

MCCS HEALTH PROMOTION

The Semper Fit Health Promotion Team's mission is to increase productivity, reduce medical costs and enhance readiness by providing dynamic programs, education and services that promote healthy behaviors for optimal wellness.

Operational and combat readiness is the number one priority for the Marine Corps. Unhealthy lifestyle habits directly effect the productivity, health and happiness of the Marine. Poor lifestyle habits attribute to the loss of more than 8,000 Marines annually. Additionally, the strength of the Marine Corps is compromised by unmanaged hypertension, injuries, use of tobacco products, alcohol abuse and poor stress management. Marine Corps Orders P1700.29 and P6100.13 and Camp Pendleton Base Order 6200.3C recognize the importance of health on combat readiness and specify health guidelines and periodic Marine training requirements.

There are three Health Promotion Centers on base to help you with all your health questions. The three health promotion centers are located in the Semper Fit Paige Fieldhouse Bldg #1110, 53 Fitness Center Bldg #53302 and the 21 Area Single Marine Program Recreation Center Bldg #21704.

PROGRAMS INCLUDE

- Cholesterol & Body Fat Testing
- Health Risk Assessments
- Nutrition Counseling
- Smoking Cessation Programs
- Blood Pressure Screening
- Resting Metabolic Rate Testing
- Unit Briefs
- VO2 Testing
- SIDNE (Simulated Impaired Driving Experience)

For any questions related to these programs, please call the Semper Fit Health Promotion department or stop by a Health Promotion Center (760) 763-3794/3793/0419/8731

SUICIDE PREVENTION

Suicide prevention efforts aboard Camp Pendleton are coordinated by several civilian and active-duty divisions on base. To schedule classes or information, you can call your local chaplain or the following:

Naval Hospital Mental Health.....725-1555
M&FS/Prevention & Education.....725-6636
Semper Fit Health Promotion.....763-3794/3793

STRESS MANAGEMENT

A number of life skills can contribute to a person's stress level. Stress management education and information includes on going classes in stress management, financial management and anger management. Counseling services are also available.

M&FS/Prevention & Education.....725-6636
M&FS/Financial Management.....725-6098
M&FS/Counseling Services.....725-9051
Domestic Violence Hotline.....1-800-799-SAFE (7233)
Base Chaplain.....725-4700
Semper Fit Health Promotion.....763-3794/3793/0419
Deployment Health Clinic/Combat Stress..763-1603/6483

ALCOHOL AND SUBSTANCE ABUSE PREVENTION

Information and classes about drug and alcohol abuse prevention and treatment can be found from the Consolidated Substance Abuse Counseling Center (CSACC) or the Naval Hospital. A simulated impaired driving unit (SIDNE) is also available for unit training.

CSACC.....725-5538
NH/DAPA.....725-1470
SRAP.....725-9805/9806
SIDNE.....763-3794/3793/0419

HYPERTENSION

High blood pressure is a medical condition that is a major contributor to cardiovascular disease. When detected early, it can be easily controlled through lifestyle changes or drug therapy. All fitness centers and battalion aid stations can measure blood pressure.

Semper Fit Health Promotion.....763-3794/3793/0419

STD/HIV TRANSMISSION PREVENTION

Three of the top 10 communicable diseases in the Marine Corps and the Navy are sexually transmitted diseases. Prevention, education and treatment can be obtained from the local BAS, women's health clinics, Preventative Medicine or the Field Medical Service School.

Field Medical Service School.....763-0165
Semper Fit Health Promotion.....763-3794/3793/0419

CAMP PENDLETON HEALTH PROMOTION SERVICES

PHYSICAL FITNESS

There are 13 fitness centers aboard Camp Pendleton that are staffed with fitness professionals to help you achieve your fitness goals. Fitness center staff can provide free personal training, CFT training, unit PT's, body fat testing, blood pressure, programs for weight management and injury prevention.

Semper Fit FieldhouseBldg. 1110.....725-6394
14 Area Fitness Center.....Bldg. 14013.....725-5941
Hospital Fitness Center.....Bldg. H-94.....725-1366
24 Area Fitness Center.....Bldg. 24079.....763-1353
22 Area Fitness Center.....Bldg. 22160.....725-3163
21 Area Fitness Center.....Bldg. 210750.....725-2951
33 Area Fitness Center.....Bldg. 33402.....725-8737
31 Area Fitness Center.....Bldg. 31601.....725-2678
41 Area Fitness Center.....Bldg. 41315.....725-2033
43 Area Fitness Center.....Bldg. 430320.....725-3468
53 Area Fitness Center.....Bldg. 53302.....725-7404
52 Area Fitness Center.....Bldg. 520415.....725-7262
62 Area Fitness Center.....Bldg. 62041.....725-7421
Unit PT/Group Exercise.....763-4070
Fitness Programs.....763-0657

NUTRITION

Healthy nutritional habits are essential for optimal athletic performance and to maintain health. Nutrition, weight management classes and counseling are available through the Semper Fit Health Promotion department.

Semper Fit Health Promotion.....763-3794/3793/0419

INJURY PREVENTION

Preventing injuries is a top priority DOD wide. Base Safety has several departments dedicated to limiting the number of injuries that occur among active-duty and their families. Semper Fit also provides recreational injury prevention information.

Base Safety.....725-3475//763-2333
Semper Fit Health Promotion.....763-3794/3793/0419

TOBACCO AVOIDANCE/CESSATION

Free tobacco cessation classes are offered on a regular basis for a schedule check the following web site www.cpen.med.navy.mil under patient info. This program offers quitting tips, pharmaceutical agents and nicotine patches or gum.

Naval Hospital Tobacco Cessation.....725-1002
California Smokers Helpline(800) NO-BUTTS/(800) 844-CHEV
Semper Fit Health Promotion.....763-3794/3793/0419

MARINE CORPS 9 ELEMENTS

Marine Corps Order PI700.29 identifies nine elements of health in which every Marine is required to receive annual training.

- Tobacco Avoidance/Cessation
- STD/HIV Transmission Prevention
- Alcohol and Substance Abuse Prevention
- Suicide Prevention
- Nutrition
- Physical Fitness
- Injury Prevention
- Stress Management
- Hypertension

ADDITIONAL RESOURCES:

Marine Corps Community Services, Camp Pendleton
www.mccscp.com/health

Follow us on   

Naval Hospital Camp Pendleton
www.cpen.med.navy.mil/

Marine Corps Community Services Headquarters
www.usmc-mccs.org

Headquarters Marine Corps Safety Division
DSN: 224-1202/1077/3164
Commercial: (703) 614-1202/1077/3164
www.hqmc.usmc.mil/safety.nsf

Navy & Marine Corps Public Health Center
www-nehc.med.navy.mil/hp/index.htm

For more information on any of the nine elements or to schedule training, contact the Semper Fit Health Promotion office

MCCS SEMPER FIT HEALTH PROMOTION

Physical Address
Semper Fit Paige Fieldhouse
Bldg. 1110
Phone: (760) 763-3794/3793
Fax: (760) 763-5534

21 Area Single Marine Program
Recreation Center
Bldg. 21704
Phone: (760) 763-8731

Horno Fitness Center
Bldg. 53302
Phone: (760) 763-0419

Mailing Address
Semper Fit Health Promotion
Box 555020 Bldg. 1110
Camp Pendleton, CA 92055

HEALTH PROMOTION MCCS SEMPER FIT

The Semper Fit

Health Promotion

Team strives to be

the leading wellness

provider so every

customer is healthy in

mind, body and spirit.

