



Volume 2, Issue 4  
Summer 2003

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**BODY BY HOOAH**  
Obesity, the Terror Within

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# HOOAH 4 HEALTH

## NEWSLETTER

### Obesity, the Terror Within

*Judith S. Harris, Health Educator, USACHPPM*

The “obesity epidemic” is attracting lots of interest from health care providers and health promotion/prevention advocates. [U. S. Surgeon General, Dr. Richard Carmona](#), calls obesity “the terror within.” People should be as worried about this terror as they are about all of the terrors swirling around our globe. Ironically, the broader issues of environmental hazards and international unrest are less visible in every-day life but receive far more attention. Meanwhile, the underground “fat advocates” – fast food chains; the candy industry; and purveyors of white bread, white rice, and, and sugary cereals; among others – keep bombarding the public with the “buy-buy-buy” and “eat-eat-eat” message. It would seem that they are all aiding and abetting America’s trek down the road to obesity because **any** energy-giving nutrient (fat, carbohydrate, protein) that you take in and don’t burn up gets converted to fat.



So, let’s talk about healthy eating. The basic underlying principle is that “calories in” have to equal “calories out” to *maintain* weight, and calories out must *exceed* calories in for weight loss to occur. In general, the best way to achieve this negative balance is to decrease food intake and increase calorie burning through physical activity. To do this, we first have to put food in its proper place in our lives.

#### **Food as blessing, food as demon**

The marvelous thing about good food is that it tastes great! For most people, eating is, and should be, a great pleasure. In the [last article](#) I talked about the clash that occurred some decades ago in the US as most jobs became sedentary and fast food became more available. The culture change came about so fast that our bodies didn’t have time to adapt, from an evolutionary standpoint, to lower nutrient demands before convenience and instant gratification grabbed our minds. “Sharing the bounty of this land” was an American philosophy from our earliest days as a nation. However, with each succeeding generation the concept of working hard to achieve one’s share of the bounty became less and less closely associated with hard physical work (calories out), but there was no accompanying decrease in the sense that we deserved the same full measure of bounteous food (calories in). The food industry, while becoming farther and farther removed from the farm, was only too happy to comply. Eating out and fixing large, fancy meals

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**BODY BY HOOAH**  
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## HOOAH Humor

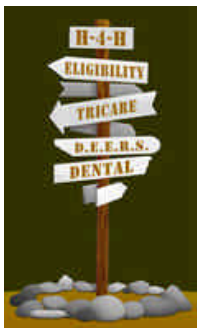
### Anagram Fun

Anagrams are good mental exercises. Simply take the letters of the words below, and rearrange them to form new words that mean the same thing.

- 1) Snooze Alarms
- 2) A Decimal Point
- 4) Eleven plus two

Solve all three and submit your solutions to [h4hnewsletter@visiontracks.com](mailto:h4hnewsletter@visiontracks.com).

Your email address along with other that of other solvers will be placed in a July 4<sup>th</sup> drawing for a HOOAH 4 HEALTH tee shirt. Solutions will be posted in the H4H Media Center on July 8<sup>th</sup>!



**H4H Benefits Sign Post**

### ***(Obesity, the Terror Within - Continued from page 1)***

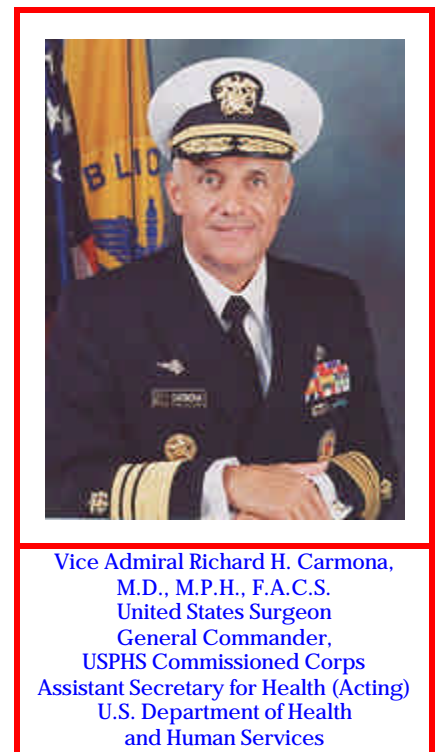
were rewards that were indulged in only occasionally at first. But as more and more households became concentrated in cities and suburbs, the convenience of eating out while staying close to home or office grew. The next logical step to enabling people to eat out more often was cheaper, faster food; or, if you preferred to be at home, more pre-packaged convenience foods and take-out. Quality, of course, was sacrificed to cheapness and fastness.

