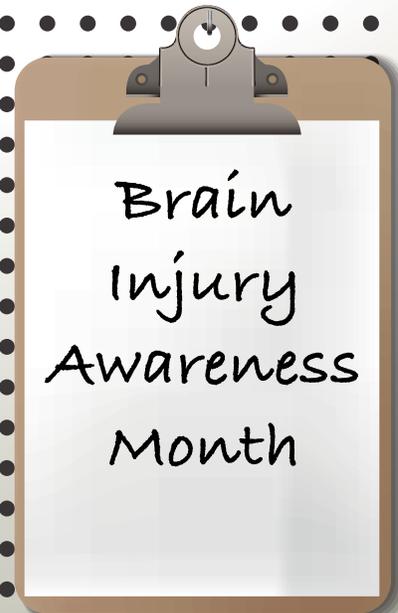


Military Health System Communications Toolkit

Monthly Topics March 2021

Topics and Resources For Communicators



TOOLKIT

Monthly Topics March 2021

CALENDAR	OVERVIEW	BRAIN INJURY AWARENESS	TBI AND PSYCHOLOGICAL FITNESS	TBI AND SOCIAL FITNESS	TBI INFORMATION	PATIENT SAFETY AWARENESS WEEK	HEALTH.MIL SPOTLIGHT	GRAPHICS
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National Nutrition Month National Colorectal Cancer Month National Kidney Month Workplace Eye Wellness Month Bleeding Disorders Awareness Month National Endometriosis Awareness Month			<h1>MARCH 2021</h1>			Save Your Vision Month National Women's History Month National Myeloma Action Month Problem Gambling Awareness Month Trisomy Awareness Month National Multiple Sclerosis Awareness Month		
	1	2	3	4	5	6		
			Navy Reserve Birthday	Hug a GI Day	Seabee Birthday			
7	8	9	10	11	12	13		
			National Women and Girls HIV/AIDS Awareness Day	World Kidney Day		K9 Veterans Day		
		National School Breakfast Week						
14	15	16	17	18	19	20		
Daylight Saving Time Begins	American Legion Birthday		St. Patrick's Day			National Native American HIV/AIDS Awareness Day		
		National Sleep Awareness Week						
		Patient Safety Awareness Week						
		Brain Awareness Week						
21	22	23	24	25	26	27		
		American Diabetes Assoc. Alert Day	World Tuberculosis Day	Medal of Honor Day				
Brain Awareness Week		Tsunami Preparedness Week						
28	29	30	31					
	Vietnam War Veterans Day	National Doctor's Day						

TOOLKIT

Monthly Topics March 2021

CALENDAR	OVERVIEW	BRAIN INJURY AWARENESS	TBI AND PSYCHOLOGICAL FITNESS	TBI AND SOCIAL FITNESS	TBI INFORMATION	PATIENT SAFETY AWARENESS WEEK	HEALTH.MIL SPOTLIGHT	GRAPHICS
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Overview

Brain Injury Awareness

March is nationally recognized as Brain Injury Awareness Month, with the goal of increasing traumatic brain injury (TBI) awareness and improve health care providers' ability to identify, care for, and treat all those who are affected by TBI. A TBI is a blow or jolt to the head that disrupts the normal function of the brain. According to the Defense Health Agency Traumatic Brain Injury Center of Excellence, 430,720 service members have been diagnosed with a first-time TBI since 2000.



Traumatic Brain Injury and Psychological Fitness

Even a mild TBI, or concussion, can cause many changes to your psychological health and the ability to stay mission-ready. The brain affects how you think, feel, and act. TBI can affect your physical function, thinking ability, behavior, mental health, and more.

Traumatic Brain Injury and Social Fitness

Experiencing a TBI can lead to changes to personal and professional relationships, but support from family and friends can play a vital role in identifying and recovering from TBI. Suffering a TBI can change someone's personality, and make them prone to mood swings, so these relationships may need work from both sides. TBI recovery can be hard, and no one should have to do it alone.

TBI Information

Service members can limit their risk of experiencing a TBI by wearing proper safety equipment when training, deployed or recreating. The first step to treating TBI is knowing the signs and symptoms, which can be physical, cognitive, and/or emotional. Left untreated, even a mild TBI can have serious long-term complications that can continue for months or years after the initial injury.

Nutrition Month

Good nutrition is essential to everyone's good health and wellness, and to warfighter readiness. The right diet can improve physical and cognitive performance, positively impact your mental health, lower your risk of many chronic diseases, and even help with recovery from some injuries.

Patient Safety Awareness Week

The Military Health System is committed to providing quality care for our patients while keeping them safe and free from harm. Patient Safety Awareness Week, from March 14 – 20, focuses on patient safety within hospitals, clinics, and health care organizations across the MHS enterprise as part of a journey towards safe care and zero harm.

March Speaker's Notes

Please consider using some of these messages on Brain Injury Awareness and Patient Safety during internal or external speaking opportunities in March. [Click here](#) [CAC required]

March 2021 Monthly Theme Plan Speakers Notes

Editor Note: The following talking points were created to provide MTF and MHS leaders with consistent messaging regarding key themes in the March MHS Strategic Communication Plan. They are intended to be used in internal communications opportunities, such as spoken remarks by MTF leaders to MTF staff at commanders calls and huddles, and to be used by all staff in external speaking engagements, as appropriate.

