



# Marine & Family Programs



May 2011

## Monthly Health Observance

- National Women's Health Week (9-15)
- National Teen Pregnancy Prevention Month
- World No Tobacco Day (31)

## Schedule of Events/Workshops

Stress Management **03 May**  
0830-1600

Anger Management **04 May**  
0830-1600

Suicide Awareness **11 May**  
(Families)  
1830-2030

Stress Management **17 May**  
0830-1600

Anger Management **18 May**  
0830-1600

Alcohol 101 **19 May**  
0830-1130

BASIC Training **20 May**  
0800-1200

Heroes & Healthy Families **25 May**

## HEALTH PROMOTION

### National Women's Health Week

National Women's Health Week begins on Mother's Day each year. During this week, individuals, families, communities, and others work to help women learn how to achieve longer, healthier, and safer lives.

#### Tips for a Safe and Healthy Life

##### (1) Eat Healthy

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit food and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.

##### (2) Be active

- Be active for at least 2 1/2 hours a week. Include activities that raise your breathing and heart rates, and that strengthen your muscles.

- Help kids and teens be active for at least one hour a day. Include activities that raise their breathing and heart rates, and that strengthen their muscles and bones.

##### (3) Protect Yourself

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people's smoke.

- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Make a supply kit. Make a plan. Be informed.

##### (4) Manage Stress

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Get 7-9 hours of sleep each night.
- Get help or counseling if needed.

##### (5) Get Check-Ups

(CDC, April 2011)



The tenth annual National Day to Prevent Teen Pregnancy will take place on May 4, 2011. The message of the National Day is straightforward: Sex has consequences.

The extraordinary declines in teen pregnancy and childbearing over the past two decades have proven to cynics that progress can be made on

tough issues. In fact, few social problems have improved quite as dramatically over the past 20 years as teen pregnancy.

The latest news on the teen pregnancy front has been positive. The U.S. teen birth rate declined 6% in 2009, and is now at a record low.

Despite this progress, it is still the case that 3 in 10 girls get pregnant by age 20. This suggests that we all need to continue helping teens postpone their families until they are older, through school, and in stable, committed relationships.

(The National Campaign to Prevent Teen and Unplanned Pregnancy, 2011)



**Heroes & Healthy Families Seminar, New Bern Convention Center, May 2010.**

### **Heroes & Healthy Families**

The United States Marine Corps has a proud and unique tradition of taking care of its Marines and their families. This tradition of concern, care and support, in place since Tun's Tavern 1775, is needed now more than ever before.

As Marines, as warriors, as leaders, we (having served 22 years in the Corps with multiple combat tours, I espouse the "once a Marine always a Marine" creed), are always responsible for one another's well being, regardless of the circumstances.

Multiple and rapid deployments, as is now the norm, disrupt lives and lifestyles creating uncertainty and stress to a degree not previously experienced by the deployed warriors and the families they leave behind.

The inability to cope with the expected stresses of separation and the not so expected stresses of reunion have, in too many instances, torn asunder the family unit, often with predictable results of a disastrous nature.

These consequences need never materialize, and we, as Marines, must not and cannot allow our brother and sister Marines to become victims of the "stress factor."

"Heroes and Health Families" was developed for you and your families with the goal of helping you maintain healthy relationships amidst the turmoil of deployments, reunions, and repeated deployments and reunions.

Your participation today will give you the tools you need to recognize the danger signs and the steps you can take to neutralize them for your benefit, your family's benefit, and the benefit of your fellow Marines.

Listen, question, learn, absorb and, as a good Marine does, apply.

To you and your families, a healthy and positive future.

Semper Fidelis,

Lt. Col. F. Latimer Gould USMC (Retired)



### **Tobacco Free Initiative (TFI)**

#### **World No Tobacco Day 2011**

The World Health Organization (WHO) selects "The WHO Framework Convention on Tobacco Control" as the theme of the next World No Tobacco Day, which will take place on Tuesday, 31 May 2011.

The WHO Framework Convention on Tobacco Control (WHO FCTC) is the world's foremost tobacco control instrument. The first treaty ever negotiated

under the auspices of WHO, it represents a signal of achievement in the advancement of public health. In force only since 2005, it is already one of the most rapidly and widely embraced treaties in the history of the United Nations, with more than 170 Parties.

The world needs the WHO FCTC as much as, if not more than, it did in 1996 when the World Health Assembly

adopted a resolution calling for an international framework convention on tobacco control. Tobacco use is the leading preventable cause of death. This year, more than 5 million people will die from a tobacco-related heart attack, stroke, cancer, lung ailment or other disease. That does not include the more than 600,000 people—more than a quarter of them children—who will die from exposure to secondhand smoke. The annual death toll from the global

**World No Tobacco Day 2011 (cont)**

epidemic of tobacco use could rise to 8 million by 2030. Having killed 100 million people during the 20th century, tobacco use could kill 1 billion during the 21st century.

As with any other treaty, the WHO FCTC confers legal obligations on its Parties—that is, on the countries (and the European Union) that have formally acceded to it.