### **Why most “diets” fail**

Most of us don't want to think about giving up the pleasure of good food. Many “diets” fail for this reason alone: deprivation leads to craving. Fulfillment of craving leads to guilt, and food becomes the demon at the center of a love-hate relationship. At the extreme, body image becomes severely distorted (anorexia nervosa) and/or the need to binge, then purge the demon (bulimia) is overwhelming. Many overweight people can't even conceive of a normal relationship with food, as epitomized by the phrase “everything that tastes **good** is **bad** for you.” Is it possible to enjoy the bounty without the consequences? Fortunately, the answer is “YES”!

### **Tips for Healthy Eating**

1. Forget the word “diet.” No “diet” will work over the long haul. Metabolically, it is impossible to severely restrict calories or a specific nutrient without triggering a starvation response in which metabolism slows and the body tries valiantly (and successfully!) to store even more calories. Furthermore, deprivation causes craving – the mental equivalent of starvation mode that lures us toward forbidden items.
2. Recognize that sustainable weight loss is a slow process. It involves committing to behavior change, persistence, and giving up the wish for instant results. For most people, the maximum safe, sustainable weight loss is two pounds a month, or 24 pounds a year.
3. Make “calories out must exceed calories in” your mantra. If you're willing to significantly increase the calories you burn, you won't have to decrease those you take in as much **but** the “negative balance” must be maintained for weight loss to occur. There are great tools available on the Internet for determining caloric intake.
4. Whole grains, vegetables, plant oils, and fruits, are the staples of a healthy diet.
5. The vast majority of your intake **must** be high-quality nutrients. Refined (white) wheat products, sugary carbohydrates, and fatty meats are *not* good sources of calories.
6. Nutrient balance is essential. Your body needs all three energy nutrients (protein, fat, carbohydrate).
7. It is not necessary or wise to eliminate any food from your diet. Total deprivation leads to craving and loss of control over consumption. It **is** necessary to limit such items as refined sugar, animal fats, and “empty” calories (sodas containing sugar and sweets).
8. It is virtually impossible to lose a significant amount of weight and/or maintain a healthy weight without a physical activity program.



Vice Admiral Richard H. Carmona,  
M.D., M.P.H., F.A.C.S.  
United States Surgeon  
General Commander,  
USPHS Commissioned Corps  
Assistant Secretary for Health (Acting)  
U.S. Department of Health  
and Human Services

There is some interesting new research being published about the relative proportion of the

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**(Obesity, the Terror Within - Continued from page 1)**

nutrients that should be in our food choices. Basically, the Harvard School of Public Health and other research sources state that the amounts of cereals, grains, and pasta recommended on the Food Guide Pyramid is too high and a big contributor to overweight. Go to <http://www.hsph.harvard.edu/nutritionsource/pyramids.html> for an enlightening article. That doesn't mean that whole grains should not be a major part of healthy eating, just that we may have been going overboard on quantity (no surprise there!).

It is critical for long-term health that all of us learn to master the "terror within" – obesity. Healthy eating and physical activity are our most important weapons against this threat. Whether you need to kick out gremlins that are already present or keep them from entering, grab them and go for it! Check the new H4H [Health Educator's Corner](#) in September for an article to help you identify and banish menacing "diet gremlins".

