

WELLNESS AND HEALTH

1. General.

a. This enclosure highlights wellness program areas that support the 470th MI Grp Summer "Fore" Safety Campaign. Health promotion coordinators are available through your local MTF. They assist the command in the identification of redundancies and voids in the units' health promotion programs and provide service through evaluation the needs of the unit, assessing existing health promotion programs, and coordinating targeted interventions.

b. Wellness encompasses a variety of activities designed to facilitate behavioral and environmental alterations to improve or protect health. This includes a combination of health education and related organizational, social, emotional, spiritual and health care activities and initiatives. These are integrated to produce a single comprehensive program.

2. Health Promotion. Hooah 4 Health (H4H) is a comprehensive health promotion program based on an interactive website. The H4H website is used to deliver educational materials in the areas of environmental and occupational health, physical health (nutrition and weight management), mental health (stress management), and spiritual health. H4H also includes an entirely electronic correspondence course. The H4H website is <http://www.hooah4health.com>.

3. Alcohol and Substance Abuse.

a. Alcohol is a common ingredient in summer activities. It is often inappropriately used by individuals to deal with stress. Soldiers returning from deployment for rest and recuperation or redeployment have not been exposed to alcohol for a long time. Abuse of alcohol and other substances remains a significant problem. Commanders need to maintain an active role in deterring this behavior. Since alcohol and substance abuse often leads to unsafe behavior, a solid program of alcohol education may be one of the most far-reaching safety programs a commander can oversee.

b. The Army Substance Abuse Program (ASAP) is a comprehensive program that combines prevention education, urinalysis testing and (for civilian employees) counseling services. These services are designed to strengthen the overall fitness and effectiveness of the Army and to enhance the combat readiness of personnel and units. The main purpose of ASAP is to eliminate alcohol and other drug abuse. Prevention education will provide current substance abuse prevention information for all members of the 470th MI Grp, military and civilian.

c. Alcohol has a debilitating effect on the body and mind. Soldiers and civilians must consider these effects when they put their life, the lives of those they care about and their careers on the line. Alcohol:

- Dulls judgment and concentration.
- Slows reflexes and increases reaction time.

- Leads to multiple, blurred and restricted peripheral and night vision.
- Hinders muscle control and coordination.
- Leads to exaggerated emotions.
- Increases drowsiness.

d. The summer season is filled with fun events and social gatherings. Unfortunately, this season also brings with it more drunk drivers on the roadways. Drinking and driving are a lethal combination. Never get behind the wheel of a vehicle after consuming alcohol. Some of the myths about drinking and driving are as follows:

Myth: Coffee can sober up someone who has had too much to drink.

Fact: Only time sobers. It takes about 1 hour to oxidize each drink.

Myth: Hard liquor is more intoxicating than beer or wine.

Fact: A 12-ounce can of beer, a 5-ounce glass of wine and a 12-ounce wine cooler contain the same amount of alcohol and have the same intoxication potential as an ounce-and-a-half of liquor.

Myth: Someone who has had too much to drink will look intoxicated.

Fact: Someone's physical appearance can be misleading. One drink can impair someone's ability to drive. Judgment is the first thing affected when someone has been drinking; important motor skills are next.

e. Responsible party hosting is the key to reducing alcohol related accidents over the summer. Follow these basic safety tips to prevent injuries when hosting a summer party or picnic:

- Collect car keys when guests arrive.
- Arrange for alternative transportation for unit or organization functions, before the function.
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- Arrange swimming and boating activities before guests start drinking.
- Always serve food with alcohol. High-protein and high-carbohydrate foods stay in the stomach longer and slow the absorption of alcohol. Foods that are high in protein and carbohydrates include cheeses and meats.
- Offer plenty of nonalcoholic drinks. Keep all drinks, alcoholic or not, away from children.

- Do not force drinks on guests or rush to refill their glasses.
- Provide jiggers or 1-ounce bottle spouts for measuring alcohol in mixed drinks. Guests are less likely to drink excessively when standard measures are used.
- If serving alcoholic punch, use a noncarbonated base, such as fruit juice. Alcohol is absorbed faster when it is mixed with carbonation.
- Stop serving alcohol about 2 hours before the party will end. Serve coffee or other nonalcoholic beverages as well as food.

f. The Army "Booze It and Lose It" campaign specifically targets drinking drivers both on- and off-post during long holiday weekends. Commanders must emphasize the use of designated drivers to reduce the possibility of Soldiers driving under the influence.

4. Food Safety. Summer food safety is a major concern due to outdoor picnics and grilling.

a. The first rule of safe food preparation is to keep everything clean. The cleanliness rule applies to areas where food is prepared and, most importantly, to the cook.

(1) Wash hands with soap and warm water for at least 20 seconds before starting to prepare a meal and after handling raw meat or poultry.

