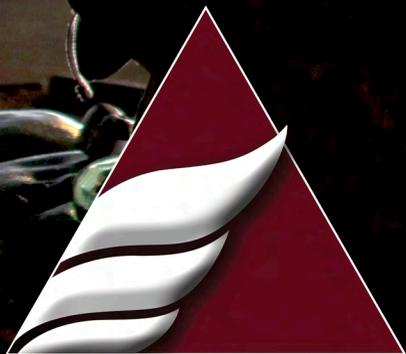


UNITED STATES ARMY PUBLIC HEALTH COMMAND

**2012
PREVENTIVE
MEDICINE
PLANNER**



USAPHC

MISSION STATEMENT

Promote health and prevent disease, injury, and disability of Soldiers and military retirees, their Families, and Department of the Army civilian employees; assure effective execution of full spectrum veterinary service for Army and Department of Defense Veterinary missions.

USAPHC

ARMY VALUES

LOYALTY
DUTY
RESPECT
SELFLESS-SERVICE
HONOR
INTEGRITY
PERSONAL COURAGE



JANUARY 2012

HEALTHY WEIGHT
Stay warrior-ready with good nutrition and physical fitness.

S M T W T F S

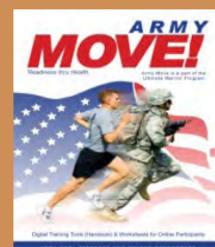
1	2 New Year's Day <i>(Observed)</i>	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

ADDITIONAL HEALTH OBSERVANCES

Cervical Health Awareness Month + National Glaucoma Awareness Month + Thyroid Awareness Month + National Birth Defects Month + National Radon Action Month + 8-14 National Folic Acid Awareness Week

ARMY OBSERVANCES

Martin Luther King Jr. Day



FEATURED PRODUCT

Army Move! Online is a personalized weight management program that offers real-time instruction to promote healthy behaviors, nutrition and physical activity.

For more information visit <https://us.army.mil/suite/page/248187> (AKO).

HEALTH TIPS

1 Eat healthy by including all five food groups in your diet. Visit ChooseMyPlate.gov for more information.

2 Regular physical activity is important for overall health and fitness.

3 Achieve and maintain a healthy weight with healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

4 Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats.



FEBRUARY 2012

HEALTHY HEARTS – HEALTHY BODIES
Soldiers have the heart, courage and determination to stay the course!

S M T W T F S

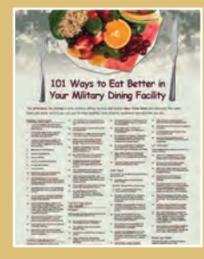
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Presidents Day					
26	27	28	29			

ADDITIONAL HEALTH OBSERVANCES

- Patient Appreciation Month +
- AMD/Low Vision Awareness Month +
- International Prenatal Infection Prevention Month + National Wise Health Consumer Month + National Dental Health Month + 7-14 Congenital Heart Defect Awareness Week +
- 13-19 Children of Alcoholics Week +
- 20-24 Through with Chew Week +
- 3 National Wear Red Day + 3 Give Kids a Smile Day + 14 National Donor Day +
- 23 Great American Spit Out

ARMY OBSERVANCES

- Black History Month + Presidents Day



FEATURED PRODUCT

Nutrition: 101 Ways to Eat Better in Your Military Dining Facility.
Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> for health information products and more.

HEALTH TIPS

- 1** Know your numbers; have your blood pressure and cholesterol levels checked.
- 2** Maintain a healthy weight.
- 3** Make time for exercise.
- 4** Eat a diet low in saturated fat.



