



Volume 2, Issue 5
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BODY BY HOOAH
National Cholesterol Education Month –
September 2003

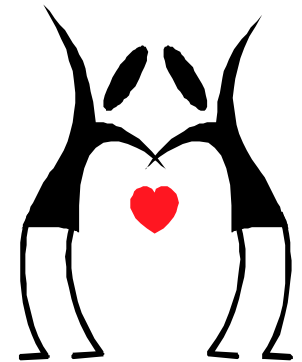
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HOOAH 4 HEALTH NEWSLETTER

National Cholesterol Education Month – September 2003

High blood cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. It is estimated that **105 million** American adults have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) and higher, which is above desirable levels. Of these, an estimated **42 million persons** have levels of 240 mg/dL or above, which is considered high risk. Lowering cholesterol levels reduces the incidence of heart disease and reduces deaths among individuals either with or without coronary heart disease. To increase awareness of the importance of monitoring cholesterol levels and taking steps to achieve or maintain healthy levels, the National Cholesterol Education Program (NCEP) sponsors National Cholesterol Education Month every September. The NCEP recommends that adults aged 20 years or older have their cholesterol checked once every 5 years. Cholesterol levels can be lowered through lifestyle changes such as dietary improvement, increased physical activity, weight control, drug therapy, or a combination of these².



Cholesterol Fact Sheet

Cholesterol is a waxy, fat-like substance found in your body and is needed for the body to function normally. Your body makes enough cholesterol for all of its needs. When there is too much cholesterol in your body—because of diet and the rate at which the cholesterol is processed—it is deposited in arteries, including those of the heart, which can lead to narrowing of the arteries and heart disease.

An estimated 102.3 million American adults have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) and higher, which is above desirable levels. Of these, 41.3 million have levels of 240 mg/dL or higher, which is considered high risk. (Statistics from CDC's National Center for Health Statistics as published by the American Heart Association, Heart and Stroke Statistical Update, 2002. Dallas, TX: AHA, 2001. <http://www.americanheart.org>).

Studies among people with heart disease have shown that lowering cholesterol can reduce the risk of dying from heart disease, having a nonfatal heart attack, or needing heart bypass surgery or angioplasty.

Studies among people without heart disease have shown that lowering cholesterol can reduce the risk for developing heart disease, including heart attacks and deaths related

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BODY BY HOOAH
National Cholesterol
Education Month –
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Check out the HOOAH 4
Health Calculators!
Coming soon...the H4H
Fitness and Nutrition
Diary:

[APFT calculator](#)

[Body Mass
Index calculator](#)

[Target Heart
Zone calculator](#)



September is 5 A Day
Month!

Resources available at
[http://www.cdc.gov/ncc
dphp/dnpa/5_a_day_mon
th_sept_2003.htm](http://www.cdc.gov/ncc
dphp/dnpa/5_a_day_mon
th_sept_2003.htm)!

(National Cholesterol Education Month – September 2003 - Continued from page 1)

to heart disease. This is true for those with high cholesterol levels **and** for those with average levels.

A lipoprotein profile can be done to measure several different kinds of cholesterol as well as triglycerides (another kind of fat found in the blood). Desirable or optimal levels for persons with or without existing heart disease are

Total cholesterol: Less than 200 mg/dL.

Low Density Lipoprotein (LDL) cholesterol ("bad" cholesterol): Less than 100 mg/dL.

High Density Lipoprotein (HDL) cholesterol ("good" cholesterol): 40 mg/dL or higher.

Triglycerides: Less than 150 mg/dL.

The National Cholesterol Education Program recommends that adults with normal cholesterol levels have their cholesterol levels checked at least every 5 years. This article may be viewed in its entirety at

http://www.cdc.gov/cvh/cholesterol_education_month.htm.