**Featured resource:**

Portion Distortion is one of many interactive features on the "Aim for a Healthy Weight" web site available from the Obesity Education Initiative of the National Heart, Lung, and Blood Institute. [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

Visit the site, try out the interactive tools and find more practical tips to help you achieve and maintain a healthy weight.

View this article online at <http://hooah4health.com/new/hecorner/obesity.htm>.

## GI's Who Suffer Psychological Symptoms for Long Periods Following Combat

By Rudi Williams  
American Forces Press Service

WASHINGTON, May 7, 2003 - Mental health experts don't know what combat stress reactions to expect from service members returning from the war in Iraq. And it's not just stress reactions from actual combat, according to Army Dr. (Lt. Col.) Elspeth Cameron Ritchie.

Some could be disturbed or demoralized by stressors from the consequences of combat, such as handling remains of civilians, enemy soldiers or U.S. and allied personnel. Or they could come from dealing with POWs, witnessing homes and villages destroyed by bombing or a number of other battlefield stressors.

"Combat stress reactions, which are psychological reactions to fierce combat or operations other than war, are both physical and psychological," said Ritchie, program director, DoD mental health policy and women's issues for the Office of the Assistant Secretary of Defense for Health Affairs. "Physical reactions are things like your hands sweating and trembling and your heart racing, or a need to go to the bathroom a lot."

The psychological reactions include things like anxiety, hypervigilance (unease and apprehension), difficulty concentrating, or sleeping, irritability and sadness. Ritchie emphasized that combat stress reactions are normal reactions to abnormally stressful or traumatic situations.

However, Ritchie, a psychiatrist, said, "If these reactions go on for long periods of time or get in the way of job performance, it's important to get treatment."

She said soldiers and Marines can recognize in themselves or their buddies the anxiety and irritability that combat stress reactions can cause. "When things get in the way of functioning,

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**BODY BY HOOAH**  
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**Health Risk  
Communication:**  
[http://chppm-  
www.apgea.army.mil/risk/](http://chppm-<br/>www.apgea.army.mil/risk/)



**MIND MATTERS**  
GI's Who Suffer Psychological  
Symptoms for Long Periods  
Following Combat



## MIND MATTERS

GIs Who Suffer Psychological Symptoms for Long Periods Following Combat

Visit the  
**HOOAH 4 HEALTH**  
Media Center:



Want to see  
archived issues of the  
**HOOAH 4 HEALTH**  
Newsletter?



### **(GIs Who Suffer Psychological Symptoms for Long Periods Following Combat – Continued from page 3)**

that's when a little more help is needed," Ritchie noted.

Some people returning from Operation Iraqi Freedom may not want to talk about what happened for a while, she pointed out. "But if you notice that one of your loved ones is having difficulty,

maybe they're losing their temper a lot, or they are sort of detached and doesn't seem to relate, you should encourage them to seek mental health help," she said.

Even though the extent of psychological reactions service members might have from Iraq is unknown, Ritchie said, "What we may see is people who are repeatedly seeing the images of battle.

She pointed out that there's a lot of overlap between combat stress and the stress of everyday activity. "What differentiates combat stress is usually the intensity of what has happened," the doctor noted. "Sometimes you'll have repeated memories and intrusive thoughts focusing on what happened."

Long-term reactions to combat stress could lead to post traumatic stress disorder, she noted. "By definition, PTSD is supposed to happen a month or more after the event," Ritchie said. "There can be some similarities in the symptoms of combat stress and PTSD - nightmares, insomnia, anxiety, numbness, hypervigilance and intrusive thoughts."

Some service members may only have some symptoms of PTSD and by difficulty functioning. Some people maybe troubled by an occasional nightmare, which isn't classified as PTSD.

"But other folks might feel that they're so scared that they can't get to work," she said. "That is a problem and we want them to seek treatment."

However, she said some of these reactions are common; therefore, she doesn't advocate necessarily seeking treatment immediately. "However, if the symptoms keep going on, such as nightmares night after night, they should seek help," Ritchie said.

