



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



## MAKING A DIFFERENCE IN OKLAHOMA

Visit BHMC Oklahoma webpage at <https://ok.ng.mil/bhmc>

Like us on Facebook at <https://www.facebook.com/OKBHMC>

# 2020 Oklahoma Turning Point Conference

For twenty-three years, OTPC has been working with partners to enact change in communities across Oklahoma. The 2020 conference will provide attendees with information and resources to help create leaders and sustain momentum in communities and systems - to improve health for all Oklahomans.

In addition, the conference will highlight best practices regarding effective community coalitions, strategic partnerships and relationship building; offer practical tips and tools that can be implemented in local communities to create a culture of health; engage the community in advocacy efforts; and build connections among like-minded individuals who value a holistic view of community health and wellness.

## MARCH 2020

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## GED Test Prep Classes

Mondays and Wednesdays  
 9:00 AM - 12:00 PM and 1:00 PM - 4:00 PM  
 Seminole Nation Adult Ed Office  
 215 E Evans, Seminole, OK 74868

Our classes are being offered tuition-free and students work at their own pace. Enrollment is ongoing, so students may enroll throughout the year.

For additional information, call (405) 716-6040.

*Classes are free and open to the public*

## National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we invite everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits.

For additional information, visit

<https://www.eatright.org/>.



## Popular Eating Styles

### Pros & Cons

“Eating plans” are everywhere—online, in the gym, on social media. But how can you decide which one works for you? Learn more about the pros and cons of some popular eating styles that may help you manage your weight.

For additional information, visit <https://hprc-online.us14.list-manage.com/track/click?u=86d206585eb15527fb6905598&id=f79639608d&e=49e1b38c06>.

## Crafts, Cookies, and Coping

Friday, February 14, 2020 | 2:00 PM - 4:00 PM  
 Kickapoo Tribal Health Center  
 New Beginnings Behavioral Health Building  
 105365 S Hwy 102, McLoud, OK 74851

Join us as we discuss life’s most pressing issues on Valentine’s Day in the New Beginnings Behavioral Health Building. Topics will include addiction, substance use and abuse, and the difference between healthy and unhealthy coping skills.

To register for event, call (405) 964-2618.

## BRFSS Annual Data

The Behavioral Risk Factor Surveillance System (BRFSS) is the nation’s premier system of health-related telephone surveys that collect state data about U.S. residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.

For additional information, visit <https://www.cdc.gov/brfss/index.html>.

## Are You Prepared

### For your partner’s deployment?

Deployments are tough for everyone so it’s important to prepare. As a military spouse or partner, focus on your pre-deployment needs too.

For additional information, visit <https://hprc-online.us14.list-manage.com/track/click?u=86d206585eb15527fb6905598&id=c5fd41d9f1&e=49e1b38c06>.



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## DATING MATTERS®

STRATEGIES TO PROMOTE HEALTHY TEEN RELATIONSHIPS

Dating Matters: Strategies to Promote Healthy Teen Relationships is a comprehensive teen dating violence prevention model developed by the CDC to stop teen dating violence before it starts. Dating Matters is based on the current evidence of what works to prevent teen dating violence. It focuses on teaching 11- to 14-year-olds healthy relationship skills. The model includes prevention strategies for individuals, peers, families, schools, and neighborhoods.

For additional information, visit <https://vetoviolence.cdc.gov/apps/dating-matters-toolkit/#/>.

## Navy Nutrition Program

Check out the Navy Nutrition Program. Read up on Co's Toolbox, building a healthy environment, and more!

For additional information, visit [https://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/navynutrition/Pages/default2.aspx](https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/navynutrition/Pages/default2.aspx).

## Make Wellness a Priority

Healthy living is essential for mission readiness. Military OneSource can help you get there and look ahead for 2020. For additional information, [CLICK HERE](#).