For More Information

The National Cholesterol Education Program Web site:

<http://www.nhlbi.nih.gov/about/ncep/index.htm>

For additional information about how cholesterol affects your health, please also see:

The National Heart, Lung and Blood Website:

<http://www.nhlbi.nih.gov/health/index.htm>

The American Heart Association Web site at

<http://www.americanheart.org/>

References

1. American Heart Association, Heart and Stroke Statistics-2003 Update. Available on the American Heart Association website at:
<http://www.americanheart.org/presenter.jhtml?identifier=1928>
2. Executive Summary of the Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (ATP III). Available on the National Heart, Lung and Blood Website at:
<http://www.nhlbi.nih.gov/guidelines/cholesterol/>

5 to 9 a Day Recipe - Frittata Primavera

<http://www.5aday.gov/index-recipe.shtml>



This is an easy any time meal that serves 2 and provides 1½ vegetable servings per person. Double or triple recipe to make a nutritious brunch entrée.

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(5 to 9 a Day Recipe - Frittata Primavera - Continued from page 2)

3 teaspoons olive oil
 ¼ cup chopped onion
 1 clove garlic, finely chopped
 ½ cup fresh asparagus pieces
 ½ cup canned or frozen artichoke hearts, chopped
 ½ cup sugar snap peas, strings pulled and cut in ½-inch pieces
 ¼ teaspoon dried basil
 salt and pepper to taste
 ¾ cup egg substitute or 3 eggs
 1 tablespoon plain low-fat yogurt
 1 tablespoon grated Parmesan cheese

Nutritional Analysis per serving:

126 calories
 3 g fat
 25% calories from fat
 1 g saturated fat
 7% calories from saturated fat
 11 g carbohydrates
 388 mg sodium
 2 g dietary fiber

1. Heat 1 teaspoon of the oil in a skillet and cook the onion 2 or 3 minutes or until soft. Add the garlic and cook 1 minute more. Stir in the asparagus, artichoke hearts, peas, basil, and pepper, and cook, stirring occasionally until tender but still slightly crisp, 3 to 5 minutes. Set aside.

2. Preheat the broiler. Beat the egg substitute or eggs with the yogurt and another pinch of pepper. Heat the remaining oil in a heavy bottom skillet. Pour in the egg mixture and cook until just set on the bottom but still wet on the top, 1 minute. Scatter the vegetables over the top and set in the oven to finish cooking, 2 minutes. Dust the top with the Parmesan cheese, cut into wedges and serve. This dish provides 1½ servings of vegetables per person.

New Web Site Provides Access to Information on Sleep and Sleep Disorders



Ever wonder why you sleep, or why you are not at your best when you don't get enough sleep? Biomedical researchers have only recently begun to understand how important sleep is to human health and functioning. Now, the latest, most accurate information on sleep and sleep disorders is available online.

The National Center on Sleep Disorders Research (NCSDR) of the National Heart, Lung, and Blood Institute (NHLBI) has unveiled a Web site to offer the public and health care professionals the most up-to-date science-based information on sleep and sleep disorders, as well as to provide the scientific community with information on sleep research and funding opportunities.

"Sleep research is advancing rapidly, and we want the medical community, as well as the public, to have timely access to the wealth of important, accurate information on sleep and sleep disorders that has been developed within the Federal government," said NHLBI Director Claude Lenfant, M.D. "We also want to encourage more research in this field," he added. The NCSDR is located within the NHLBI, which is a component of the National Institutes of Health.

Sleep-related problems affect millions of Americans, occur in all age groups, and have a

(Continued on page4)



MIND MATTERS
 New Web Site Provides Access to Information on Sleep and Sleep Disorders

Sleep Apnea Resource:
www.nhlbi.nih.gov/health/public/sleep/sleepapn.htm

Sleep Quiz:
http://www.nhlbiupport.com/sleep_scripts/tfsleepquiz.pl

Star Sleeper Program for Kids:
<http://www.nhlbi.nih.gov/health/public/sleep/starslp/index.htm>

Problem Sleepiness:
http://www.nhlbi.nih.gov/health/public/sleep/pslp_fs.htm



MIND MATTERS

New Web Site Provides Access to Information on Sleep and Sleep Disorders

Visit the
HOOAH 4 HEALTH
Media Center:



SPIRIT

General Peter J. Schoomaker -
35TH CHIEF OF STAFF OF THE
ARMY - Arrival Message

**Army Community
Service:**
[http://www.armycommunity
service.org](http://www.armycommunityservice.org)

(New Web Site Provides Access to Information on Sleep and Sleep Disorders – Continued from page 3)

major impact on society. They are common in teens, shift workers, and people over age 65. There are more than 70 different sleep disorders, and they often lead to or are associated with other health problems, lost worker productivity, and accidents, including approximately 56,000 automobile crashes each year.