Some healthcare providers and family members make the common mistake of encouraging people to talk about everything that happened before the patient is ready to talk, Ritchie noted. "I wouldn't push the returning soldier or Marine to talk about what happened right away," she said. "But I would be there for him or her when he or she is ready to talk."

There's also concern about service member's reactions to changed family situations. Those returning from the battlefield often envision everything at home is going to be perfect, like a flawless honeymoon. But often things are a little bit different, Ritchie said.



Service members who experience combat stress reactions for long periods of time should seek treatment, according to Army Dr. (Lt. Col.) Elspeth Cameron Ritchie, program director, DoD mental health policy and women's issues for the Office of the Assistant Secretary of Defense for Health Affairs.  
*Photo by Rudi Williams*

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**(GIs Who Suffer Psychological Symptoms for Long Periods Following Combat – Continued from page 4)**

She said, "The kids may have grown. They may not respect authority in the same way. The spouse may have more independence. He or she may have needed to make some decisions that the soldier or Marine weren't part of. So often there is some friction when the soldier or Marine gets home. "Families should expect a little bit of friction so it doesn't spook them," she emphasized. "So they don't think, 'Oh, no! My marriage is coming apart!' It's part of the reintegration process."

Modern day transportation plays a major role in creating the problem, she noted. "In World War I and World War II and Korea, people came home by ship that took two or three weeks," Ritchie said. "They had a chance to get rested and talk to their unit about what had happened and prepare to reintegrate with the family."

"Nowadays, people have been on the battlefield one day and maybe at home or the shopping mall in a day or two. That reintegration is just a little bit too fast. In some cases, it could be jarring."

Article Source: [http://www.defenselink.mil/news/May2003/n05072003\\_200305071.html](http://www.defenselink.mil/news/May2003/n05072003_200305071.html)

Sources for TRICARE Assistance/Information:

DOD Worldwide TRICARE Information Center (Toll-Free) 1-888-363-5433 or 1-877-363-6337.

Operating Hours: 0900-1900 Mon-Fri, 1100-1630 Sat (EST)

E-Mail: [mailto:TRICARE\\_Help@amedd.army.mil](mailto:TRICARE_Help@amedd.army.mil) or <mailto:QUESTIONS@tma.osd.mil>

## Iraqi War Dog Gets to Retire with SF Handler

by Staff Sgt. Marcia Triggs

WASHINGTON (Army News Service, May 20, 2003) -- An Iraqi-born German shepherd, who put his life on the line to guard U.S. Special Forces, escaped euthanasia and will soon travel to the United States to retire.



Fluffy is an Iraqi-born German shepherd, who guarded Special Forces while they served in Iraq. Eventually, he will travel to the states to retire as a military working dog. (Courtesy photo)

Sgt. 1st Class Russell Joyce, the Special Forces soldier from Fort Bragg, N.C., nursed the malnourished and abused dog from northern Iraq back to health and trained him. The dog guarded Special Forces soldiers who accomplished missions like taking control of Maqlub mountain, and removing the last of Mosul's defenses.

Upon arriving back to Fort Bragg, Joyce frantically sent out two e-mails to friends and family asking for help to get the faithful guard dog, Fluffy, shipped to the United States.

Those e-mails somehow traveled through cyberspace and reached numerous war dog associations and members of congress, who are lobbying to get Fluffy a ticket to the States.

An Air Force Squadron at Kirkuk Air Base, Iraq, is currently taking care of Fluffy. However, as soon as the Department of Agriculture and the Office of the Secretary of Defense approves Fluffy's flight, he will begin his journey to the states, officials said. Approval is practically guaranteed as

agencies from the Department of Defense, Army, Air Force and the consultant to the Army surgeon general for Veterinary Clinical Medicine scurry to expedite Fluffy's retirement.