- March is Traumatic Brain Injury awareness month. Since 2000, more than 430k TBIs have been reported by members of the U.S. Armed Forces. Focusing on brain injury and brain health helps build awareness in the military community, and gives members both knowledge and tools to help identify, care for, and treat individuals affected by traumatic brain injury.
- The DoD is committed to protecting our most valuable asset—the brain health of our Service Members. TBI is often described as an “invisible wound of war” but it can also be an injury that happens in many other settings. TBI presents complex and challenging problems for many service members and their families. The symptoms are not always physical—they can present as changes in mood, personality, and behavior.
- Educate yourself on the causes and symptoms of TBI and when to seek care. Not all TBIs are caused by major blows to the head—some less obvious causes could be whiplash from car accidents, blast waves, blows to the body that jolt the head, and contact sports. More than 80% of TBIs experienced by Service Members can be classified as “mild TBI” or concussion, and only about 17% occur in a deployed setting.
- No matter the cause, symptoms can range from mild to serious and can be physical, cognitive, and/or emotional. Even a mild TBI can have long-lasting effects if not diagnosed and treated.
- People diagnosed with TBI can often experience changes to their psychological and social behavior—both crucial to Service Members’ ability to be mission ready. If you experience head trauma or still have effects from previous injuries, please talk with your healthcare provider about activities to avoid and how to best recover. Seeking medical attention for a TBI is a sign of strength, not weakness.
- Patient safety is a year-round mission throughout the MHS. Our goal is to promote a culture of safety to end preventable injuries. We will engage, educate and equip patient-care teams so they can put evidenced-based leading practices in place across the organization.
- Patient safety is a cornerstone of Reliable Ready Care, which we strive to achieve every day, at all levels and every MTF with our dedicated providers and support staff who serve our patients. The MHS is partnered with the Institute of Health Improvement (IHI) for Patient Safety Awareness Week. IHI provides a Patient Safety Essentials Toolkit, as well as other resources, available year round for MTFs to use and advance patient safety efforts.



[CALENDAR](#)[OVERVIEW](#)[BRAIN INJURY AWARENESS](#)[TBI AND PSYCHOLOGICAL FITNESS](#)[TBI AND SOCIAL FITNESS](#)[TBI INFORMATION](#)[PATIENT SAFETY AWARENESS WEEK](#)[HEALTH.MIL SPOTLIGHT](#)[GRAPHICS](#)

Brain Injury Awareness

Recognized each year in March, Brain Injury Awareness Month serves as an opportunity to share information with the military community about Traumatic Brain Injury. A TBI is a blow or jolt to the head that disrupts the normal function of the brain, and depending on severity, can have severe and long lasting effects on anyone who experiences one.

Messages for Communicators

- As an “invisible wound of war” and an injury that can happen in any setting, TBI presents complex and challenging problems for many service members and their families.
- According to the Defense Health Agency (DHA) Traumatic Brain Injury Center of Excellence (TBICoE), as of February 2021, 430,720 service members have been diagnosed with a first-time TBI since 2000.
- The Department of Defense (DoD) is committed to protecting the brain health of our service members.
- Even a mild TBI can impact one’s entire body, mind, and spirit.
- Sustaining brain health and preventing injury is critical, as TBI can create changes in mood, personality, and behavior, and affects service members’ ability to complete their mission.

Additional Resources for Brain Injury Awareness

- [TBI Center of Excellence](#)
- Human Performance Resources by CHAMP [TBI prevention page](#)
- [Centers for Disease Control and Prevention TBI page](#)

The graphic features a green header with the text "Brain Injury Awareness Month March 2021" and a circular logo with a checkmark and the text "BE TBI READY". Below the header is a photograph of two soldiers in a field, one holding a rifle, with a large explosion in the background. The bottom section of the graphic is dark blue with white text.

Heads Up: Brain, Hearing, and Balance Injuries

- Hearing and balance injuries are common among service members and veterans
- Your hearing and balance can be damaged by blasts, brain trauma, jet fuel, or long-term exposure to noise
- You may or may not have hearing loss with these injuries
- Other common symptoms are:
 - Trouble understanding speech in noisy settings
 - Ringing, buzzing, or other sounds in your ears or head, known as “tinnitus”
 - Dizziness when bending down, looking up, rolling over in bed, or when moving your head while walking
- If you have any of these symptoms, talk with your primary care provider or your hearing conservation program manager

MHS Military Health System health.mil hearing.health.mil

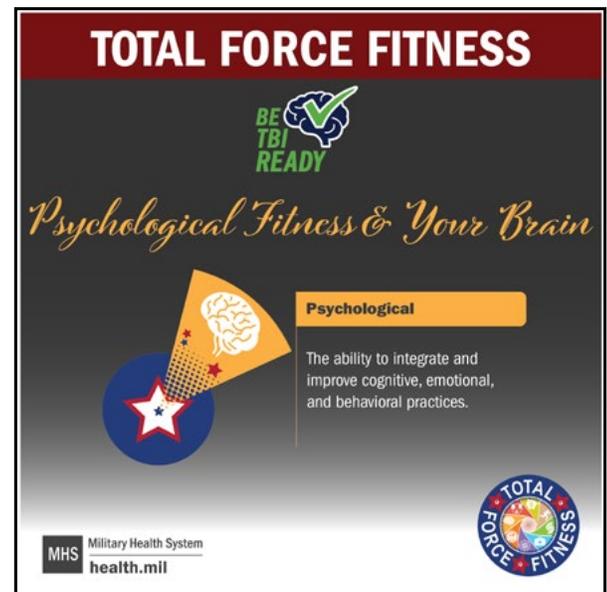
[CALENDAR](#)[OVERVIEW](#)[BRAIN INJURY
AWARENESS](#)[TBI AND
PSYCHOLOGICAL
FITNESS](#)[TBI AND SOCIAL
FITNESS](#)[TBI
INFORMATION](#)[PATIENT SAFETY
AWARENESS
WEEK](#)[HEALTH.MIL
SPOTLIGHT](#)[GRAPHICS](#)

TBI and Psychological Fitness

Psychological fitness is the ability to integrate and improve cognitive, emotional, and behavioral practices. People with a TBI often experience psychological health challenges, and require a comprehensive approach to treating the injury.

