



NEHC Launches Web-based Health Promotion Toolbox

Navy Environmental Health Center (NEHC) Portsmouth launched a Web-based Health Promotion Toolbox Jan. 1 to promote health among active-duty service members, reserve component members and DON civilians.

The Health Promotion (HP) Toolbox is a calendar of events and supporting resources that contains easy-to-use, no-cost materials and activity ideas for each month of the year.

Topics change monthly and coincide with key national health observances including healthy weight, nutrition, physical activity, safety, dental and mental health.

The HP Toolbox helps commands select and promote key health by topics and then provides corresponding, user-friendly materials. The site also includes activity ideas for each topic, plan-of-the-day notes, fact-sheets and links to Web sites for additional information on each subject.

Support materials are easily downloaded and can be customized or branded by users. Users will receive monthly email reminders to begin the next topic, and can also provide feedback regarding the effectiveness of the Toolbox using a Web-based questionnaire accessible from the HP Toolbox homepage.

Ensuring readiness through Force Health Protection, a long-time focus of Navy Medicine, can be effectively supported by use of the Health Promotion Toolbox. HP Toolbox users will be better poised to creatively promote health and well being from the highest levels of Navy and Marine Corps leadership down through the deckplates.



To access the Health Promotion Toolbox, visit www-nehc.med.navy.mil/hp/HP_Toolbox.htm.

For more news from around the fleet, visit www.navy.mil.