Fluffy's fate was first in question May 11. He wasn't allowed to board the homeward-bound

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### MIND MATTERS

GIs Who Suffer Psychological Symptoms for Long Periods Following Combat

### "Ready to Roll?"

[www.deploymentlink.mil/](http://www.deploymentlink.mil/)



### SPIRIT

Iraqi War Dog Gets to Retire with SF Handler

Homeland Security Public Preparedness Information

[www.ready.gov](http://www.ready.gov)



### SPIRIT

Iraqi War Dog Gets to Retire  
with SF Handler

View educational  
videos in the  
HOOAH 4 HEALTH  
Media Center:



### ***(Iraqi War Dog Gets to Retire with SF Handler - Continued from page 5)***

plane with the Special Forces soldiers.

"We purchased him from the Kurds to perform military operations, but the officer in charge of loading said that since he didn't originate in the States, and wasn't on order, he was not authorized to travel to the U.S.," Joyce said.

"Myself, and other people on my team, tried to explain that an Army veterinarian said Fluffy was fit for travel, and that I had the proper paperwork to prove it."

Joyce left Fluffy with an Air Force K-9 unit, but he was told that the unit could only hold onto the Shepherd for 72 hours.

"As his handler, I grew attached to him, but the reason I really wanted to see him in the States was because he supported us the whole time we were in Iraq," Joyce said.

"He walked guard with every American soldier in our compound, all night long. He chased stray dogs away. He never ran at the sound of bullets, and we were safe because he was there," Joyce said. "He was a deterrer, and that's an immeasurable success."

Fluffy joined Joyce's team with visible scars on his head and legs, weighing about 31 pounds and missing his front two bottom teeth. The full-breed shepherd spent his first night with the Special Forces so scared that he didn't move, Joyce said.

The soldiers only had two weeks to prepare Fluffy for duty, but he impressed the team by catching onto the commands very quickly and warming up to his new owners. He was trained to guard and be a pursuit dog. Upon release from his handler, he could chase and bring down a perpetrator.

"There's no dog food in Iraq," Joyce said. "So we all shared our food with him, and fed him out of the palm of our hands. He was never aggressive toward us, and his first name, Tariq Aziz, was not befitting of his character."

Tariq Aziz is the name of Saddam Hussein's foreign minister and is the eight of spades in the Iraqi leaders most wanted deck of cards. Aziz was the longest serving member of Hussein's regime but was captured April 25.

"I wanted a name for him that wasn't too macho, and didn't have so many syllables," Joyce said. "The first thing that came to mind was Fluffy, and eventually everyone started calling him by that name."

Fluffy traveled from the most northern part of Iraq, to the south, past the front lines, onto the edge of Mosul guarding his team members wherever they laid their heads.

The reason Fluffy will be allowed to travel to the United States is not based on a sympathetic military that feels for a soldier who was at risk of losing his dog. A U.S. military working dog about to be euthanized at the end of his useful life may be adopted by his former handler according to a law established by Congress Nov. 6, 2000, said Air Force Col. Fred Pribble, the special assistant for International and Security Affairs.

Not only are Joyce and his family anxiously awaiting the arrival of Fluffy, but also are veteran dog handlers who remember having to leave their four-legged comrades behind.

"I spend all night answering e-mails and phone calls from veterans who have fought in past wars," Joyce said.

"Bringing Fluffy to the States isn't about me," Joyce said. "It's about the men who weep on the phone while they talk about the relationship they had with the dogs who served with them in war."

Courtesy Army LINK News:

<http://www.dtic.mil/armylink/news/May2003/a20030520fluffy.html>



# Safe Summer Grilling

Ah, summer...longer days and more time to enjoy outdoor cookouts and grilling. While these activities bring us closer to family and friends, according to the U.S. Department of Agriculture (USDA) it is important to keep a few simple tips in mind to help prevent food borne illness and accidental fires. Because the USDA houses both the Food Safety & Inspection Service (FSIS) and the Forest Service it is uniquely qualified to offer tips that address both risks, and both agencies provide basic safety tips, public service announcements, a toll-free 800 number, and internet resources.