MARCH 2012

BRAIN INJURY AWARENESS
Brain Injuries are Serious.
Know your ABC's

S M T W T F S

				1	2	3
4	5	6	7	8	9	10
11 <small>Daylight Saving Time begins</small>	12	13	14	15	16	17
18	19	20 <small>Spring begins</small>	21	22	23	24
25	26	27	28	29	30	31

ADDITIONAL HEALTH OBSERVANCES

- National Nutrition Month ♦ National Colorectal Cancer Awareness Month ♦ Trisomy Awareness Month ♦ Save Your Vision Month ♦ National Endometriosis Awareness Month ♦ Workplace Eye Wellness Month ♦ 4-10 Patient Safety Awareness Week ♦ 5-11 National Sleep Awareness Week® ♦ 12-18 Brain Awareness Week ♦ 18-24 National Poison Prevention Week ♦ 19-25 World Salt Awareness Week ♦ 25-31 National Tsunami Awareness Week ♦ 10 National Women and Girls HIV/AIDS Awareness Day ♦ 8 World Kidney Day ♦ 24 World Tuberculosis Day ♦ 27 American Diabetes Alert Day

USAPHC Epidemiology & Disease Surveillance Injury Prevention Program provides injury prevention information on traumatic brain injury at <http://phc.amedd.army.mil/topics/discond/tbi/Pages/default.aspx>

HIO SHOPPING CART

Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> for health information products and more.

HEALTH TIPS

1 A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

2 Most concussions occur without loss of consciousness. Recognition and proper response to concussions when they first occur can help aid recovery and prevent further injury or even death.

3 All concussions are serious. Know your concussion ABCs: A - Assess the situation. B - Be alert for signs and symptoms. C - Contact a healthcare professional.

4 Young children and teens are more likely to get a concussion and take longer to recover than adults.



APRIL 2012

MONTH OF THE MILITARY CHILD
Protect our future. Keep kids healthy!

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
Earth Day						
29	30					

ADDITIONAL HEALTH OBSERVANCES

STI Awareness Month • Sexual Assault Awareness and Prevention Month • Alcohol Awareness Month • National Autism Awareness Month • National Donate Life Month • National Minority Health Month • National Distracted Driving Awareness Month • National Facial Protection Month • Sports Eye Safety Month • Women's Eye Health and Safety Month • 2-8 National Public Health Week • 16-20 National Occupational Health Nurses Week • 21-28 National Infant Immunization Week • 22-28 National Infertility Awareness Week • 7 World Health Day • 5 National Alcohol Screening Day® • 24 World Meningitis Day

ARMY OBSERVANCES

Earth Day



FEATURED PRODUCT

Tips on Soothing a Crying Baby. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

1 Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

2 Compliment your kids when they do something good. This may encourage good behavior and keep the communication lines open. Involved parents appear to be a protective factor against the lure of tobacco.

3 Covering up to protect the skin from the sun can lower the risk for sunburn and skin cancer. To protect your kids from too much sun exposure, be sure they wear a hat, shades, and sunscreen; seek shade; and cover up. A few serious sunburns can increase your child's risk of skin cancer later in life.

4 Unfortunately, only about 1/4 of children ages 5 to 14 wear helmets when riding bicycles. The percentage of teen cyclists who wear helmets is close to zero. Bicycle helmets reduce the risk of serious head injury by as much as 85% and the risk of brain injury by as much as 88%.



MAY 2012

NATIONAL MENTAL HEALTH MONTH
Battle stress and its effects!



S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11 <small>Military Spouses Day</small>	12
13 <small>Mother's Day</small>	14	15	16	17	18	19 <small>Armed Forces Day</small>
20	21	22	23	24	25	26
27	28 <small>Memorial Day (Observed)</small>	29	30	31		

ADDITIONAL HEALTH OBSERVANCES

Arthritis Awareness Month ♦ Better Hearing and Speech Month ♦ Employee Health and Fitness Month ♦ Healthy Vision Month ♦ Hepatitis Awareness Month ♦ Lupus Awareness Month ♦ Melanoma/Skin Cancer Detection and Prevention Month ♦ National Celiac Disease Awareness Month ♦ National Osteoporosis Awareness and Prevention Month ♦ High Blood Pressure Education Month ♦ National Physical Fitness and Sports Month ♦ National Toxic Encephalopathy and Chemical Injury Awareness Month ♦ 1-7 Children's Mental Health Awareness Week ♦ 6-12 North American Occupational Safety and Health Week ♦ 6-12 National Nurses Week ♦ 13-19 Food Allergy Awareness Week ♦ 13-19 National Alcohol- and Other Drug-Related Birth Defects Week ♦ 13-19 National Women's Health Week ♦ 21-25 National Hurricane Preparedness Week ♦ 14 National Women's Check-up Day ♦ 18 HIV Vaccine Awareness Day ♦ 30 National Senior Health & Fitness Day® ♦ 25 Heat Safety Awareness Day ♦ 31 World No Tobacco Day

