



MC&FP FACT SHEET

Data

-  *All services have received funding to upgrade installation fitness facilities, sports playing fields and running tracks.*
-  *Family health and wellness can be simplified for children with 5-2-1-0. Daily, parents can help their children:*
 - *Eat five or more servings of fruits and vegetables*
 - *Have two or fewer hours of screen time*
 - *Get at least one hour of physical activity*
 - *Drink zero sweetened beverages*

Additional information

Military OneSource Health and Wellness

<http://www.militaryonesource.mil/health-wellness>

Military OneSource Morale, Welfare and Recreation

<http://www.militaryonesource.mil/mwr>

The Obesity Prevention Resource Center

<http://www.militaryfamilies.psu.edu/initiatives/obesity-prevention>

Health and Wellness: Military Community and Family Policy January 2014 Communication Theme

Background

The health and wellness of military families plays a critical role in maintaining personal and mission readiness. The Family Readiness System resources are in place to help service members and their families reach and maintain physical, spiritual and emotional health and wellness. With the start of another new year, military families can easily resolve to commit or recommit to all-around health and wellness with programs and services available online and on installations worldwide.

Highlights

Health and wellness is accessible for service members and their families with programs and services, including:

- Morale, Welfare and Recreation, including installation-based facilities and programs that can help military families get active while enjoying quality time together
- The Spouse Education and Career Opportunities program, which gives military spouses resources and tools for education and training and career exploration
- Military OneSource health and wellness coaching and the Living series, both offered at no cost
- Military and Family Life Counselors
- Confidential non-medical counseling offered through Military OneSource
- The Exceptional Family Member Program for families with special needs

