the total number of reported maltreatment cases that year. The National Sexual Violence Resource Center has designated April as National Sexual Assault Awareness month, in recognition of the widespread prevalence of sexual assault nationwide. This April, the 2012 Sexual Assault Awareness Month (SAAM) campaign is focused on helping to prevent sexual violence by promoting healthy sexuality. Although the amount of sexual violence is alarming, there is hope for survivors. NCTSN member Esther Deblinger, PhD, an expert in the field of child sexual abuse (and co-director of the CARES Institute) says, "There is increasing evidence that, with support from a caring adult and high-quality treatment, many children and parents effectively recover and may feel stronger and closer as a family in the aftermath of a traumatic experience."



Sources: 1. <http://www.nsvrc.org/saam>

2. <http://www.nctsn.org/resources/public-awareness/national-sexual-assault-awareness-month%20>



National Autism Awareness Month

In order to highlight the growing need for concern and awareness about autism, the Autism Society has been celebrating National Autism Awareness Month since the 1970s. The United States recognizes April as a special opportunity for everyone to educate the public about autism and issues within the autism community.

Join the Autism Society in getting involved with the autism community this April.

Autism Facts and Statistics

- 1 percent of the population of children in the U.S. ages 3-17 have an autism spectrum disorder.¹
- Prevalence is estimated at 1 in 110 births.²
- 1 to 1.5 million Americans live with an autism spectrum disorder.³
- Fastest-growing developmental disability; 1,148% growth rate.⁴
- 10 - 17 % annual growth.⁵
- \$60 billion annual cost.⁶
- 60% of costs are in adult services.⁷
- Cost of lifelong care can be reduced by 2/3 with early diagnosis and intervention.⁸
- In 10 years, the annual cost will be \$200-400 billion.⁹
- 1 percent of the adult population of the United Kingdom have an autism spectrum disorder.¹⁰
- The cost of autism over the lifespan is 3.2 million dollars per person.¹¹
- Only 56% of students with autism finish high school.¹²



Source: <http://www.autism-society.org/about-us/national-autism-awareness->



National Physical Fitness and Sports Month

Since 1983, May has been observed as National Physical Fitness and Sports Month. Individuals and organizations across the country have joined in the fun to help promote awareness of the value of physical activity in the pursuit of a happier, healthier, and more productive nation.

National Physical Fitness and Sports Month serves as a great opportunity to encourage physical activity and healthy eating habits, and to highlight the President's Council on Fitness, Sports & Nutrition's (PCFSN) mission to engage, educate, and empower all Americans across the lifespan to adopt a healthy lifestyle that includes regular physical activity and proper nutrition. We want everyone to know that being physically active is not only important for one's health, but it is fun and easier than most people think.

Source: <http://www.fitness.gov/>

Women's Health Week 2012

ITS YOUR TIME!

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2012 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages women to take the following steps to improve their physical and mental health and lower their risks of certain diseases:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking and not wearing a seatbelt or bicycle helmet.

Source: <http://www.womenshealth.gov/whw/>

WORLD NO TOBACCO DAY

TOBACCO INDUSTRY INTERFERENCE

The World Health Organization (WHO) selects "tobacco industry interference" as the theme of the next World No Tobacco Day, which will take place on Thursday, 31 May 2012.

The campaign will focus on the need to expose and counter the tobacco industry's brazen and increasingly aggressive attempts to undermine the WHO Framework Convention on Tobacco Control (WHO FCTC) because of the serious danger they pose to public health.

Tobacco use is one of the leading preventable causes of death. The global tobacco epidemic kills nearly 6 million people each year, of which more than 600,000 are people exposed to second-hand smoke. Unless we act, it will kill up to 8 million people by 2030, of which more than 80% will live in low- and middle-income countries.

Source: <http://www.who.int/tobacco/wntd/2012/announcement/en/index.html>

HEALTH

HEALTH OBSERVANCES



National Cancer Survivors Day



National Cancer Survivors Day® is an annual, treasured worldwide Celebration of Life that is held in hundreds of communities throughout the United States, Canada, and other participating countries. Participants unite in a symbolic event to show the world that life after a cancer diagnosis can be meaningful and productive.

In most areas, National Cancer Survivors Day is traditionally observed on the first Sunday in June, although this is not always possible due to scheduling conflicts and time differences.

The non-profit National Cancer Survivors Day Foundation supports hundreds of hospitals, support groups, and other cancer-related organizations that host National Cancer Survivors Day events in their communities by providing free guidance, education, and networking. Anyone considering hosting an NCS D event can download the free NCS D Planning Guide.

Sources. 1.http://cdn2-b.examiner.com/sites/default/files/styles/image_full_width/hash/80/29/cancer%20ribbon%20chart.jpg

2.<http://www.ncsd.org/Pages/AboutNCS D.html>

Men's Health Week 2012

Heart disease is the single biggest killer of men. That's why we've chosen heart health as the theme for Men's Health Week 2012, 11-17 June and to kick off the Yolo campaign. Three times as many men as women die from heart disease before their 75th birthday. This year's Men's Health Week message is clear: **you only live once - so you need a tip-top ticker.** We are keen to support men to do all they can to prevent heart disease by encouraging them to exercise, eat right and to get help if they are concerned about their health.

Source: <http://www.menshealthforum.org.uk/mhw2012>

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