"Every American needs to understand the importance of obtaining adequate sleep and the risks of excessive sleepiness," said NCSDR Director Dr. James Kiley. "Our new Web site provides information that will help the public and health care professionals recognize the signs of common sleep disorders and the need for professional treatment. It will also encourage communication about sleep within the medical and scientific communities and ultimately lead to more research on sleep and sleep disorders," he added.

For patients and the public, the new NCSDR Web site provides news and information about common sleep problems through a variety of fact sheets, an interactive quiz, public service announcements, and other radio programming. Information about other resources and an opportunity to register for updates are also available.

Healthcare professionals and researchers will be able to access the most up-to-date information on the diagnosis and treatment of sleep disorders, keep abreast of activities of the Sleep Disorders Research Advisory Board, search for up-to-date information on sleep-related grants and publications, and access NIH program staff and reports through the site.

Congress established the NCSDR in 1993 to coordinate the Federal government's sleep research efforts. Current research is focusing on such issues as a link between asthma and sleep; the genetics of sleep and sleep disorders, such as narcolepsy and sleep apnea; the effects of sleep disorders on the heart; sleep in space; the impact of sleep deprivation on immune function; and the dangers of drowsy driving.

To visit the new NCSDR Web site, go to www.nhlbi.nih.gov/about/ncsdr.

General Peter J. Schoomaker - 35TH CHIEF OF STAFF OF THE ARMY - Arrival Message

by General Peter J. Schoomaker

This afternoon I stood in the office of the Secretary of the Army and was sworn in as the 35th Chief of Staff of the Army. Thirty-four other distinguished leaders have preceded me -- well-known stewards of our Army. It is a great honor to walk in their footsteps.

Twenty-three years ago I stood in another place -- in the Iranian desert on a moonlit night at a place called Desert One. I keep a photo of the carnage that night to remind me that we should never confuse enthusiasm with capability. Eight of my comrades lost their lives. Those of us who survived knew grief ... we knew failure...but we committed ourselves to a different future.

There were some important things we did not know about the future that night. We did not recognize that this was a watershed event... that the military services would begin a great period of renewal that continues to this day. We did not know that we were at the start of an unprecedented movement to jointness in every aspect of our military culture, structure, and



General Peter J. Schoomaker
35th Chief of Staff of the Army

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(General Peter J. Schoomaker - 35TH CHIEF OF STAFF OF THE ARMY - Arrival Message - Continued from page 4)

operations... a movement that must continue. We also did not realize that we were in one of the opening engagements of this country's long struggle against terrorism... a struggle that would reach our homeland and become known as the Global War on Terror.

Today, our Nation is at war and we are a critical part of the joint team -- an Army at war. This is not a new war. Our enemies have been waging it for some time, and it will continue for the foreseeable future. As the President has stated, "This is a different kind of war against a different kind of enemy." It is a war we must win, a war for our very way of life.

War is both a physical reality and a state of mind. War is ambiguous, uncertain, and unfair. When we are at war, we must think and act differently. We become more flexible and more adaptable. We must anticipate the ultimate reality check – combat. We must win both the war and the peace. We must be prepared to question everything. What is best for the Nation? What must endure? What must change?



This war has demonstrated that our Soldiers, civilians, and families are up to the task. It has also provided new insights into the current operating environment. Can we sustain our high performance with our current methods of preparation? Can our Combat Training Centers better reflect the joint context in which we will fight? Are we organized for the long haul? We must answer these questions and more. We need to be mindful that the world has changed and it will never return to what we knew before. As my great friend, Dick Meadows, always said, "The Army ain't like it used to be...and it never was."

Sustained engagement of our Army will be the norm, not the exception. How do we man the Army in a way that provides cohesive, high performing units in this reality of continuous engagement?