(2) Always wash and sanitize cutting boards and utensils after using them for raw foods, such as seafood or chicken and before using them for ready-to-eat foods. Consider using one cutting board only for foods that will be cooked, such as raw fish, and another only for ready-to-eat foods, such as bread, fresh fruit and cooked fish.

(3) Do not put cooked meat on an unwashed plate or platter that has held raw meat. If you carry meat out to the grill on a platter, wash the platter before putting the cooked meat on it or use a different platter.

(4) Wash fresh fruits and vegetables thoroughly by rinsing them in warm water. Do not use soap or other detergents. If necessary, use a small scrub brush to remove surface dirt.

b. The second rule of safe food preparation is to keep hot foods hot and cold foods cold.

(1) Use a thermometer with a small-diameter stem to ensure that meats are completely cooked. Insert the thermometer 1 to 2 inches into the center of the food and wait 30 seconds to ensure an accurate measurement. Beef (including ground beef), lamb and pork should be cooked to at least 160F; whole poultry and thighs to 180F; poultry breasts to 170F; and ground chicken or turkey to 165F. Do not eat poultry that is pink inside.

(2) Eggs should be cooked until the white and yolk are firm. Avoid foods containing raw eggs, such as cake batter, cookie dough, eggnog, homemade ice cream and mayonnaise because of the risk of Salmonella. The commercial counterparts of these foods are usually safe because

they are made with pasteurized eggs. Cooking egg-containing products to an internal temperature of at least 160F will kill the bacterial.

(3) Cooked foods should not be left out for more than 2 hours. Disease causing bacteria grow in temperatures between 40 and 140F. Cooked foods that have been in this temperature range for more than 2 hours should not be eaten.

(4) If a dish is to be served hot, get it from the grill or stove to the table as quickly as possible. Reheated foods should be brought to a temperature of at least 165F. Keep cold foods in the refrigerator, in a cooler or on a bed of ice until serving. This rule is particularly important to remember in the summer months.

c. After the meal is over, leftover should be refrigerated as soon as possible. Leftovers should be used within 3 days.

d. Do not thaw meat and other frozen foods at room temperature. Instead, move them from the freezer to the refrigerator for 1 or 2 days, or defrost them submerged in cold water flowing fast enough to break up and float off loose particles in an overflow. You can also defrost frozen foods in a microwave oven or during the cooking process. Never taste any food if it looks or smells funny or if it was contained in jars with leaky lids or in cans that are leaking, bulging or severely damaged.

e. Bacteria grow rapidly at room temperature. For this reason, food should always be refrigerated while marinating. (Refrigeration slows bacterial growth.) Marinade that has been used on raw meat, poultry or seafood contains raw juices. These juices may contain bacteria that, if eaten, could make you sick. The acid in marinade does not kill bacteria, it merely slows or stops bacterial growth.

f. Do not leave groceries in the car. Make the commissary or other retail food store your last stop before you go home.

5. Suicide.

a. Suicide is a leading cause of death after accidents in the Army during peacetime. It is imperative for leaders at all levels to take a proactive stand on this issue to prevent suicide and respond to those who may be at risk. You are the first line of defense for the people you work with and interact with on a daily basis, because you will be the first to detect the warning signs and changes.

b. Suicide warning signs include verbal warnings (talk of suicide or stating a wish to be dead), behavioral warnings (isolation, moodiness, arranging affairs (for example, paying off debts, giving away possessions)), and symptoms of depression. Specific information is available in DA Pamphlet 600-70. Concern, observation and early intervention are the main weapons we have in the fight against this foe.

c. Commanders at all levels must be sensitive and responsive to the needs of Soldiers, civilian employees and their families, and familiar with the community agencies and individuals available for suicide prevention activities. Immediate resources for suicide prevention activities include members of unit ministry teams, behavioral health professionals, local health professionals and social work services. Know the telephone numbers in your local community or command for emergency counseling assistance.

d. Ensure that your unit suicide prevention training is current. Check with your chaplain or unit ministry team to repeat training if your last training was in the fall. In addition to annual training, advanced training is available for hand-picked individuals in a unit. The Army has adopted Applied Suicide Intervention Skills Training (ASIST). It is a new approach to our suicide prevention efforts. ASIST is the most widely used, acclaimed, and researched suicide-intervention skills training available today. ASIST involves 2 days (16 hours) of intense training during which select individuals become the additional eyes and ears for the command. ASIST provides high quality recognition and enhanced intervention skills. More information on ASIST is available through your chaplain or unit ministry team.

e. Suicide prevention should be a primary topic during noncommissioned officer professional development.

f. Soldiers potentially at risk of suicide must be promptly referred to the appropriate servicing mental health agency. Commanders are reminded of the requirements of DOD Directives 6490.1 and 6490.5. Consult with a mental health provider to ensure compliance. Commanders must ensure that any Soldier referred to mental health agencies makes all scheduled appointments.

