



Volume 2 Issue 1
Fall 2002

Special points of interest:

- **The Time is NOW—Necessities of Well-Being**
- **So Easy to Forget...**
- **HOOAH Humor**
- **Tips for Returning Military Members and Spouses**
- **Reserve Component Personnel Need to Know About Medical Benefits**
- **About HOOAH 4 HEALTH**
- **Editors' Message Board**



BODY BY HOOAH

The Time is NOW—Necessities of Well-Being

Inside this issue:

- BODY** 1
- MIND** 2
- HOOAH Humor** 2
- SPIRIT** 3
- ENVIRONMENT** 4
- About HOOAH 4 HEALTH** 5
- Editors' Message Board** 5

HOOAH 4 HEALTH NEWSLETTER



Army readiness is inextricably linked to the Well-Being of our People. Our success depends on the whole team -- Soldiers, civilians, families -- All of whom serve the Nation. Strategic responsiveness requires that our support structures provide soldiers and families the resources to be self-reliant both when the force is deployed and when it is at home. When we deploy, Soldiers will know that their families are safe, housed, and have access to medical care, community services, and educational opportunities. We have a covenant with our Soldiers and families, and we will keep faith with them.

General Eric K. Shinseki, Chief of Staff of the Army--June 22, 1999

The Time is NOW—Necessities of Well-Being

HOOAH 4 HEALTH has marched hand-in hand with the Army Well-Being mission since H4H was conceived in Fall 1998. This momentum has steamrolled into the 21st Century as the Army spearheads a holistic, total well-being program for all serving soldiers (active and reserve), retired soldiers, veterans, civilians, and Army families. These common goals make HOOAH 4 HEALTH a timely, web-based health and wellness vehicle for the Army and the entire DOD community. Recognizing the importance and applicability of a Necessities of Well-Being (NOW) movement is critical to readiness, deployment, and total quality of life.

The Army defines the Well-Being mission as “the personal-physical, material, mental and spiritual state of soldiers, civilians, and their families that contributes to their preparedness to perform The Army’s mission.” “Mission objectives strive to improve and sustain the institutional strength of The Army through a comprehensive strategy that integrates well-being initiatives, programs, and resources to meet the well-being needs of The Army.”¹ An operational focus links Army Well-Being initiatives to four key institutional outcomes: performance, readiness, retention, and recruiting. Well-Being is the human dimension of Army Transformation. As The Army changes, the needs of soldiers, civilians, and families also change. The commitment to Well-Being represents a resolute commitment to prepare NOW to meet current and future needs.

As with HOOAH 4 HEALTH, each individual must participate and accept responsibility for well-being. The need to live, connect, and grow are the core elements of the Army’s Well-Being framework, but each individual must commit to developing a value-based foundation for service. “This framework recognizes that not all individual needs should, or can be met by The Army.”¹

The Army vision begins, and ends, with people. Join HOOAH 4 HEALTH in embracing the Necessities of Well-Being at www.hooah4health.com and for links to The Army Well-Being Campaign. The direct link to this Army mission, Well-Being labs, and downloadable documents is, <http://www.odcsper.army.mil/>.

¹ Army Well-Being Brochure. ODCSPER. Fall 2002.



MIND MATTERS

So Easy to Forget...

<http://tservcsc.bizhosting.com/>

Tri-Service Combat Stress Conference

This website provides information about the 11th Annual Tri-Service Combat Stress Conference 2 May through 8 May 2003 at the San Luis Rey Officers Club, Camp Pendleton, CA. presented by the U.S Army 63rd Regional Support Command. The annual conference is sponsored by the Association of Military Surgeons of the United States (AMSUS).

<http://www.hooah4health.com/mind/bfatigue.htm>

HOOAH HUMOR

"The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends."
- *Anonymous*

November is Great American Smokeout Month!

For more information on smoking cessation visit:

<http://www.hooah4health.com/4change/default.htm>

So Easy to Forget . . .