Our recent combat operations reinforce the requirements for units and echelons that are flexible and tailorable. Can we balance our force structure and develop increased modularity so as to enhance our critical role in effective joint contingency operations while maintaining our campaign qualities?

We have already shown that we have innovative and adaptive leaders. But our enemies are adapting as well. Will our development programs continue to produce leaders who can meet this challenge?

Leadership and courage are easily recognized as prerequisites at the tactical level, but they are essential at the operational and strategic levels as well. Are we developing the George C. Marshalls for the new era?

The National Guard and Army Reserve are indispensable, full members of the team. Do we have the proper mix of both active and reserve units? Are we properly balanced? Is all of our structure readily accessible to meet the requirements of this and future wars?

As we transform the Army from the current force to the future force we must ask these questions and more. While some things will change, others will not.

The American Soldier remains indispensable. Our Soldiers are paramount and will remain the centerpiece of our thinking, our systems, and our combat formations. As General Creighton Abrams taught us, "People are not in the Army, they are the Army."

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SPIRIT

General Peter J. Schoomaker -
35TH CHIEF OF STAFF OF THE
ARMY - Arrival Message

"Ready to Roll?"
www.deploymentlink.mil/

**Want all of the latest
deployment health news?
Click here to view and sign
up for the Deployment
Health Newsletter,
distributed by the
Deployment Health
Clinical Center, Walter
Reed.**

<http://www.pdhealth.mil/>

**Homeland Security Public
Preparedness Information**

www.ready.gov

**SPIRIT**

General Peter J. Schoomaker -
35TH CHIEF OF STAFF OF THE
ARMY - Arrival Message

(General Peter J. Schoomaker - 35TH CHIEF OF STAFF OF THE ARMY - Arrival Message - Continued from page 5)

We are, have been, and will remain a values based institution. Our values will not change and they are non-negotiable. Our Soldiers are Warriors of character. They exemplify these values every day and are the epitome of our American spirit. They are the heart of the Army.

As long as the United States Army has existed we have transformed...and we always will. For four years under General Shinseki our Army has asked hard questions and made tough choices. We will continue to go where the answers to those questions take us. Our azimuth to the future is good. The Army must remain relevant and ready.

Our Army has much to be proud of. It is the preeminent land force in the world – and continues to be respected by our friends... and feared by our enemies. We set the standard. We were part of the joint team that defeated the Taliban in Afghanistan and took down a brutal regime in Iraq. Today we are deployed and conducting contingency operations at an unprecedented pace. Our Soldiers, civilians, and their families set the standard every day for selfless service.

The Army continues to serve our great Nation well and faithfully as it has in the past. For more than 228 years, the Army has never failed the American people, and it never will.

As an American Soldier, I have never left your ranks; but it is a great privilege to wear our uniform once again.

Schoomaker

View this article online:

http://www.hooah4health.com/new/2003newsflash/schoomaker_arrival.htm

Source: <http://www.army.mil/leaders/csa/messages/1aug03.htm> and DOD Press Release, <http://www.army.mil/leaders/CSA/messages/NewCSA.htm>

WEST NILE VIRUS: Are you at Risk?

By Erica Bamgbopa, Bureau of Medicine and Surgery Public Affairs

WASHINGTON (NNS) -- You are standing in the backyard, eating barbeque chicken, chatting with friends and family, having a good time. Meanwhile, a female *Culex pipiens* mosquito is looking for her next meal - blood. She needs the protein to produce several hundred eggs. She bites; you scratch your arm. A few days later, you have a fever, headache and body-aches; typical symptoms of the flu. You visit your doctor and the diagnosis is a mild form of West Nile Virus. Your doctor treats the symptoms, and a few days later, you feel as good as new.

Until preventive measures like vaccines are discovered, surveillance and common sense are the best course of action to avoid being bitten by infected mosquitoes. "We try to make everyone aware of the disease and where it exists," said Lt. Cmdr. Gary Tetreault, medical entomologist at the Naval Environmental Health Center, Portsmouth, Va.