FSIS inspects meat and poultry and operates the Meat and Poultry Hotline, an important source of food safety and quality information. As part of its consumer education program, FSIS provides consumers with information on how to serve food safely. Statistics show that food borne illness cases rise during the summer because bacteria grow faster at warm temperatures. And, while most consumers think they follow good food safety practices, many do not use a food thermometer to test meat and poultry for doneness.

“Using a food thermometer is the only way to tell if food has reached a high enough temperature to destroy harmful bacteria,” said Dr. Elsa A. Murano, under secretary for food safety. “Food thermometers are quick, easy to use and widely available.”

FSIS advises consumers that a food thermometer is only effective when placed in the proper location in the food. In general, the food thermometer should be placed in the thickest part of the food, away from bone, fat or gristle. When measuring the temperature of a thin food, such as a hamburger patty, pork chop or chicken breast, a food thermometer should be inserted in the side of the food so that the entire sensing area (usually 2-3 inches) is positioned through the center of the food.

The Forest Service, the home of Smokey Bear, includes the largest wild land firefighting force in the country and works extensively on fire prevention, including the FireWise program which provides information on wildfire protection for homeowners and communities in fire-prone areas. Statistics show that campfires are the leading cause of human-caused fires on national forests. Often a simple cookout or unattended fire results in a wildfire that threatens the forest and the community. A significant way for people to help decrease human-caused wildfires is to build and extinguish campfires properly, including choosing the right location for a campfire, keeping the fire small and never unattended, and making sure all embers, coals and sticks are wet and out.



“While the National Fire Plan is helping us coordinate efforts for federal and state lands, we also need communities to be aware of the severe wild land fire threat and to exercise caution with outdoor cookouts and grills.”

- **Never use a grill indoors. Use the grill at least 10 feet away from your house or any building. Do not use the grill in a garage, breezeway, carport or porch or under any surface that can catch fire.**
- **Keep children well away from the grilling area and make sure that an operable, functioning fire extinguisher is close at hand. Have a fire safety plan...don't wait until an accident occurs to determine how to put out a fire.**
- **Be sure the grill is on a level surface and well away from landscaping and hanging tree branches.**

*(Continued on page 8)*



## ENVIRONMENT Safe Summer Grilling



### Pasta Salad

Makes 4 servings;  
1 serving is about a cup

**Per serving:**  
 Calories .....135  
 Fat .....2 grams  
 Cholesterol .....0  
 Sodium .....145  
 milligrams

- Elbow macaroni, uncooked .....3/4 cup
- Frozen mixed vegetables .....10-ounce package
- Green pepper, chopped .....1/3 medium
- Onion, chopped .....1/4 cup
- Low fat Italian dressing .....1/4 cup

1. Cook macaroni and frozen vegetables according to package directions. Leave out the salt. Drain.
2. Add the green pepper, onion, and low fat Italian dressing. Mixing all ingredients
3. Chill well.

United States  
Department of Agriculture

PREPARED BY Human Nutrition  
Information Service

Home and Garden Bulletin  
Number 250



ENVIRONMENT  
Safe Summer Grilling

**(Safe Summer Grilling - Continued from page 7)**

- **With gas grills, check hoses for cracking, brittleness, holes and leaks. Make sure there are no sharp bends in the hose or tubing. Always store the gas cylinder outside and away from the house.**
- **With charcoal grills, only use starter fluids designed for that purpose. Never use gasoline and never add more liquid fuel after the fire has started or you could have a flash fire. Chimney starters can provide a safe, efficient method for starting charcoals without starter fluid.**
- **Be sure the fire is out when you are finished. For gas grills, turn off the control valves and the tank valve. Let the grill cool completely before you cover it. With a charcoal grill, replace the lid and close all vents. If you are going to dispose of the coals, be sure to soak them with water first or wait at least 48 hours.**
- **For protection while grilling, wear a heavy apron and an oven mitt that fits over your forearm. And don't forget that grills remain hot long after you have finished barbecuing.**

The information in this article is excerpted from  
<http://www.fsis.usda.gov/OA/pubs/factsbarbecue.htm>.