ARMY OBSERVANCES

Memorial Day ♦ Military Spouses Day ♦ Armed Forces Day

//////////
USAPHC Combat and Operational Stress Control Resources can be found at <http://chppm-www.apgea.army.mil/dhpw/Population/combat.aspx>

HEALTH TIPS

1 Soldiers face stress during day-to-day operations. Learn relaxation techniques, and practice the following health tips in numbers 2, 3, and 4 to manage stress.

2 Remind yourself that the way you are feeling is normal given the situation; make certain that you get enough sleep, food, water and exercise; focus on the mission at hand.

3 Stay tied in with battle buddies in your unit. Maintain contact with friends and Family at home whenever you can- if something at home is bothering you, talk about it with your battle buddies, your leaders, anyone you trust.

4 If things start to feel out of control, contact your unit sergeant, chaplain, medic or commander immediately.



JUNE 2012

NATIONAL SAFETY MONTH
Be mission-ready. Prevent injuries.

S M T W T F S

					1	2
3	4	5	6	7	8	9
10	11	12	13 D-Day	14 Army Birthday Flag Day	15	16
17 Father's Day	18	19	20 Summer begins	21	22	23
24	25	26	27	28	29	30

ADDITIONAL HEALTH OBSERVANCES

- 1–July 4 Fireworks Safety Month +
- Cataract Awareness Month +
- Home Safety Month + Men's Health Month + National Congenital Cytomegalovirus Awareness Month + National Aphasia Awareness Month + National Scleroderma Awareness Month +
- 5–11 National Rip Current Awareness Week + 11–17 Men's Health Week +
- 3 National Cancer Survivors Day +
- 19 World Sickle Cell Day +
- 27 National HIV Testing Day

ARMY OBSERVANCES

- Army Birthday + Flag Day + D-Day



FEATURED PRODUCT

Injury Prevention Poster. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

1 Receive training on required personal protective equipment (PPE) prior to use. The training should include proper use, maintenance, and storage of PPE.

2 Avoid repetitive lifts while twisting. Use a cart or dolly, or do a straight lift and carry by a team.

3 Use proper lifting technique—share the weight when possible.

4 Use the three contact rule: when moving between vertical surfaces—at least three limbs should maintain contact with steps or handles at the same time.



JULY 2012

DEPLOYMENT HEALTH
 Stay on top of your game.
 Stay healthy while deployed.



S M T W T F S

1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

ADDITIONAL HEALTH OBSERVANCES

- UV Safety Month + Eye Injury Prevention Month + International Group B Strep Awareness Month + Juvenile Arthritis Awareness Month + Cord Blood Awareness Month + National Cleft & Craniofacial Awareness & Prevention Month + 28 World Hepatis Day

ARMY OBSERVANCES

Independence Day

Health Information Operations Program develops country-specific medical threat briefings and other health communication materials at <http://www.us.army.mil/suite/kc/13240170> (AKO).



FEATURED PRODUCT

Afghanistan Deployment Health Card.

Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

- 1** Receive preventive medicine briefings prior to deployment.
- 2** Remain up-to-date on vaccine requirements.
- 3** Use the DOD Insect Repellent System.
- 4** Practice good personal hygiene in the field.



AUGUST 2012

NATIONAL IMMUNIZATION AWARENESS MONTH
Stay in the fight! Make sure you are up-to-date!

S M T W T F S

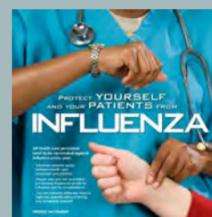
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ADDITIONAL HEALTH OBSERVANCES

Children's Eye Health and Safety Month ♦

1-7 World Breastfeeding Week

The Military Vaccine Agency (MILVAX) supports DOD vaccine programs protecting military Service members, their dependents and beneficiaries; and provides educational support and training resources for DOD healthcare providers and clinicians. The Vaccine Healthcare Centers Network enhances vaccine safety, efficacy and acceptability within the Military Health System through programs and services that provide expert clinical consultation, care, safety surveillance, education, and research. More information about vaccines and vaccine-preventable diseases can be found at <http://phc.amedd.army.mil/topics/discond/vvpd/Pages/default.aspx>.