6. Domestic Violence.

a. Stressors, children at home for the summer and financial obligations can result in additional stress. Added to this, when Soldiers return to their families for rest and recuperation leave or from a long deployment, a stressful situation can easily reach the boiling point. Life has not stopped while Soldiers were serving on deployments. Couples often find that face-to-face communication may be difficult after a separation. Children grow up during separations; they may seem different in some ways. Spouses sometimes become more independent and may need more space. Families may be faced with changing outlooks regarding priorities in the household. Any combination of these factors of "reentering" a changed family can result in additional stress and potentially violent confrontations. Adhere to the reintegration process. Your local chaplain is one of the best sources of counseling when the pressure builds.

b. Domestic violence encompasses a wide range of activities. These include patterns of behavior resulting in emotional and psychological abuse, economic control and interference with personal liberty. They also include the use, attempted use or threatened use of force against a person of the opposite sex.

c. Child abuse and neglect include physical injury, sexual maltreatment, emotional maltreatment, deprivation of necessities, withholding medically indicated treatment and combinations of these inflicted on a child by an individual responsible for the child's welfare.

d. The Army Family Advocacy Program has a requirement based on AR 608-18 to provide educational information, resources and services to help all individuals who may be victims of violence, an offender in an abusive relationship or a person affected by violence. Programs and services include but are not limited to advocacy services, safety planning, domestic violence awareness programs and child abuse prevention programs. The program also has a requirement to provide education to childcare providers on the prevention and identification of child abuse. Several pamphlets and additional information are available at http://www.armycommunityservice.org/vacs_advocacy/use/res/res_user_display.asp.

7. Insects. Insects either bite or sting. Chiggers, flies, mites, mosquitoes and ticks use their mouth to suck blood from their victims. Bumblebees, honeybees, hornets, yellow jackets and wasps use a stinger to inject venom. Spiders use a combination of biting their victims and injecting venom through their fangs.

a. Pay special attention to open soft-drink containers and glasses. Swallowing an insect can be dangerous, as a sting inside the throat can cause swelling that can block your airway. If an insect lands on you or your food, blow or gently brush the insect away. Avoid wearing bright colors, flowery prints and black clothing, which attract stinging insects, as do the odors from soaps, perfumes, lotions and hair-care products. If you are stung, brush the insect from your skin to prevent an additional sting. The honeybee leaves its stinger behind along with an attached venom sac that continues to pump toxins into its victim. Scrape the stinger away from the skin with a fingernail or credit card. Nonallergic reactions usually last a few hours. Redness and swelling may develop around the sting site and localized pain and itching are common.

b. Biting insects like mosquitoes are attracted by body heat and carbon dioxide from our breath as well as sweet odors and bright or flowery clothing. Ticks feed on blood. They attach onto their victims from grass or leaves and begin to feed. A tick's bite is painless and ticks can remain embedded for days without the victim knowing.

(1) To prevent tick bites, wear long-sleeved shirts, long pants and a hat when in wooded or grassy areas. After returning home, inspect yourself carefully for ticks or have someone else check you for them. If you find a tick, pull it off using tweezers. Grab the tick close to the skin and, without twisting, pull it away with steady pressure; or lift the tick slightly upward and pull parallel to the skin until it detaches. Common remedies such as petroleum jelly, rubbing alcohol and a hot match are not effective.

(2) If you develop a rash or flu-like symptoms (fever, headache, joint and muscle pain) within 3 to 10 days, you could be infected with Lyme disease. Seek medical attention immediately. Symptoms include arthritis, meningitis, nerve and heart damage and one-sided paralysis.

c. Unless you are allergic to spider venom, spider bites usually cause little harm. To avoid bites, wear workgloves when handling boxes, firewood, lumber and other items that have been stored for a long time. Shake stored clothing vigorously to dislodge any spiders and inspect carefully before wearing. If bitten:

- Wash the bite site with soap and water.
- Apply a cold pack for 15 to 20 minutes to reduce pain and swelling.
- Use aspirin or acetaminophen to relieve pain.
- Use a topical steroid cream to further relieve itching and swelling.
- If the victim shows signs of an allergic reaction, infection or has other unexplained symptoms seek medical attention immediately.

8. Child Safety.

a. As summer approaches, many babies and small children are placed in danger when they are left waiting in cars while their parents or caretakers run errands. This can quickly lead to injury or death.

b. Never leave small children in vehicles. The temperature inside a car can reach furnace level within a few minutes. Cracking a window does very little to reduce the temperature. In as little as 10 minutes, car temperatures can reach as high as 120F; in 40 minutes they can reach as high as 140F.

c. A baby can become dehydrated quickly as it sweats from the heat and the body temperature rises rapidly. Heat exhaustion, which leads to heat stroke, sets in very quickly with infants and toddlers and can be irreversible. If the child is not treated and given fluids immediately, heat stroke soon follows. Damage to internal organs begins to occur and eventually leads to death.