Could it be possible that a faulty memory is responsible for people's inability to accurately track what's causing the fattening of America? Researchers at the U.S. Department of Agriculture's Human Research Nutrition group have discovered that when asked to recall food consumed during a twenty-four hour period, some of those surveyed tend to remember most of the types of food they ate; but not how much. For instance, was that piece of birthday cake consumed last week a slab, a slice, or a sliver? Was that soda consumed at lunch a small cup, a glass, or a super-tub? Did that breakfast bagel fit comfortably in the palm of the hand, or did it resemble Mt. Everest?

"According to the last USDA nationwide food consumption survey, conducted from 1994 to 1996, Americans of all ages averaged about 2,000 calories a day."¹ Researchers concluded that some Americans are eating more than they report.

Linda E. Cleveland and Linda A. Ingwersen of the **ARS'** Food Surveys Research Group have developed new tools to be used during food consumption interviews in 2002 that may better capture forgotten and underestimated calories. The **Food Model Book** uses high-tech graphics to trigger more accurate food portion images and prompt total recall in those surveyed. It is estimated that half the consumption of beverages and one-third of sweets may be buried in the subconscious, and are never recorded. These new tools will be used to more accurately record information and assist government agencies in planning food assistance programs and nutritional education programs. They could also bridge super-sized memory gaps that prevent us from remembering what normal, healthy portions really are.



¹
This item briefly summarizes an article written by Judy McBride, Agricultural Research Service Information Staff in the March 2001 issue of **Agricultural Research magazine**. More information about the survey and the Human Nutrition, ARS National Program may be found at <http://www.nps.ars.usda.gov/>.

The entire article can be found by clicking the link below:
<http://www.ars.usda.gov/is/AR/archive/mar01/slab0301.htm>



From the H4H Mailbag

(Used with permission from KCelticWarrior, Kelly B. Lynn)

Sent: Monday, September 23, 2002 10:47 AM
To: administrator@hooah4health.com
Subject: Where were you guys?

Hi:

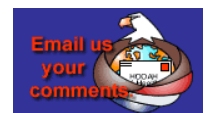
As a former member of the Army National Guard, I had to write and tell you what a fantastic (web) site you have developed. My only question is, where were you all when I went through Basic Training in 1987? What I wouldn't have done to have a site like yours back then. (It) would have made Basic a lot easier. I would have had all of this great information available and not gone in cold.

Hopefully the Army's recruiters are using this site and encouraging the potential soldiers to use it and follow the advice. Great information you all have and keep up the good work.

Drive on!

Kelly B. Lynn

Do you have a comment/critique for us? If so, email h4hnewsletter@visiontracks.com



Tips for Returning Military Members: Coming Home From Deployment

Tips for Military Members:

1. **Plan on spending** some time with the entire family doing family things, but be flexible if teens have other plans.
2. **Show interest** and pleasure in how your family members have grown and mastered new skills in your absence and let them know you are proud of them. Comment on positive changes.
3. **Expect it will take a little time to become reacquainted with your spouse.** Be sure to tell your spouse just how much you care about him/her.
4. **Resist the temptation to criticize.** Remember that your spouse has been doing her or his best to run the household single-handedly and care for the children while you were gone.
5. **Take time to understand how your family may have changed** during the separation. Go easy on child discipline--get to know what new rules your spouse may have set before you jump into enforcing the household rules.
6. **Don't be surprised if some family members are a bit resentful of your deployment.** Others often think of the deployment as more fun and exciting than staying at home-- even if you know otherwise.
7. **Infants and small children may be shy or even fearful around you at first.** Be patient and give them time to become reacquainted.
8. **Resist the temptation to go on a spending spree to celebrate your return.** The extra money saved during deployment may be needed later for unexpected household expenses.
9. **Most importantly, make time to talk with your loved ones.** Your spouse and each child need individual time and attention from you. Remember, focus on the positives and avoid criticism.