FEATURED PRODUCT

USAPHC Influenza Prevention Poster
Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

1 It's important to keep our guard up by immunizing. According to the Centers for Disease Control and Prevention, tens of thousands of people in the United States still die from vaccine-preventable diseases every year.

2 Globally, pneumonia causes more deaths than any other infectious disease. However, it can often be prevented with vaccines. Check with your health care provider to see whether you need the pneumococcal vaccine.

3 Make sure children stay up-to-date with vaccinations to prevent vaccine-preventable illnesses. Without vaccines, epidemics of many preventable diseases could return, resulting in increased - and unnecessary - illness, disability, and death among children.

4 Immunization is one of modern medicine's most significant public health achievements. In medical history, vaccines have saved more lives than any other medical measure, including antibiotics and surgery.



SEPTEMBER 2012

SUICIDE PREVENTION
Beat suicide together.
Asking for help is a sign of strength.

S M T W T F S

						1
2	3 Labor Day	4	5	6	7	8
9	10	11 Patriot Day	12	13	14	15
16	17	18	19	20	21 POW/MIA Recognition Day (Observed)	22 Fall begins
23 Gold Star Mother's Day	24	25	26	27	28	29
30	31					

ADDITIONAL HEALTH OBSERVANCES

- Leukemia & Lymphoma Awareness Month ♦
- National Alcohol and Drug Addiction Recovery Month ♦ National Atrial Fibrillation Awareness Month ♦ National Cholesterol Education Month ♦ National ITP Awareness Month ♦ National Sickle Cell Month ♦ Children's Eye Health and Safety Month ♦ Newborn Screening Awareness Month ♦ Ovarian Cancer Awareness Month ♦ Prostate Cancer Awareness Month ♦ 16-22 National Farm Safety & Health Week ♦ 16-22 National Rehabilitation Awareness Celebration Week ♦ 18 National HIV/AIDS and Aging Awareness Day ♦ 21 World Alzheimer's Day ♦ 26 National Women's Health & Fitness Day™ ♦ 27 RAINN Day ♦ 27 National Gay Men's HIV/AIDS Awareness Day ♦ 28 World Rabies Day ♦ 29 Family Health & Fitness Day USA® ♦ 29 World Heart Day

ARMY OBSERVANCES

- National Hispanic Heritage Month ♦ Patriot Day ♦ POW/MIA Recognition Day ♦ Gold Star Mothers Day

FEATURED PRODUCT

ARMYSTRO ACE
Suicide Prevention ACE Card. Go to <https://usaphcapps.amedd.army.mil/hio/shoppingcart/> to find these products and more.

HEALTH TIPS

- 1** If your battle buddy gives any hints or clues of thinking about suicide, remember your ACE suicide prevention training.
- 2** Ask your buddy. Have the courage to ask the question but stay calm. Ask the question directly: Are you thinking of killing yourself?
- 3** Care for your buddy. Calmly control the situation; do not use force; be safe. Actively listen to show understanding and produce relief. Remove any means that could be used for self-injury.
- 4** Escort your buddy. Never leave your buddy alone. Escort to chain of command, chaplain, behavioral health professional, or primary care provider. Call Suicide Prevention Lifeline: 1-800-273-TALK.



OCTOBER 2012

CLIMATE-RELATED ILLNESSES AND INJURIES
 Defend against the elements.
 Prevent climate-related injuries and illnesses.