Messages for Communicators

- Even a mild TBI can cause changes to your psychological health and impact the ability to stay mission-ready.
- The brain affects how we think, feel, and act. Damage to the brain from TBI can affect physical function, thinking ability, behavior, mental health, and more.
- TBI can range from mild to severe. More severe TBIs increase the risk for mental health conditions such as anxiety and depression, as well as sleeping problems.
- When your psychological health is compromised, it can have compounding effects on your overall wellness.
- Your psychological health connects to every area of overall wellness, including exercise, diet, relationships with friends and family, and clear thinking.
- The circumstances that lead to TBI may be associated with events that contribute to post traumatic stress, like witnessing psychologically disturbing events.
- Diagnosing post-traumatic stress can be complex, as the physical and psychological symptoms can be similar to TBI.
- If you've had a concussion, talk with your health care provider about activities to avoid and which ones can help you recover.



Additional Resources for TBI and Psychological Fitness

- Health.mil page on [Psychological Fitness](#)
- Uniformed Services University of the Health Sciences (USU) research on [Sleep and TBI in deployed service members](#)
- Human Performance Resources by CHAMP article on [TBI and energy and memory](#)
- Psychological Health Center of Excellence [blog on differentiating combat stress from concussion symptoms](#)
- Psychological Health Center of Excellence [blog on Co-occurring PTSD and TBI](#)

[CALENDAR](#)[OVERVIEW](#)[BRAIN INJURY
AWARENESS](#)[TBI AND
PSYCHOLOGICAL
FITNESS](#)[TBI AND SOCIAL
FITNESS](#)[TBI
INFORMATION](#)[PATIENT SAFETY
AWARENESS
WEEK](#)[HEALTH.MIL
SPOTLIGHT](#)[GRAPHICS](#)

TBI and Social Fitness

Social fitness is the ability to engage in productive personal and professional relationships, positively interact with unit and command networks, and use resources that promote overall well-being. Strong interpersonal relationships can help identify possible TBI, and can assist in recovery.

Messages for Communicators

- When you experience a TBI, changes to your personal and professional relationships are common.
 - Some TBI symptoms, like mood swings and personality changes, can stress relationships.
 - Friends, families and coworkers who notice these changes, and are aware of a possible head injury, should encourage medical attention.
 - Seeking medical attention for a potential TBI is a sign of strength, not weakness.
- Encouragement from family members and friends is crucial in identifying and recovering from TBI.
 - Family members and friends can play an important role in encouraging someone who may have a TBI to contact their healthcare provider for assistance.
 - Strong, resilient relationships can also help people overcome some symptoms of TBI, like depression.



Additional Resources for TBI and Social Fitness

- Health.mil page on [Social Fitness](#)
- Health.mil article on [Social Fitness](#)
- Psychological Health Center of Excellence [blog on social support for TBI resilience](#)
- Human Performance Resources by CHAMP [article on helping loved ones with TBI](#)
- Human Performance Resources by CHAMP [article on how TBI affects relationships](#)

[CALENDAR](#)[OVERVIEW](#)[BRAIN INJURY
AWARENESS](#)[TBI AND
PSYCHOLOGICAL
FITNESS](#)[TBI AND SOCIAL
FITNESS](#)[TBI
INFORMATION](#)[PATIENT SAFETY
AWARENESS
WEEK](#)[HEALTH.MIL
SPOTLIGHT](#)[GRAPHICS](#)

TBI Information

Brain health is critical to mission readiness for every service member, and to the overall health of every individual. Arming yourself with information on how to minimize the risk of TBI, understanding TBI symptoms so you know when to seek care, and the proper steps to take during treatment, can help everyone be TBI ready.

Messages for Communicators

- TBI Prevention - Service members can stay mission ready by taking precautions and being aware of risks when they engage in activities that could result in a TBI.
 - Wearing appropriate safety equipment is important to avoid a TBI while in the workplace, recreating, and when training or deployed.
 - Support good brain health through proper nutrition, getting enough sleep, and minimize alcohol consumption.
- Signs and Symptoms of TBI - Service members should educate themselves about TBI symptoms to know when to seek care.
 - TBI symptoms, whether for a mild or serious TBI, can be physical, cognitive, and/or emotional. Symptoms may include:
 - ▶ Physical: headache, sleep disturbances, dizziness, balance problems, headaches nausea and/or vomiting, fatigue, visual disturbances like blurred or double vision, sensitivity to light or noise, and ringing in the ears
 - ▶ Cognitive: slowed thinking, poor concentration, memory loss, confusion, difficulty making decisions, difficulty finding words
 - ▶ Emotional: anxiety, feeling depressed, irritability and mood swings
 - Two major complications of TBI are visual and auditory. Even a mild TBI can cause persistent visual dysfunctions that affect vision and eye movements.
 - Not all TBIs are caused by major blows to the head. Other things that can cause TBI include car accidents, falls, a blast wave, a blow to the body that jolts the head, and contact sports.
- TBI Treatment - TBI is treatable, and recovery is possible with appropriate care. Most people who suffer a mild TBI, or concussion, recover completely.
 - Returning to duty following any TBI, even a mild one, involves a progressive, step-by-step approach.
 - Symptoms of a TBI may reappear or worsen if military training and sports or recreational activities resume too quickly.
 - The Military Acute Concussion Evaluation 2 or MACE 2 screening tool helps screen and evaluate mild TBI by adding new assessment areas, such as assessing eye movements and balance after a possible mild TBI.
 - Clinical guidelines using the “progressive return to activity” process improve care for warfighters dealing with TBI.