**MILITARY**  
**ONE SOURCE**

## New Year's Resolution?

**Are you having trouble reaching some of your New Year's Resolution fitness goals?**

The Community Resource Guide (CRG) is a comprehensive inventory of programs and services available to a military community. You can find resources, programs, and services based on your needs.

For additional information, visit <https://crg.amedd.army.mil/Pages/About.aspx>.

**COMMUNITY**  
**RESOURCE**  
**GUIDES**  
 (CRG)



Start simple  
 with MyPlate



App

- ✓ Pick goals
- ✓ See progress
- ✓ Earn badges

<https://www.choosemyplate.gov/startsimpleapp>



### **Military Transition Resources**

Military-Transition.org helps Service members, veterans, spouses and employers better understand and prepare for the military-to-civilian transition process and civilian employment. Today's service members continue to face similar transition related challenges and one-size-fits-all solutions aren't effective. Our goal is to provide better solutions.

For additional information, visit <https://www.military-transition.org/resources.html>.

### **Update Your Parenting Style**

Your parenting style impacts how well your child does at school, at home, and in their social lives. Learn how to get your kids on the right path to healthy outcomes.

For additional information, visit <https://hprc-online.us14.list-manage.com/track/click?u=86d206585eb15527fb6905598&id=66691cef26&e=49e1b38c06>.

Human Performance Resources by CHAMP



### **Cooking Matters**

Cooking Matters is helping end childhood hunger by inspiring families to make healthy, affordable food choices. Our programs teach parents and caregivers with limited food budgets to shop for and cook healthy meals. For additional information, visit <http://cookingmatters.org/>.

### **Royalty for a Day**

Friday, February 14, 2020 | 9:30 AM to 2:30 PM  
Metro Technology Center, Business Conference Center  
1900 Springlake Drive, Oklahoma City, OK 73111

- Free day of pampering and resource information for Oklahoma Family Caregivers
- Connect with other caregivers
- Supports across the Lifespan for Caregivers that have children to older adults

For additional information, call (405) 915-3401 or email [sooner-success@ouhsc.edu](mailto:sooner-success@ouhsc.edu).

Educational Vouchers: You may be eligible to receive a respite voucher to pay for your loved one's care while you attend the event. Call 405-271-5700 x47801.

### **CHOICES**

The Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES) is working to help reverse the U.S. obesity epidemic by identifying the most cost-effective childhood obesity strategies. For additional information, visit <https://choicesproject.org/>.

### **Understanding Food**

When it comes to foods and drinks, choosing healthy options can make you feel better and help you live a longer, healthier life. Combined with physical activity, eating better can help you reach and maintain a healthy weight — and even reduce your risk of chronic diseases like stroke, diabetes, heart disease and cancer.

For additional information, visit <https://shapeyourfutureok.com/healthy-living-101/understanding-food/>.





## National Guard Volunteer Program

This webinar will help you sort out the roles of the fulltime staff of the Family Program and roles on the local levels and what is expected.

Tuesday, March 3, 2020 | 5:30 PM – 6:30 PM  
<https://attendee.gotowebinar.com/register/28225967677174796>

Thursday, March 5, 2020 8:00 PM – 9:00 PM  
<https://register.gotowebinar.com/register/8627912128303931404>

Both webinars will present the same material.

## Take the Quiz

### Learn about your drinking habits

It's easy to get caught up in the military's fast-paced environment and suddenly find yourself off track from your health goals. Take 5 minutes to check in on your drinking habits and commit to drink responsibly - for yourself, your future and your loved ones.

To take the quiz, visit <https://www.ownyourlimits.org/drinking-habits-quiz/>.

## Strengthen Your Relationships

Strong relationships take effort and attention. See these communication refreshers to supercharge and strengthen your most important relationships this year.

For additional information, [CLICK HERE](#).



## MilTax: Free Prep & Filing

Join the thousands of service members and families who prepare and file their taxes for free with MilTax each year. The sooner you file, the sooner you could get your refund. Go to [www.militaryonesource.mil/](http://www.militaryonesource.mil/) and select Access MilTax Software.

