

# HEALTH PROMOTION PROGRAMS

## Appendix I

Updated 02/05/08 by Ms Jessica Dung, ISC Honolulu

The ISC Honolulu Health Promotion Manager (HPM), Ms. Jessica Dung, 808-842-2088, develops and manages the D14 AOR wellness program. Her mission is to educate and encourage all Coast Guard active duty members, their families, and civilian employees to improve their health and well-being through voluntary adoption of a healthy lifestyle.

The HPM provides guidelines for physical and mental fitness to improve quality of life and create positive energy so each person can lead a productive life both at work and at home. The HPM provides members of team Coast Guard with the following services.

**Physical Fitness** A series of videotapes may be checked out. The VHS format tapes have a wide variety of exercises / workouts ranging from beginner to advanced levels. Videos include slide, step, low-impact and high-impact. Physical fitness lectures and training can also be provided to groups or individuals.

**Tobacco Cessation** The videos and literature are available for short-term loan. This information is great for tobacco cessation lectures within a group and self-paced settings. Tobacco cessation lectures and training can also be provided to groups or individuals. A new program, provided by Coast Guard headquarters, is now available to all active duty, reserve, auxiliary and family members. Get individualized help when you need it through the Mayo Clinic Tobacco Quitline at 1-888-642-5566. Use the Mayo Clinic counseling services for individualized help, and if indicated by your counselor, receive a limited supply of tobacco cessation



medications (such as the patch, lozenge or gum) by mail.

**Stress Management** Videos and literature are available for short-term loan. Of particular interest is a self-paced personal stress assessment, the *Stress Map*. This tool will educate anyone interested in learning how to more effectively cope with stress. A list of resources for stress management is also available.

**Weight Management and Nutrition Counseling** Individuals may meet in private with the HPM or the Unit Health Promotion Coordinator (UHPC) to discuss changing eating habits for weight management. At group trainings, different strategies on how to manage weight by making healthy lifestyle changes will be discussed. Different techniques will be offered to help individuals manage their weight more efficiently. Videos and literature are available for short-term loan. A list of resources for weight management is also available.

**Personal Exercise Programs** Every person's physical stature, well-being, and fitness goals are unique. Differ-

ent health history backgrounds, fitness levels and fitness goals need individualized exercise programs. After completing a computerized *Personal Wellness Profile* questionnaire, a personal exercise program will be developed and tailored towards each individual. This service is available through the UHPC or HPM. The exercise program recommendations take approximately 1 hour.

### **Disease and Injury Risk Reduction**

The health-risk appraisal is important for early detection of disease or illness. Current research indicates that a preventative approach is the most effective way to make your life healthier and happier. After completing a computerized *Personal Wellness Profile* questionnaire, meeting with the UHPC or the HPM, discussing your family health history and current physical activity, a complete health-risk appraisal can be offered. The appraisal takes about 30 minutes.

### **Computerized Wellness Assessments**

The computerized *Personal Wellness Profile* provides individuals with a personalized wellness assessment. The wellness profile empowers an individual to make positive lifestyle changes so he or she can increase longevity and improve quality of life. The individual is put through a series of fitness tests, clinical tests, and wellness questions. All data is entered into a computer, and the printed results are returned. The wellness assessment takes approximately 1 hour for an individual. Group computerized wellness assessments are also available at your command's request. All assessments are strictly confidential

Purpose of a Wellness Assessment:

1. Reduce the risk of injury.
2. Detect potential for disease or illness early.
3. Determine a basic wellness level, your baseline.
4. Assist with recommending a basic wellness program.

**Prevention of Alcohol and Substance Abuse** Training for individuals and groups on preventing alcohol and substance abuse is also available. The UHPC, HPM, or a local alcohol and substance abuse prevention specialist (SAPS) will conduct the training.

Recent estimates indicate that approximately 34 million adults are considered obese. Even more dismaying, there has been an increase in body fat levels in children over the past 20 years. The earlier the onset of obesity, the more likely the person will remain obese throughout life.

In order of prevalence, the top four causes of death in the U.S today are heart disease, cancer, stroke (brain attack) and chronic lower respiratory disease (such as emphysema or lung cancer). According to the National Center for Health Statistics, 2005 report, 62.4% of all deaths and illnesses in the United States relate directly to unhealthy lifestyle behaviors. Tobacco use, improper nutrition (high fat / low fiber diet), lack of exercise, abuse of alcohol and other drugs and unmanaged stress are the most detrimental forms of behavior. People who make positive changes in their behaviors, proactively participate in their own health care and deliberately pursue a healthy lifestyle can radically reduce their risk.

Participating in the Health Promotion Program is voluntary for all family members. However, with the onset of the Commandant's new maximum allowable weight (MAW) program and the imminent revised physical fitness policy, adopting healthy life-

style behaviors become obligatory for those who do not comply with their MAW standards. Long-term efficacy requires individuals and their families make good health a life-long pursuit. The Work-Life Health Promotion Program is committed to the prevention of lifestyle diseases. Did you know that participating in the Health Promotion Program pays off? Every dollar per hour spent doing healthful activities will save you at least two dollars in medical costs.