Additional Resources for TBI Information

- TBI Center of Excellence [Patient and Family Resources](#)
- Health.mil page on [TBI symptoms](#)
- Health.mil page on [TBI resources](#)
- Health.mil page on [TBI prevention](#)
- Centers for Disease Control and Prevention [page on TBI symptoms](#)

[CALENDAR](#)[OVERVIEW](#)[BRAIN INJURY
AWARENESS](#)[TBI AND
PSYCHOLOGICAL
FITNESS](#)[TBI AND SOCIAL
FITNESS](#)[TBI
INFORMATION](#)[PATIENT SAFETY
AWARENESS
WEEK](#)[HEALTH.MIL
SPOTLIGHT](#)[GRAPHICS](#)

Patient Safety Awareness Week

The Military Health System has no higher priority than the safety of our patients. Our commitment to Ready Reliable Care sustains a culture of safety at every hospital, clinic or other point of care across the MHS.

Messages for Communicators

- Our mission is to promote a culture of safety to end preventable patient harm.
 - Patient safety is a priority for the MHS all year long.
- MHS patient-care teams are engaged, educated and equipped to put evidenced-based leading practices in place across the organization.
- Patient engagement is key to building a trusted relationship between providers and patients and their families that leads to safer care.
- Leaders at every level and all staff help drive high reliability forward to achieve the goal of zero preventable harm on behalf of our beneficiaries.
- Patient Safety is advancing Ready Reliable Care, every day, in every level at every MTF.
- The ongoing MHS transition strengthens accountability, transparency, and standardization to prevent harm, promote continuous learning, and improve the quality of care and services delivered in the MHS.
 - The result is a ready, resilient and reliable healthcare system.
- Technology can play a critical role in patient safety through enterprise-wide processes, technology, and training.
 - Tools like the Joint Patient Safety Reporting application and our MHS Genesis electronic health records system promote standardization, optimization, and innovation in patient safety.
- The MHS partners with the Institute of Health Improvement for Patient Safety Awareness Week.
 - IHI provides a Patient Safety Essentials Toolkit, as well as other resources, available year round for MTFs to use and advance patient safety efforts.



Additional Resources for Patient Safety Awareness Week

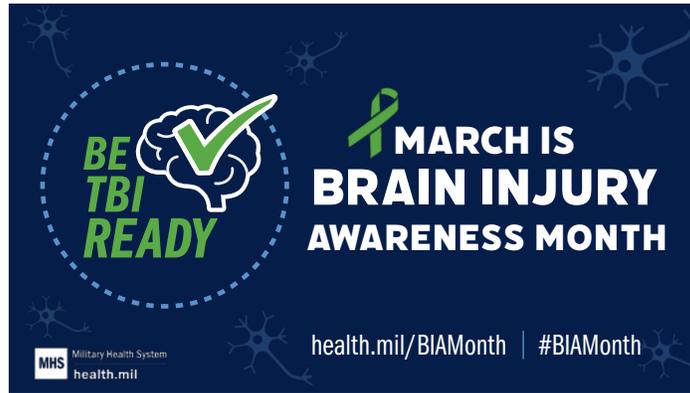
- Defense Health Agency [Patient Safety Program](#)
- Additional DHA [patient safety resources](#)
- Centers for Disease Control and Prevention [patient safety site](#)
- CDC page on [how to be a safe patient](#)

CALENDAR	OVERVIEW	BRAIN INJURY AWARENESS	TBI AND PSYCHOLOGICAL FITNESS	TBI AND SOCIAL FITNESS	TBI INFORMATION	PATIENT SAFETY AWARENESS WEEK	HEALTH.MIL SPOTLIGHT	GRAPHICS
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HEALTH.MIL SPOTLIGHT PAGE

Visit the [Total Force Fitness Health.mil page](https://www.health.mil) to learn more about TFF and see March theme articles throughout the month.

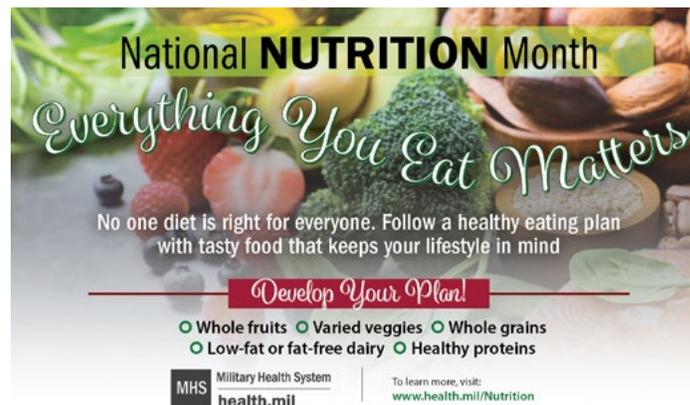
Brain Injury Awareness



Patient Safety Awareness



Nutrition Awareness



[CALENDAR](#)[OVERVIEW](#)[BRAIN INJURY AWARENESS](#)[TBI AND PSYCHOLOGICAL FITNESS](#)[TBI AND SOCIAL FITNESS](#)[TBI INFORMATION](#)[PATIENT SAFETY AWARENESS WEEK](#)[HEALTH.MIL SPOTLIGHT](#)[GRAPHICS](#)

APPROVED GRAPHICS

Graphics to Use on Your Platforms

Use these graphics on your social media platforms in support of March themes and observances.