Most people bitten by an infected mosquito never experience symptoms, according to the Center for Disease Control and Prevention (CDC). Twenty percent of those who do experience flu-like symptoms. In rare, severe cases, the disease can be life threatening with symptoms including high fever, stiff neck, disorientation, coma, tremors, convulsions, muscle weakness and paralysis. People over 50, and adults and children with weak immune systems are most at risk.



You can reduce the risk of being infected by following the guidelines in the Health Alert below.

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**ENVIRONMENT**

WEST NILE VIRUS:
Are you at Risk?

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



(WEST NILE VIRUS: Are you at Risk? - Continued from page 6)

In 1999, when the virus first appeared in the United States, there were 62 cases and seven deaths, according to CDC. In 2002, more than 4,100 people were infected and 284 died.

For more information about West Nile Virus, visit the CDC Web site at <http://www.cdc.gov>, or on the HOOAH 4 HEALTH web site at:

<http://hooah4health.com/environment/westnilevirus.htm>

WNV updates and health alerts are also posted at the U.S. Army Center for Health Promotion and Preventive Medicine web site at: <http://chppm-www.apgea.army.mil/westnilevirus/>

SOURCE: Navy Medicine Navy NewsStand at <http://www.news.navy.mil/local/mednews>

HOOAH Health Alert - Protect Against West Nile Virus

These health alert tips from the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) were released after three mosquito pools on Aberdeen Proving Ground, MD tested positive for West Nile Virus (WNV) on August 8, 2003. Personal protection and reduction of the number of mosquitoes are essential.

What is West Nile Virus

West Nile virus (WNV) is spread to people by infected mosquitoes.

WNV can cause serious or even fatal illness, especially in people older than 50.

Protect yourself

Limit your exposure to mosquitoes.

During the mosquito season (April through October) protect yourself. *If outside in the evening between dusk and dawn, when mosquitoes are most active:*

- **Cover up.** Wear long pants, long-sleeved shirts, and socks.
- **Use an insect repellent with DEET.** Insect repellents containing 5-24% DEET are the only products that are both effective and safe when used according to manufacturer's directions.

Protect your home and neighborhood

Get rid of standing water, where mosquitoes can breed.

- Empty garbage containers and lids, buckets, cans, flowerpots, pool covers, and other items where water collects.
- Remove discarded old tires. Tires are one of mosquitoes' favorite places to breed.
- Clean and chlorinate swimming pools. Empty and cover them if they're not in use.
- Turn over wading pools when not in use.
- Clean pet water bowls and birdbaths frequently.
- Make sure gutters are clear of debris so they can drain properly.
- Cover wells or other outdoor water storage.
- Cover trashcans.

Use screens. Put screens on windows and doors to keep mosquitoes out. Fix or replace broken screens.

Protect your community

Report dead birds and standing water. Dead birds may indicate WNV infection, and mosquitoes breed in standing water. Report both by calling (410) 278-3303 or (410) 278-1771/1825.

Help your neighbors. Remind or help neighbors to eliminate standing water from their property.

For additional information Visit the CHPPM website at <http://chppm-www.apgea.army.mil> and the Center for Disease Control website at

<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>



ENVIRONMENT
WEST NILE VIRUS:
Are you at Risk?

Hot HOOAH Resource!



Army One Source gives around the clock human touch

8/27/2003 - **Army Public Affairs**

ALEXANDRIA, Va. - Now you get questions answered about the Army 24 hours a day -- from a human, not a computer-generated voice.

It's reality, and it's called Army One Source.

It's a 24/7 toll free telephone number for information and referral service for soldiers, deployed civilians and their families, said Carla Cary, Family Advocacy Program specialist at the U.S. Army Community and Family Support Center.

The service was activated Aug. 15. It is fully operational for Army installations and U.S. Army Reserve components worldwide.

From the United States callers can dial (800) 464-8107. From outside the United States dial the appropriate access code to reach a U.S. number and then (800) 464-81077 -- all 11 digits must be dialed.

Hearing-impaired callers should use (800) 364-9188, and Spanish speakers can dial (888) 732-9020.



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**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 46 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 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 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 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



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