## 2020 Census Jobs

The U.S. Census Bureau is recruiting to fill hundreds of thousands of temporary positions across the country to assist with the 2020 Census count. Jobs for the 2020 Census offer competitive wages that are paid weekly, and feature flexible hours. Authorized expenses, such as mileage, are reimbursed for employees doing field work.

For additional information, call 1-855-JOB-2020 or visit <https://2020census.gov/en/jobs.html>.

## Quit for Your People

This month's *Quit Brief* focuses on Service members quitting for the people that matter the most to them. The *Quit Brief* includes information about using the Great American Spit Out on February 20 as an opportunity to promote quitting smokeless tobacco.

Encourage Service members to check out the new campaign resource for tips on how to quit tobacco while living with another tobacco user and find a study about how e-cigarettes affect performance on the Army Combat Fitness Test.

To view the February 2020 *Quit Brief*, visit <https://www.ycq2.org/health-professionals/quit-brief-e-newsletters/>.



## Strategies to Increase Physical Activity



**Active People, Healthy Nation**

## Active People, Healthy Nation

Active People, Healthy Nation is a national initiative led by CDC to help 27 million Americans become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce health care costs. These improvements can help reduce the risk of at least 20 chronic diseases and conditions and provide effective treatment for many of these conditions. Other potential benefits include better school performance, better quality of life, reduced health care costs, and improved military readiness. Building active and walkable communities can help support local economies, result in less air pollution, and create more cohesive communities.

For additional information, visit <https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html>.

## Safely Storing Lethal Means

Safe storage is an important part of suicide prevention strategy. Research has shown that many suicidal crises are brief, so putting space between someone experiencing a crisis and a firearm — or other potentially lethal means, like prescription medication — can provide enough time for the crisis to pass before a tragedy occurs. In addition, safe storage can help protect loved ones — including children and grandchildren — from accidents.

For additional information, visit <https://www.blogs.va.gov/VAntage/70891/va-offers-veterans-new-resources-safely-store-lethal-means/>.



U.S. Department  
of Veterans Affairs



# Mind, Body, Spirit

## Joint Chiefs say mind, body, spirit all part of Total Force Fitness

Fitness of mind, body, and spirit is inherently connected with military service. But the understanding of this relationship is constantly evolving as our operational and family commitments change. For 2020, the Military Health System is focusing on Total Force Fitness, a comprehensive framework for improving readiness and resilience of the nation's military, families, and the communities that support them.

The Total Force Fitness concept integrates health, resilience, and human performance into the following domains:

- **Physical Fitness:** the ability to physically accomplish all aspects of human performance while remaining mission capable and avoiding injury.
- **Environmental Fitness:** the ability to optimally perform in any environment, including worldwide, garrison, training, and operational environments.
- **Medical and Dental Fitness:** the ability to sustain health and wellness and facilitate restoration to meet established medical and dental standards for fitness for duty, return to duty, and medical readiness.
- **Nutritional Fitness:** the ability to sustain an optimal level of performance through consuming foods, supplements, and beverages in adequate quantities, quality (nutrient content), and proportions.
- **Spiritual Fitness:** the ability to operationalize one's spirituality to optimize performance. Spirituality is composed of beliefs and practices that strengthen connectedness with sources of hope, meaning, and purpose.
- **Psychological Fitness:** the ability to integrate and improve cognitive, emotional, and behavioral capacities to optimize performance and ensure mission readiness.
- **Social Fitness:** the ability to engage in productive personal and professional relationships, positively interact with unit and command networks, and leverage resources that promote overall well-being and optimal performance.
- **Financial Fitness:** the combination of attitude, knowledge, skills, and self-efficacy needed to make and exercise money management decisions that best support the circumstances of the service member's life.

For additional information, visit <https://health.mil/News/Articles/2020/01/07/Joint-Chiefs-say-mind-body-spirit-all-part-of-Total-Force-Fitness>.