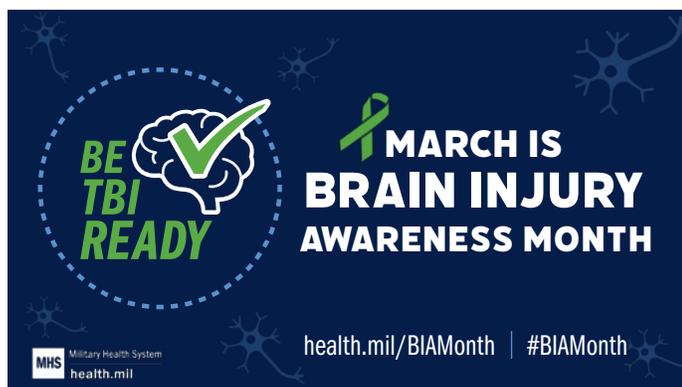
These graphics are in the [March Toolkit on Health.mil](#).

Brain Injury Awareness Month

Suggested Social Media Message: March is #BrainInjuryAwarenessMonth. Since 2000, over 430K service members have been diagnosed with a first-time TBI. Learn more:

#BIAMonth

<https://health.mil/BIAMonth>

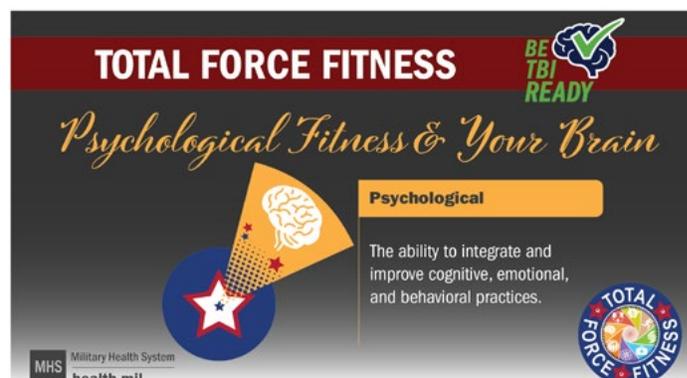


TBI & Psychological Fitness

Suggested Social Media Message: The symptoms of mild #TBI are not just physical. TBI may result in changes to your behavior, mood, or personality. Find more information & resources here:

#TotalForceFitness

<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Research-and-Development/Traumatic-Brain-Injury-Center-of-Excellence/Patient-and-Family-Resources>



TOOLKIT

Monthly Topics March 2021

CALENDAR

OVERVIEW

BRAIN INJURY
AWARENESS

TBI AND
PSYCHOLOGICAL
FITNESS

TBI AND SOCIAL
FITNESS

TBI
INFORMATION

PATIENT SAFETY
AWARENESS
WEEK

HEALTH.MIL
SPOTLIGHT

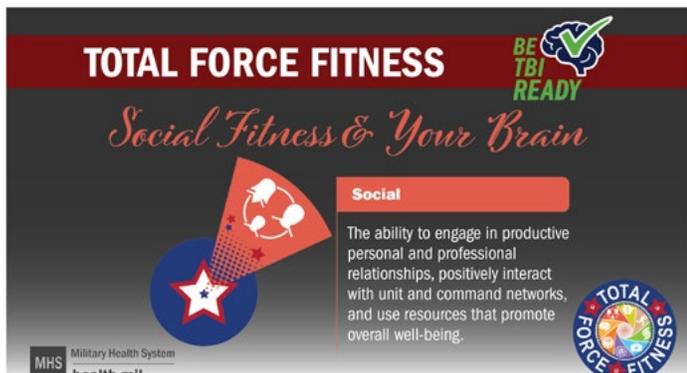
GRAPHICS

TBI & Social Fitness

Suggested Social Media Message: Even a mild #TBI can cause symptoms that stress personal & professional relationships. Here's how you can stay socially fit and maintain brain health:

#BeTBIReady

<https://www.pdhealth.mil/news/blog/positive-attitude-social-support-may-promote-tbi-resilience-among-military-members>

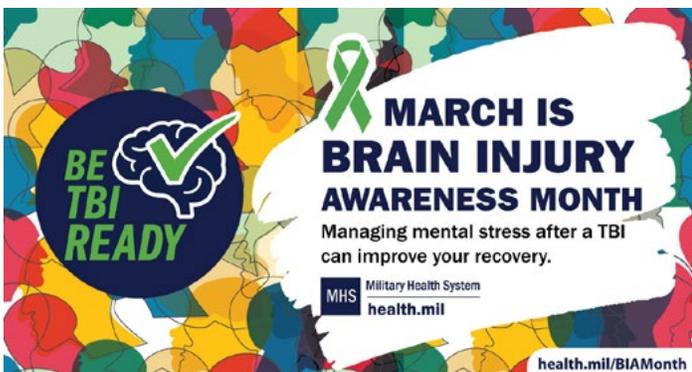


TBI & Psychological Fitness

Suggested Social Media Message: Overlapping symptoms often occur between #PTSD and mild #TBI. If you experience a TBI, talk to your healthcare provider and reach out to friends & family for support. Learn more:

#BeTBIReady

<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Research-and-Development/Traumatic-Brain-Injury-Center-of-Excellence/Patient-and-Family-Resources>



TBI & Social Fitness

Suggested Social Media Message: Support from family & friends can play a vital role in identifying & recovering from #TBI. Learn how to help your loved one with TBI here:

#TotalForceFitness

<https://www.hprc-online.org/social-fitness/family-optimization/especially-families-how-help-your-warrior-tbi>



TBI Ready

Suggested Social Media Message: If left untreated even mild #TBI can have serious long-term complications impacting hearing & vision. For more information, visit:

<https://hearing.health.mil/>



TOOLKIT

Monthly Topics March 2021

CALENDAR	OVERVIEW	BRAIN INJURY AWARENESS	TBI AND PSYCHOLOGICAL FITNESS	TBI AND SOCIAL FITNESS	TBI INFORMATION	PATIENT SAFETY AWARENESS WEEK	HEALTH.MIL SPOTLIGHT	GRAPHICS
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TBI Ready

Suggested Social Media Message: A mild #TBI can affect vision & hearing in ways that may not be immediately obvious. Learn more at:

#BeTBIReady

<https://vce.health.mil/>

Our providers are TBI READY

Visit our websites for more information about vision and hearing injury prevention and care.