Consumers with questions on safe food handling can call the USDA Meat and Poultry Hotline at 1-800-535-4555. The hotline's hours are Monday through Friday, from 10 a.m. to 4 p.m., Eastern Time, year-round. An extensive selection of timely food safety messages is also available at the same number 24 hours a day. Information can also be accessed on the USDA web site at <http://www.fsis.usda.gov/>. E-mail inquiries may be directed to [MPHotline.fsis@usda.gov](mailto:MPHotline.fsis@usda.gov).

For more information on fire prevention and safety, visit <http://www.smokeybear.com/> or the interactive FireWise website at <http://www.firewise.org/>. Also check with your local land management agency for any current fire restrictions.

**The United States Army  
Celebrates its 228th  
Birthday!**



## Summer Extra : Family Support FAQs

We have received many inquiries from family members of deployed soldiers. Our thoughts and well wishes go out to all of you as we hope for the safe return of those deployed. Please understand that, for security reasons, we cannot provide specific information about deployed soldiers. The family support resources posted on the H4H web site may be able to assist you. Keep in mind that your loved one may simply be too busy to correspond with you at this time. The security, safety, and well-being of the troops are of the utmost importance during these trying times. We hope you find the listed resources to be helpful.



### **How do I find out where my deployed relative is?**

There are several ways you can obtain information about your deployed relative.

- To find a relative who is a reservist, contact the family liaison person available at your loved one's reserve center.
- Visit the [Army Family Liaison Office](#) web site, which assists the families of active, reserve, and guard soldiers, to obtain information.
- Call the Family Assistance Hotline at 1-800-833-6622.

**For more information see:**  
[Army Activates Family Assistance Hotline](#)

**To view this article online, visit:**  
<http://www.hooah4health.com/environment/deployment/familymatters/faqs.htm>



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Your Address Line 3  
Your Address Line 4

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Fax: 555-555-5555  
Email: email@h4hnewsletter.org

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## What is HOOAH 4 HEALTH?

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 44 million hits have been recorded. The users of [www.hooah4health.com](http://www.hooah4health.com) include not only Reserve Component citizen-soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army web site originate from around the world. The vision and implementation of the Army Well-Being Strategic Plan is captured throughout the modules on the site. Body, mind, spirit, environment, prevention, change, family and lifestyle are the primary wellness topics contained in a user-friendly environment.

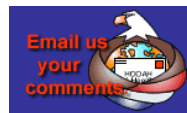
This is the fifth issue of the HOOAH 4 HEALTH newsletter. It has been developed and designed so any user can customize it to enhance or augment their DOD health promotion or prevention program. Just insert a tailored organization logo at the top left-hand corner. The editors invite you to visit the H4H web site ([www.hooah4health.com](http://www.hooah4health.com)) regularly and use the quarterly newsletter. A message board is available on the site. All comments and contributions are welcomed. HOOAH!

## SOLDIERS...BEFORE YOU REGISTER for the HOOAH CHALLENGE:

**Although the H4H Challenge correspondence course materials are located on the H4H web site, the following procedures must be used to register and enroll in the Army Correspondence Course Program:**

- Go to web site: <http://www.atsc.army.mil/accp/aipdnew.asp>
- Scroll down to the button that says "Click Here to Begin".
- Click YES to any security pop-ups.
- Register.
- Complete the logon screen by assigning yourself a User ID and Password.
- Select the ENROLL button.
- You will be enrolling in a SUBCOURSE not a course.
- It will ask the number, i.e. IS0831.
- Input required information.
- Scroll down and check the disclaimer.
- Then Submit.
- Then return to [www.h4hchallenge.com](http://www.h4hchallenge.com) to begin the course. You will need to register there for access to the course materials and mini quizzes.

**If you have any questions, comments, or suggestions email us at:**  
[h4hnewsletter@visiontracks.com](mailto:h4hnewsletter@visiontracks.com)



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