S M T W T F S

	1	2	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

ADDITIONAL HEALTH OBSERVANCES

National Depression Education & Awareness Month ♦ Eye Injury Prevention Month ♦ Home Eye Safety Month ♦ National Breast Cancer Awareness Month ♦ National Protect Your Hearing Month ♦ National Audiology Awareness Month ♦ National Disability Employment Awareness Month ♦ National Down Syndrome Awareness Month ♦ National Medical Librarians Month ♦ National Physical Therapy Month ♦ Sudden Infant Death Syndrome Awareness Month ♦ 7-13 Mental Illness Awareness Week ♦ 12-20 Bone and Joint Decade National Action Week ♦ 21-27 Red Ribbon Week ♦ 1 Child Health Day ♦ 8 National Depression Screening Day® ♦ 10 World Mental Health Day ♦ 10 Stop America's Violence Everywhere "SAVE Today" ♦ 15 National Latino AIDS Awareness Day ♦ 16 World Food Day

ARMY OBSERVANCES
 Energy Awareness Month



FEATURED PRODUCT

Work/Rest and Water Consumption Table. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

1 Cold-weather and altitude work increases energy needs. Maintain fluid and nutritional requirements.

2 Do not rest in tents / vehicles unless well ventilated.

3 Use Extended Cold Weather Clothing System (ECWCS).

4 Follow work/rest and water consumption guidelines.



NOVEMBER 2012

TOBACCO USE CESSATION
Reach the top! Defeat tobacco.

S M T W T F S

				1	2	3
4	5	6	7	8	9	10
11	12 <small>Veterans Day (observed)</small>	13	14	15	16	17
18	19	20	21	22 <small>Thanksgiving Day</small>	23	24
25	26	27	28	29	30	

ADDITIONAL HEALTH OBSERVANCES

- American Diabetes Month ♦
- COPD Awareness Month ♦ Diabetic Eye Disease Month ♦ Foot Health Issues Related to Diabetes Awareness Month ♦ Lung Cancer Awareness Month ♦ National Family Caregivers Month ♦ National Healthy Skin Month ♦ National Hospice Palliative Care Month ♦ National Stomach Cancer Awareness Month ♦ Prematurity Awareness Month ♦ 5–11 Drowsy Driving Prevention Week ♦ 18–24 Gastroesophageal Reflux Disease Awareness Week ♦ 17 Great American Smokeout ♦ 21 Prematurity Awareness Day ♦ 17 International Survivors of Suicide Day

ARMY OBSERVANCES

- Veterans Day ♦ National Native American Indian Heritage Month ♦ Military Family Appreciation Month ♦ Warrior Care Month



FEATURED PRODUCT

Tobacco Cessation Poster. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

1 Tobacco use impairs physical endurance, performance, and causes injury.

2 Be tobacco-free and combat-ready. Tobacco use impairs visual performance and night vision.

3 Tobacco use increases risk of lower respiratory tract infections. Improve your health by quitting tobacco. Talk to a healthcare provider about quitting.

4 Tobacco use can cause fatigue, muscle weakness, and decreased readiness and physical performance by increasing your heart rate and blood pressure.



DECEMBER 2012

INFECTION CONTROL
Conquer infections with good hygiene.

S M T W T F S

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Christmas Day				

ADDITIONAL HEALTH OBSERVANCES

Safe Toys and Gifts Month +
National Drunk and Drugged Driving
Prevention Month + 6-12 National
Handwashing Awareness Week +
1 World AIDS Day

USAPHC Disease Epidemiology Program
protects the combat readiness and Soldier
health by addressing disease threats through:
1) timely and systematic surveillance of
deployed and non-deployed population
data; 2) rapid response to communicable
disease outbreaks; and 3) in-depth analysis
of selected epidemiologic data.



FEATURED PRODUCT
Handwashing Poster.
Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find these products and more.

HEALTH TIPS

- 1** Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not into your hands.
- 2** Ensure wounds are properly cleaned, disinfected, and bandaged. Visit a healthcare provider as needed for wound care or if you are experiencing flu-like or gastrointestinal symptoms.
- 3** Wash hands for at least 20 seconds with soap and water before meals and after using latrine.
- 4** Maintain good barrack hygiene. Use a bleach solution of 1/4 cup of household bleach per 1 gallon of cool water to disinfectant.



* Images enhanced for educational purposes. Not intended to be an accurate representation of any event.

** Use of trademarked names does not imply endorsement by the U.S. Army but is intended only to assist in the identification of specific products.



U.S. ARMY PUBLIC HEALTH COMMAND

United States Army Public Health Command

<http://phc.amedd.army.mil/>

1 (800) 222-9698