Our resources inform providers about the care and treatment of vision and auditory system injuries.

MARCH IS BRAIN INJURY AWARENESS MONTH

MHS Military Health System health.mil

vce.health.mil | hearing.health.mil

TBI Ready

Suggested Social Media Message: Wearing the right safety equipment in the workplace & while engaging in training or recreation is one way to prevent #TBI & stay mission ready. Learn more at:

#BeTBIReady

<https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Traumatic-Brain-Injury>

Be TBI READY by protecting your vision and hearing.

Wear the right equipment, the right way, at the right time, as the first line of defense against injury.

VISION	HEARING
<ul style="list-style-type: none">DoD Approved Protective EyewearList spectaclesSafety goggles for appropriate tasksUse of best practices for eye safety	<ul style="list-style-type: none">Ear plugsNoise muffsNoise attenuating helmetsTactical communication systems

MARCH IS BRAIN INJURY AWARENESS MONTH

MHS Military Health System health.mil

vce.health.mil | hearing.health.mil

Have You Had a Head Injury?

Suggested Social Media Message: Vision and hearing complications are two major signs of #TBI. If you've had a head injury, be sure to familiarize yourself with the signs & symptoms of TBI:

#BeTBIReady

<https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Traumatic-Brain-Injury/TBI-Symptoms>

Have you had a head injury?

If you've had a head injury and have any of these symptoms, see your vision or hearing care provider:

VISION	HEARING
<ul style="list-style-type: none">Blurry or double visionTrouble readingFlashes and/or floaters	<ul style="list-style-type: none">DizzinessRinging, buzzing, or other sounds in your ears or headTrouble hearing words in noisy environments

MARCH IS BRAIN INJURY AWARENESS MONTH

MHS Military Health System health.mil

vce.health.mil | hearing.health.mil

TBI DYK 1

Suggested Social Media Message: #DYK Even a mild #TBI can cause changes to your psychological health. Patients with mild TBI often experience physical, cognitive, & emotional symptoms.

#TotalForceFitness

<https://health.mil/Military-Health-Topics/Total-Force-Fitness/Psychological-Fitness>

MARCH IS BRAIN INJURY AWARENESS MONTH

DID YOU KNOW...?

✓ Symptoms of a TBI are not just physical.

Patients with mild TBI often experience cognitive and emotional symptoms too.

BE TBI READY

MHS Military Health System health.mil

health.mil/BIAMonth | #BIAMonth

TOOLKIT

Monthly Topics March 2021

CALENDAR

OVERVIEW

BRAIN INJURY
AWARENESS

TBI AND
PSYCHOLOGICAL
FITNESS

TBI AND SOCIAL
FITNESS

TBI
INFORMATION

PATIENT SAFETY
AWARENESS
WEEK

HEALTH.MIL
SPOTLIGHT

GRAPHICS

TBI DYK 2

Suggested Social Media Message: #DYK The most common form of #TBI in the military is mild TBI, also called concussions? Learn about signs & symptoms here:

<https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Traumatic-Brain-Injury/TBI-Symptoms>

#BeTBIReady



National Nutrition Month 2

Suggested Social Media Message: Filling your plate with colorful fruits and veggies is a great first step to a healthy diet. Check out the Health.mil Total Force Fitness page for more resources during National Nutrition Month:

<https://www.health.mil/Military-Health-Topics/Total-Force-Fitness/Nutritional-Fitness>



National Nutrition Month 1

Suggested Social Media Message: Proper nutrition can boost warfighter performance even in the most challenging conditions, so it's important to know what's in your food. Learn more with the Warfighter Nutrition Guide, hosted by the Human Performance Resource by CHAMP.

<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide>



National Nutrition Month 3

Suggested Social Media Message: March is National Nutrition Month – take this chance to assess and adjust your diet to support you healthy living goals.

<https://www.cdc.gov/nutrition/index.html>



TOOLKIT

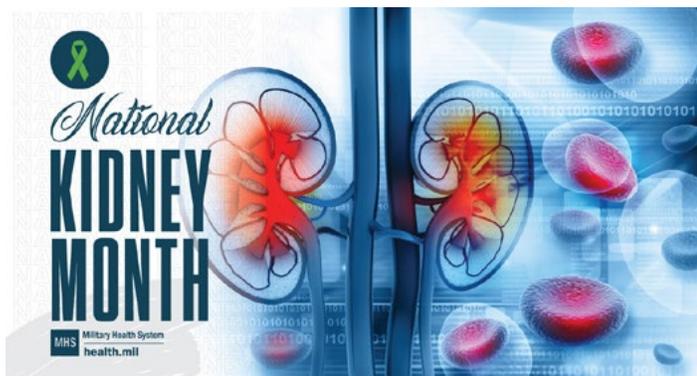
Monthly Topics March 2021

CALENDAR	OVERVIEW	BRAIN INJURY AWARENESS	TBI AND PSYCHOLOGICAL FITNESS	TBI AND SOCIAL FITNESS	TBI INFORMATION	PATIENT SAFETY AWARENESS WEEK	HEALTH.MIL SPOTLIGHT	GRAPHICS
----------	----------	------------------------	-------------------------------	------------------------	-----------------	-------------------------------	----------------------	----------

National Kidney Month

Suggested Social Media Message: March is National Kidney Month, a good time to remember how vital it is to keep up on preventive health screenings during the pandemic.