To view tips for spouses, visit http://www.h4hnewsletter.org/oct_docs/tips.pdf.
 For more information on military family, go to the National Military Family Association website: <http://www.nmfa.org/>



Crunchy Pumpkin Pie

This pie uses only a small amount of oil in the crust and skim milk in the filling to make it heart healthy.

FOR THE PIE CRUST: ★ 1 C quick cooking oats ★ 1/4 C whole wheat flour ★ 1/4 C ground almonds ★ 2 Tbsp brown sugar ★ 1/4 tsp salt ★ 3 Tbsp vegetable oil ★ 1 Tbsp water	FOR THE PIE FILLING: ★ 1/4 C packed brown sugar ★ 1/2 tsp ground cinnamon ★ 1/4 tsp ground nutmeg ★ 1/4 tsp salt ★ 1 egg, beaten ★ 4 tsp vanilla ★ 1 C canned pumpkin ★ 2/3 C evaporated skim milk	Yield: 9 Servings Serving Size: 1/9 of a 9-inch pie Each serving provides: Calories: 177 Total Fat: 8 g Saturated Fat: 1 g Cholesterol: 24 mg Sodium: 153 mg
--	---	---

1. Preheat oven to 425°F.
2. Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
3. Blend oil and water together in measuring cup with fork or small wire whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into 9-inch pie pan and bake for 8-10 minutes or until light brown.
6. Turn oven to 350°F.
7. Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
8. Add eggs and vanilla and mix to blend ingredients.
9. Add pumpkin and milk and stir to combine.
10. Pour into prepared pie shells.
11. Bake 45 minutes at 350°F or until knife inserted near center comes out clean.

This is a [Young at Heart Recipe](#) provided by the National Heart, Lung and Blood Institute of the NIH.



SPIRIT
 Tips for Returning Military Members and Spouses

Communication will help to:

- Reestablish intimate and sexual relations
- Will help to bring you closer together
- Will help with accepting change

Remember – Go slowly – don't try to make up for lost time. Spend quality time with each child. Accept that your partner may be different. Intimate relationships may be awkward at first. Take time to get reacquainted. Forget your fantasies.





Environment

Reserve Component Personnel Need to Know about Medical Benefits



<http://www.tricare.osd.mil/>



www.2xcitizen.usar.army.mil/



<http://www.arng.army.mil/>

Featured H4H web site partners.

"We Need Your Input!"

Visit the H4H web site on Veteran's Day and complete a simple pop-up survey to help us better serve you. The survey will be posted for sixty days and will provide us with information to develop the content and links you need to tailor your individual health and wellness program. Thank you for taking the time to participate!

<http://www.hooah4health.com/>

Reserve Component Personnel Need to Know About Medical Benefits

Excerpted from an article

By Rudi Williams

American Forces Press Service

WASHINGTON, Sept. 13, 2002 - When some reservists and guardsmen who are sick, injured and suffering from some disease return from deployments or training, they don't know which way to turn for medical care.

That disturbs Kathleen Woody, director of DoD Reserve Affairs' Reserve Medical Readiness and Programs. Because, she said, not knowing what their benefits are can be a big problem for reserve component personnel. Woody spoke at the seminar entitled "Post-Deployment Care Risk Communication and Terrorism: New Clinical Approaches."

Active duty service members have access to military treatment facilities, whereas healthcare providers for reserve component personnel are in the civilian community. Therefore, reservists' exposure to military healthcare is limited, Woody pointed out.

A critical information pipeline is needed to ensure that Reserve Component personnel are educated about their medical benefits before and after they're deployed, she said. "In their post-deployment, they may not be sensitive to the fact that whatever symptoms they're manifesting might be related to deployment," said Woody, an Air Force Reserve colonel who has served as a critical care nurse and nurse educator in civilian life.

She said someone in the medical field might make the connection, but a mechanic out on the flight line may not associate their problem with their active duty service. "Hopefully their civilian physician will," said the Operation Desert Storm veteran. "However, they may not because the civilian community doesn't have the same access or understanding of military medicine as the military physicians do."