Among these obligations are:

- Protect public health

policies from commercial and other vested interests of the tobacco industry.

- Adopt price and tax measures to reduce the demand for tobacco.
- Protect people from exposure to tobacco smoke.
- Regulate the contents of tobacco products.
- Regulate tobacco product disclosures.
- Regulate the packaging and labeling of tobacco product.

- Warn people about the dangers of tobacco.
- Ban tobacco advertising, promotion, and sponsorship.
- Offer people help to end their addiction to tobacco.
- Control the illicit trade in tobacco products.
- Ban sales to and by minors.
- Support economically viable alternative to tobacco growing.

**Did you know.....**

Research shows that drivers on marijuana have slower reaction times, impaired judgment, and problems responding to signals and sounds. Studies conducted in a number of localities have found

that approximately 4 to 14 percent of drivers who sustained injury or death in traffic accidents tested positive for delta-9-tetrahydrocannabinol (THC), the active ingredient in marijuana.

To learn more visit: <http://teens.drugabuse.gov>

**Six “Marriage Myths” and one thing that matters more than you may think:**

At Health Promotion Branch of MCCS we hope to encourage healthy relationships. This is why we recently started teaching the “How to Avoid Falling for Jerk (or Jerkette)” program for singles. Fact is, everything we teach relates to relationships in one way or another.

Whether you are married or single, it is a great idea to know the truth about marriage and put aside some ideas that may be (a) outdated, (b) commonly believed but never were true, and/or (c)damaging to your relationships! So here are the Six “Marriage Myths” and the actual truth about each subject:



**Health Promotion handing out fruits at Area 2 Gym for “Healthy Weight Week”.**



**National Condom Awareness Day, Camp Johnson.**

# Health Promotion

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1. "If there is no longer any spark in our relationship, we're doomed." Not true! Those romantic feelings come and go over time, with certain life events, and as a result of some lifestyle choices we make. So the "feelings" are not always constant (no emotion is, actually), which means that the idea that I will always feel a certain way towards another person is an unrealistic expectation. The real deal is that the happiest couples are those who are friends! More important than "spark" is ongoing companionship and commitment. And when we express our committed to each other and continue hanging out together, the "spark" keeps coming back. It even gets better and stronger in time, as we do the other stuff correctly!

2. "Couples should have the same hobbies and interests." Not so much. It is actually good for a relationship when one partner pursues a new interest, sport, hobby, etc. and then introduces what they have learned and experienced to their mate. That doesn't mean that the partner must do the new activity, but going to watch or learning a little something about it is very encouraging.

3. "Never go to bed angry." This sounds reasonable enough, but it doesn't work out so well in real life. If you are overwhelmed with anger, your body experiences certain physiological responses. Your heart rate increases, breathing changes, stress hormones are released, blood flow is altered, and a host of other changes take place in response to the strong emotions. If this takes place just before bedtime, try this approach: agree to disagree for now and to talk it through tomorrow. Write down thoughts you want to get across tomorrow if that will help you. But let the issue go for now! Go to sleep on separate sides of the bed, or one of you can sleep in the guest room if necessary. At an agreed-upon time tomorrow, talk it through in a mature, adult fashion. It is amazing how "sleeping on it" can give each person a better outlook on the subject, which increases the possibility of healthy conflict resolution taking place.

4. "If we are fighting, we are headed for divorce." The opposite is actually more likely to be true. Couples who don't fight because they want to avoid conflict are more in danger. It is important to deal with our conflict, and we can learn positive conflict resolution skills to help us do this well.

5. "The kids should come first." NO WAY! That is one of the worst things you can do for your kids, and for your marriage. Putting the kids first creates significantly lower satisfaction over time for both parents. The best thing for the kids is for them to see Mom and Dad in a loving relationship. Put your marriage first and the kids will feel safe and secure, along with other significant benefits.

6. "Always be 100% honest about everything." Honesty is good, right? This is generally a good policy, but there could be exceptions to the rule. Here's an example: your mate does not need to know all the details about your past relationships. Telling everything about your prior lover will breed insecurity in your relationship with this person whom you have chosen to love and cherish from now on. When it comes to your partner's feelings, be patient, kind, and considerate. Think before you speak. If he or she doesn't need to know, don't tell it.

Now here is that one thing that matters more than you may think: Good manners! Sometimes, one of the first things to go in a marriage is politeness. In some ways this simply reflects increasing comfort. But it leads to taking one another for granted, and it can lead to rudeness. Good manners help strengthen intimate relationships. In other words, graciousness and courtesy help sustain our love, but if we are not careful, familiarity can dull our manners. While healthy relationships don't require us to be artificial, politeness and consideration can smooth many of life's rough edges. Are there some ways in which you have let politeness with your partner fade? What acts of courtesy and politeness would you like to re-install in your relationship? You could offer thanks for taking out the trash or leave a note of appreciation for doing the laundry. Find a way to show politeness.

We're on the web:  
[www.mccslejeune.com](http://www.mccslejeune.com)

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