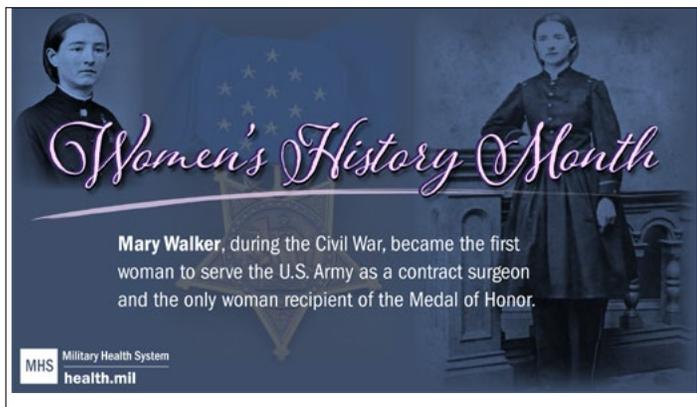
<https://tricare.mil/HealthWellness/Preventive/GettingCare>



Women's History Month, Mary Walker

Suggested Social Media Message: Mary Walker, the first woman to serve as a Union Army contract surgeon during the Civil War, is the only woman recipient of the Medal of Honor, the highest U.S. Military Honor.

#Womeninhistory



World Sleep Month

Suggested Social Media Message: Good sleep is essential to good health. Here are 10 tips to get a better night's sleep, and you can find more resources at:

#HeartBodySoul

#winter

<https://health.mil/Military-Health-Topics/Total-Force-Fitness/Environmental-Fitness/Winter-Safety>



Daylight Savings Time (March 14)

Suggested Social Media Message: Don't forget to SPRING FORWARD this Sunday!



TOOLKIT

Monthly Topics March 2021

CALENDAR

OVERVIEW

BRAIN INJURY
AWARENESS

TBI AND
PSYCHOLOGICAL
FITNESS

TBI AND SOCIAL
FITNESS

TBI
INFORMATION

PATIENT SAFETY
AWARENESS
WEEK

HEALTH.MIL
SPOTLIGHT

GRAPHICS

Patient Safety Awareness Week 1 (March 14-20)

Suggested Social Media Message: This week is Patient Safety Awareness Week (PSAW)! For the DHA, it is a week of reinvigorated focus to ensure we have the systems in place to continuously improve the way we deliver care. Check out #MHS resources on Patient Safety:

#PSAW2021

<https://health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/Quality-And-Safety-of-Healthcare/Patient-Safety/Patient-Safety-Products-And-Services/Toolkits>



Patient Safety Awareness Week 2 (March 14-20)

Suggested Social Media Message: DYK: It's Patient Safety Awareness Week and this year, the MHS is spotlighting Tech's Role in Patient Safety. For information on how to be a safe patient, check out the #CDC patient safety page:

#PSAW2021

<https://www.cdc.gov/patientsafety/features/medical-care.html>



Patient Safety Awareness Week 3 (March 14-20)

Suggested Social Media Message: During Patient Safety Awareness Week, the #MHS commitment to Ready Reliable Care is on display. Learn more and check out some of our resources:

#PSAW2021

<https://health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/Quality-And-Safety-of-Healthcare/Patient-Safety/Calendar-of-Events/Patient-Safety-Awareness-Week-PSAW>

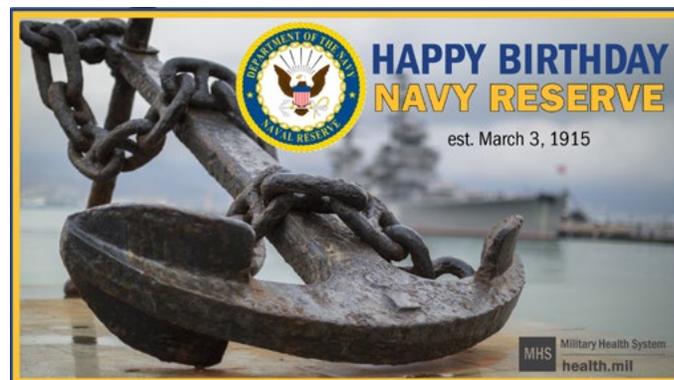


Navy Reserve Birthday (March 3)

Suggested Social Media Message: Happy 106th birthday to the U.S. Navy Reserve!

Are you a member of the Select Reserve? Learn how to get access to the COVID-19 Vaccine:

https://tricare.mil/CoveredServices/BenefitUpdates/Archives/02_02_2021_COVID19_Vaccination_Options_National_Guard_Reserve



CALENDAR

OVERVIEW

BRAIN INJURY
AWARENESS

TBI AND
PSYCHOLOGICAL
FITNESS

TBI AND SOCIAL
FITNESS

TBI
INFORMATION

PATIENT SAFETY
AWARENESS
WEEK

HEALTH.MIL
SPOTLIGHT

GRAPHICS

World Hearing Day (March 3)

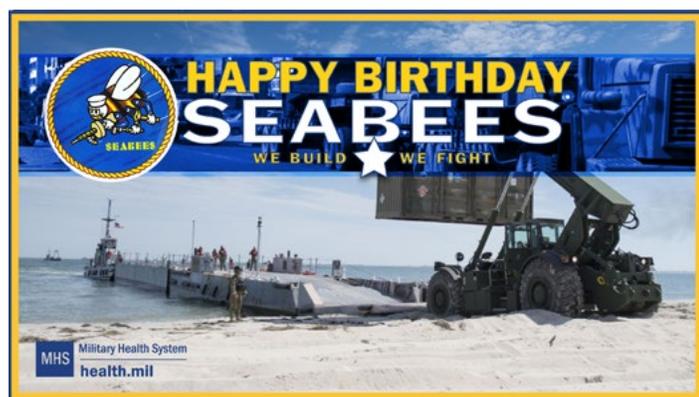
Suggested Social Media Message: It's #WorldHearingDay, held annually to raise awareness about preventing hearing loss, and to promote worldwide hearing care. Timely and effective hearing health interventions can ensure that people with hearing loss are able to achieve quality of life and maintain mission readiness.

