Navy Health Promotion and Wellness Initiatives to Promote Healthful Weight and Lifestyle

WWW.MED.NAVY.MIL/SITES/NMCPHG/HEALTH-PROMOTION/PAGES/DEFAULT.ASPX

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE
Navy Health Promotion Nutrition Tools and Resources

- ShipShape Program
  - Navy’s weight management program
  - Addresses Nutrition, Physical Activity and Behavior Modifications
    - 6 month program: 8 weekly sessions followed by monthly follow-ups
    - Companion Mobile Application – under development
- NMCPHC HP Toolbox
  http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx

- HPW Interactive Map:
  https://nmcphec.maps.arcgis.com/apps/webappviewer/index.html?id=fc54c24e2101af5846d42b8072c64e9&extent=-22698739.9196%2C-7753606.4553%2C10566654.7901%2C16236613.4942%2C102100
  - Locations of local resources
Points of Contact

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