More important than anything in risk communications is the need to communicate the risk of post-deployment, immunizations, medications and medical procedures for reserve component personnel, Woody said.

"We need to drill it down, not just to the commanders and down to the troops, but we need to reach out to the communities and civilian medical providers," Woody pointed out. "The whole gist is to get the information out to people who need to be sensitive to reserve members in the areas they're deploying to. And, we need to ensure that reservists know what their benefits are."

Following deployment, once released from active duty, Reserve Component personnel are only entitled to military medical or dental care for any injury, illness or disease incurred or aggravated in the line of duty. That includes travel to and from military duties. But they must be tested to ensure the injury, illness or disease happened while they were on active duty, the Colonel noted.

"But, for example, if you feel that your illness is related to your deployment, you can ask for evaluation and treatment of that medical condition. You don't have to be in an active duty status to do that," Woody explained. "Often the reserve member doesn't know that. And it's very important for commanders to know the process and pass the information on to their troops."

This story may be viewed in its entirety at:

http://www.defenselink.mil/news/Sep2002/n09132002_200209134.html

HOOAH 4 HEALTH resources regarding Reserve Component Medical Benefits are available at:

<http://www.hooah4health.com/4You/New42002/tricare.shtm>





Organization Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555

Email: email@h4newsletter.org

PRODUCTION STAFF

Ann Stark,
Managing Editor

Visiontracks, Inc.,
*Multimedia Design, and
Technical Production*

Cybervillage Networkers,
Technical Consultants

WEB:
www.hooah4health.com



**ARE YOU READY TO ACCEPT THE
HOOAH CHALLENGE?**
www.hooah4health.com



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 18.5 million hits have been recorded. The users of 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) regularly and use the quarterly newsletter. A message board is available on the site. All comments and contributions are welcomed. HOOAH!

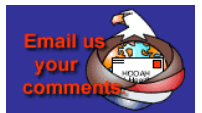
SOLDIERS...BEFORE YOU REGISTER for the HOOAH CHALLENGE:

Although the H4H Challenge correspondence course can be accessed through the H4H web site, you must register through the Reimer Digital Library (RDL) and take the comprehensive exam through that portal to receive retirement point credit. The course number is IS0831, and you can access the RDL at www.adtdl.army.mil.

Once at RDL, select Documents, and then use the scroll bar on the left side to select Correspondence Courses. You will then see a listing of all electronic courses/subcourses available. Look for course number, IS0831 to access the Welcome page and get enrollment and exam information and links to the distance learning web site.

If the student provides a good email address during enrollment, he/she will receive electronic notification of subcourse completion right away. The email notice is followed by a hard copy subcourse completion notice via first class mail within approximately 7 - 10 days after the completion date.

If you have any questions, comments, or suggestions email us at:
h4newsletter@visiontracks.com.



HOOAH 4 HEALTH SPECIAL ADVISORS* 2001-2002

Mrs. Liz Plewes, U.S. Army Reserve
Mrs. Barbara Schultz, US Army National Guard

EDITORIAL BOARD

COL Fred Gerber, Director, Health Care Operations, OTSG
COL (P) Deborah Wheeling, Chief, Clinical Services, US Army National Guard
LTC Donald Donahue, Medical Operations, Officer, OCAR
LTC Penny Replogle, Deputy Chief, Medical Affairs, OCAR
COL Christine H. Inouye, RC Force Protection Integrator, USA CHPPM

LTC Mary Sherman, RC Medical Policy for HQDA, G1
Ms. Judith Harris, BSN, MA, USA CHPPM

Mr. Phil Perkins, MS, MPH, Battelle
Mr. John McGowen, Health Affairs Consultant, US Army National Guard

*To view full bios on the special advisors and production staff, visit <http://www.h4newsletter.org/bios.html>.

Battelle
The Business of Innovation