<https://hearing.health.mil>



Seabees Birthday (March 5)

Suggested Social Media Message: Happy birthday to the Seabees, the U.S. Navy's elite construction battalions!



National Women and Girls HIV/AIDS Awareness Day (March 10)

Suggested Social Media Message: Any woman who is sexually active can get HIV, regardless of race, ethnicity, age, or sexual orientation. March 10 is National Women and Girls HIV/AIDS Awareness Day, raising awareness of the ongoing threat posed by this disease. Learn more at:

<https://www.hiv.gov/events/awareness-days/women-and-girls>



K9 Veterans Day Air Force (March 13)

Suggested Social Media Message: Today is K9 Veterans Day, commemorating the day in 1943 when the U.S. Army began training for its "War Dog Program" also known as the "K-9 Corps." Today, military dogs are valuable members of their units, completing a wide variety of specialized and dangerous missions.



CALENDAR

OVERVIEW

BRAIN INJURY
AWARENESS

TBI AND
PSYCHOLOGICAL
FITNESS

TBI AND SOCIAL
FITNESS

TBI
INFORMATION

PATIENT SAFETY
AWARENESS
WEEK

HEALTH.MIL
SPOTLIGHT

GRAPHICS

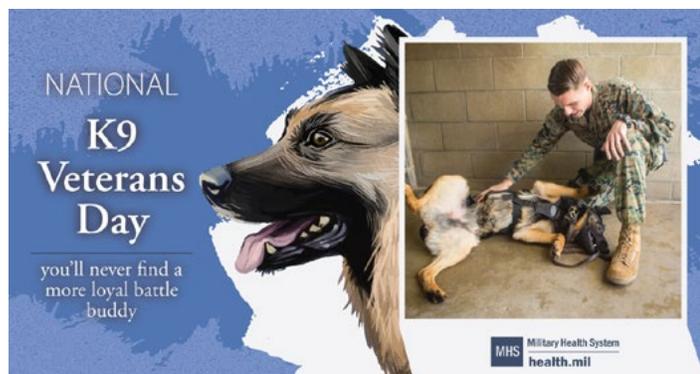
K9 Veterans Day Army (March 13)

Suggested Social Media Message: Today is K9 Veterans Day, commemorating the day in 1943 when the U.S. Army began training for its “War Dog Program” also known as the “K-9 Corps.” Today, military dogs are valuable members of their units, completing a wide variety of specialized and dangerous missions.



K9 Veterans Day Navy (March 13)

Suggested Social Media Message: Today is K9 Veterans Day, commemorating the day in 1943 when the U.S. Army began training for its “War Dog Program” also known as the “K-9 Corps.” Today, military dogs are valuable members of their units, completing a wide variety of specialized and dangerous missions.



World Sleep Day (March 19)

Suggested Social Media Message: Recognize World Sleep Day on March 19 by getting a good night’s sleep, and remember that regular sleep leads to a healthy future.

<https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Mental-Health/Sleep>



National Native HIV/AIDS Awareness Day

Suggested Social Media Message: National Native HIV/AIDS Awareness Day (March 20) is a national community mobilization effort designed to encourage American Indians, Alaska Natives and Native Hawaiians across the United States and territorial areas to get educated, get tested, and get involved in HIV prevention, care and treatment.

<https://www.hiv.gov/events/awareness-days/native>



CALENDAR

OVERVIEW

BRAIN INJURY
AWARENESS

TBI AND
PSYCHOLOGICAL
FITNESS

TBI AND SOCIAL
FITNESS

TBI
INFORMATION

PATIENT SAFETY
AWARENESS
WEEK

HEALTH.MIL
SPOTLIGHT

GRAPHICS

Kick Butts Day (March 20)

Suggested Social Media Message: #KickButtsDay is for the nation's youth to speak out and raise awareness in their communities about the problems associated with tobacco, especially teen vaping. Find more resources to combat tobacco use here:

<https://www.health.mil/Military-Health-Topics/Total-Force-Fitness/Preventive-Health/TobaccoFree-Living>



Medal of Honor Day (March 25)

Suggested Social Media Message: The Medal of Honor is the highest and most prestigious military decoration awarded to members of the U.S. Armed Forces. Today, we thank every Medal of Honor Awardee, and recognize the many medical service member recipients since the Civil War.

<https://www.health.mil/Military-Health-Topics/Military-Medical-History/Military-Health-Medal-of-Honor-Recipients>



Vietnam War Veterans Day (March 29)

Suggested Social Media Message: March 29 is Vietnam War Veterans Day, marking the anniversary of the last U.S. combat troops leaving Vietnam. Thank you to Vietnam Veterans for your service and sacrifice.



National Doctors' Day (March 30)

Suggested Social Media Message: Today is National Doctors' Day. Thank you to all the doctors throughout the #MHS!

#doctorsday