Creating a healthy lifestyle will be a challenge. When you accept the challenge, you can expect the following benefits: increased energy, better stress management,

enhanced physical appearance, decreased risk of illness or injury, improved self-confidence, increased levels of emotional and physical well-being, and higher levels of internal motivation.

This healthier lifestyle will have a positive impact on your family, friends, coworkers and, most importantly, on you. Call the Health Promotion Manager today at (808) 842-2088 or (808) 842-2085. Remember, the Health Promotion Program is for all members of Team Coast Guard. Just do it!



**Figure 1: Battle of the Commands aboard ISC Honolulu**

# WELLNESS RESOURCES DIRECTORY

*(If calling from off island, unless indicated, precede all numbers with area code 808.)*

## FITNESS CENTERS

### OAHU (CIVILIAN)

Clark Hatch Fitness Center (Honolulu) .....536-7205  
 24-Hour Fitness  
 (Honolulu, Pearlridge, Mililani, Waikiki, Hawai'i Kai,  
 Downtown Honolulu, Windward) ..... 800-204-2400  
 Gold's Gym - Honolulu .....533-7111  
 Honolulu Club .....543-3900  
 Windward Fitness Inc.....263-0101  
 Spa Health and Fitness Center  
 (Punahou, Waimalu, Waipio) .....949-0026  
 The Oahu Club (Hawai'i Kai) .....395-3300  
 YMCA  
 (Central, Nuuanu, Windward, Mililani) .....531-3558  
 YWCA (Honolulu) .....538-7061

### OAHU (MILITARY)

Hickam Air Force Base Fitness Center .....448-2214  
 Aliamanu Military (AMR) Fitness Center.....836-0338  
 (Red Hill Crater)  
 Fort Shafter (Fort Shafter) .....438-1152  
 Schofield Barracks Family Fitness Center .....655-8007  
 Tripler Army Medical Center (Honolulu)  
 Information .....433-6661  
 Gym and Fitness Center .....433-6443  
 Wheeler Army Base .....656-1690  
 Coast Guard MWR/Gym (Sand Island).....842-2953  
 Marine Corp Semper Fit Fitness Center (Kaneohe) .....  
 .....254-7595  
 Camp Smith (Honolulu) .....477-5197  
 Ford Island (Pearl Harbor).....472-7583  
 Bloch Arena (Pearl Harbor).....473-0793  
 Subase Gym (Pearl Harbor).....473-2436  
 NCTAMS East PAC (Wahiawa) .....653-5542

### KAUAI (CIVILIAN)

Kauai Athletic Club (Lihue) .....245-5381

### MAUI (CIVILIAN)

Maui YMCA (Kahului) .....242-9007  
 Valley Island Fitness Center .....874-2844  
 (Kihei, Kahului, Lahaina)

## OTHER IMPORTANT NUMBERS

Aerobics and Fitness Association  
 of America (AFAA) ..... 800-446-2322  
 AIDS Information Hotline ..... 1-800-CDC-INFO

Alcoholic's Anonymous (Oahu)..... 946-1438  
 Alcohol Treatment Referral ..... 1-800-ALCOHOL  
 American Cancer Society ..... 1-800-227-2345  
 Oahu ..... 595-7500  
 Maui..... 244-5553  
 Kauai..... 246-0695  
 Hilo ..... 935-9763  
 American College of Sports  
 Medicine (ACSM) ..... 317-637-9200  
 American Council on Exercise (ACE).. 1-800-234-9229  
 American Diabetes Association  
 National Office ..... 1-800-DIABETES  
 Oahu ..... 947-5979

### American Heart / American Stroke Association

Honolulu ..... 538-7021  
 Maui..... 244-7185  
 Kauai..... 245-7311  
 Hilo ..... 961-2825

### American Lung Association

Oahu ..... 537-5966  
 Maui..... 244-5110  
 Kauai..... 245-4142  
 Hilo ..... 935-1206

Coalition for a Drug Free Hawai'i (Oahu)..... 545-3228

### American Dietetics Association Consumer Nutrition

Hotline ..... (800) 877-1600 x4821

### MADD--Mothers Against Drunk

Driving (Oahu) ..... 532-6232

Mayo Clinic Tobacco Quitline ..... 1-888-642-5566

General Military Information (Hickam) ..... 449-7110

### National Cancer Institute's Cancer Information Service

.....1-800-422-6237

### National Health Information Center Office of Disease

Prevention ..... 1-800-336-4797

State of Hawaii Tobacco Quitline..... 1-800-QUITNOW

..... (784-8669)

### President's Council on Physical

Fitness and Sports ..... 202-690-9000