

WHAT IS COMMUNITY HEALTH PROMOTION?

The mission of the Community Health Promotion Council Office is to coordinate, plan, organize and implement comprehensive health promotion and well being processes based on initiatives to enhance resiliency and readiness for the Fort Benning Community.

The Community Health Promotion Council (CHPC) process integrates garrison, medical and mission efforts in support of the synchronization of health promotion, risk reduction, and suicide prevention programs.

The installation CHPC is the overarching umbrella that ensures the integration at the local level of the Army's Ready and Resilient Campaign.

Ref: AR600-63, R2C EXORD

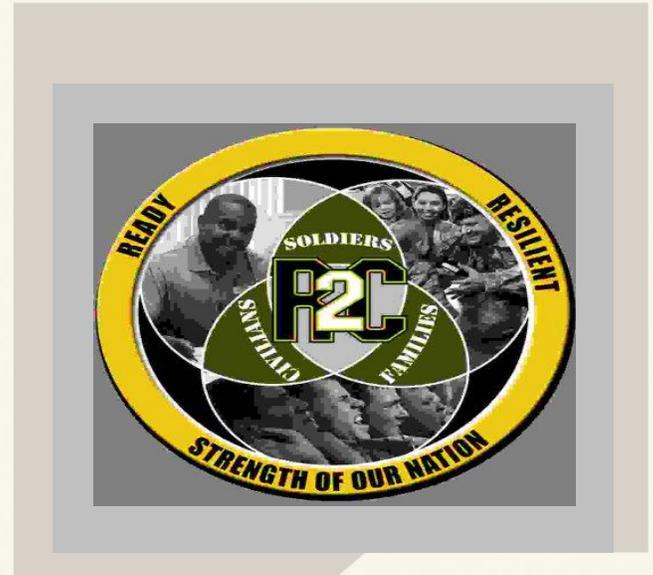
READY AND RESILIENT CAMPAIGN

The purpose of the Ready and Resilient Campaign is to establish an enduring cultural change that integrates resilience into how we build, strengthen, maintain, and assess total Soldier and Family health and fitness, individual performance, and unit readiness. The campaign is inclusive of the Total Army-Active Duty, Reserve, and National Guard Soldiers, Families, and Army Civilians, with priorities directed at improving Soldier resilience and unit readiness.

Readiness is the ability and willingness to perform an assigned task or mission.

Resilience is the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from temporary setbacks.

Ref: R2C EXORD



READY & RESILIENT CAMPAIGN

COMPREHENSIVE SOLDIER FITNESS

Comprehensive Soldier and Family Fitness (CSF2) is designed to build resilience and enhance performance of the Army Family — Soldiers, their Families, and Army Civilians. CSF2 does this by providing hands-on training and self-development tools so that members of the Army Family are better able to cope with adversity, perform better in stressful situations, and thrive in life.

CSF2 has Training Centers located across the United States. These Training Centers provide Resilience and Performance Enhancement Training where it is needed most – at Army installations (unit level). CSF2 is an integral part of the Army's Ready and Resilient Campaign. Resilient Soldiers, Family members and Army Civilians perform better, which results in improved unit readiness and better lives.

Ref: <http://csf2.army.mil/>

JUNE 2014

SUMMER IS HERE!

EXTREME HEAT AND YOUR HEALTH

Keep your body temperature cool to avoid heat-related illness.

- Stay in air-conditioned buildings as much as possible.
- Find an air-conditioned shelter.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.

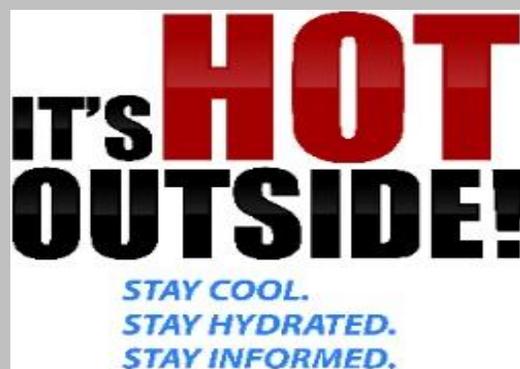
Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

- Drink more water than usual.
- **Don't wait** until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

- Check local news for extreme heat alerts and safety tips.
- [Learn the symptoms](#) of heat illness.
- For more information, please click [here](#).

Reference: <http://www.cdc.gov/extremeheat/>



IT'S HOT OUTSIDE!
STAY COOL.
STAY HYDRATED.
STAY INFORMED.



KNOWLEDGE
OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY
BEAT THE HEAT
CALL 2011 Army @Home
A HAND IN PROGRESS A DISTANCE



Medical News

School/Sports Physicals:

USAMEDDAC will offer School and Sports Physicals to all Medical Home Beneficiaries (Family Medical Home, Pediatrics and North Columbus Medical Home) ages 4-18 by appointment on **14 June, 12 July and 16 August** between the hours of **0800-1200**. If your child has a chronic condition or is seen by a Specialist, please book an appointment with your PCM. Please have a copy of your child's immunization records and any required forms from the school/sports programs they will be attending/participating in. (706) 544-2273

Periodic Health Assessment Information

Per U.S. Army Chief of Staff Memorandum dated 12 October 2006 and AR 40-501, Standards of Medical Fitness, an annual Periodic Health Assessment (PHA) is required for all general officers, officers, warrant officers and enlisted personnel, regardless of component. .

Where do I go to initiate my PHA?

Part 1: Log into AKO and click "Self Service". Next, click "My Medical Readiness"

Part 2: Soldier must call their provider to schedule an appointment for the physical assessment. (706) 544-2273

Did you know? With TRICARE's Nurse Advice Line you can access a team of registered nurses 24 hours a day, 7 days a week for advice about your immediate health care needs: 1-800 TRICARE.



Healthy Recipe of the Month



Grapefruit and Avocado Salad: serves 8

4 large red grapefruit, peeled and sectioned

4 avocados-peeled, pitted and sliced

1/3 cup orange juice

1/3 cup olive oil

3 tablespoons lime juice

2 tablespoons honey

Salt and cracked black pepper to taste

Whisk together liquid ingredients

Drizzle over arranged grapefruit sections
and avocado slices. Serve immediately.



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