

Fleet Health Promotion Consortium Preventive Health Assessment CD

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Navy Instructions On-Line Available at:

<http://navymedicine.med.navy.mil/instructions/external/external.htm>

<http://neds.nebt.daps.mil/Directives/table20.html>

Physical Readiness /Physical Fitness Assessment (PHA) Resources:

<http://www.mwr.navy.mil/mwrprgms/physred.htm>

Navy Physical Readiness Program Manager

901.874.4242 DSN 882.4242

P651d@persnet.navy.mil

Navy Nutrition Programs Officer

901.874.4268 DSN 882.4268

P651d@persnet.navy.mil

Navy Physical Readiness

901.874.6634 DSN 882-6634

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P651h@persnet.navy.mil

PRIMS Help Desk

901.874.2229 DSN 882.2229

prims@persnet.navy.mil

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Fleet Health Promotion Consortium Preventive Health Assessment CD

NADAP (Navy Alcohol & Drug Abuse Prevention Program) PERS-671

Mission: "To Support Fleet Readiness by Fighting Alcohol Abuse and Drug Abuse". <http://navdweb.spawar.navy.mil/mainpage.asp> or call 901.874.4247 or DSN 882.4247 or email p603a@persnet.navy.mil

Preventive Services:

Agency for Healthcare Research and Quality, Department of Health and Human Services. <http://www.preventiveservices.ahrq.gov>

Clinical Practice Guidelines:

DoD/Veterans Affairs: U.S. Army MEDCOM, Quality Management Office.
<http://www.qmo.amedd.army.mil/>

Fitness

The President's Challenge: May 17th, 2004, is designated as the "National Employee and Fitness Day"

WEBSITES:

President's Council on Physical Fitness and Sports <http://www.fitness.gov>

President's Challenge Physical Activity and Fitness Awards Program
<http://www.presidentschallenge.org>

Tobacco

<http://www.surgeongeneral.gov/tobacco/default.htm>

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or Call Toll Free:

Agency for Healthcare Research and Quality: 800.358.9295

Centers for Disease Control and Prevention: 800.CDC.1311

National Cancer Institute: 800.4.CANCER

Cancer

www.cancer.gov

Overweight and Obesity: Office of the Surgeon General

<http://www.surgeongeneral.gov/topics/obesity/default.htm>

Healthy People 2010: Leading Health Indicators (LHI)

<http://www.healthypeople.gov/LHI/>

Additional Health Topic Information

<http://www.healthfinder.gov>

Medication (Drug) Information

<http://www.nlm.nih.gov/medlineplus/druginformation.html>

www.medlineplus.gov

Medline Search: National Library of Medicine

<http://www.ncbi.nlm.nih.gov/pubmed/>