OPERATION SUPPLEMENT SAFETY

HPRC
HUMAN PERFORMANCE RESOURCE CENTER

The Operation Supplement Safety (OPSS) campaign allows service members and retirees, their families, healthcare providers, and DoD civilians to get the scoop on dietary supplements.

On the OPSS Campaign Press Kit page of the OPSS website (hprc-online.com/dietary-supplements/OPSS), you will find an overview and background on the campaign, campaign materials, and suggested activities for local installations.

For printed and other promotional materials, visit the OPSS website or contact OPSS at the email address below.

For more information, send us an email at supplements@usuhs.edu. To schedule an interview with someone from the campaign, please call the Uniformed Services University Health Services Public Affairs Office at 301-295-3578 or send an email to sharon.willis@usuhs.edu.

OPSS CAMPAIGN MATERIALS

Campaign Advertising Materials

Help promote the OPSS dietary supplements education for the military campaign with these print materials and give-aways for use at your installation and in your publications.

Ripped or Ripped Off? Poster (11x17; PDF) – download or order from Health Information Products e-Catalog.*

Ripped or Ripped Off? Table Displays: Tray Mat or Table Tent – order from Health Information Products e-Catalog.*

OPSS *Adverse Events* Poster (11.75x15.875; PDF) – download or order from Health Information Products e-Catalog.*

Get the Scoop on Supplements Handout – order from Health Information Products e-Catalog.*

OPSS Stickers – order from Health Information Products e-Catalog.*

OPSS Pens – order from Health Information Products e-Catalog.*

Brochures and Handouts (download from OPSS website)

OPSS Campaign Overview and Background (PDF) – A one-page infosheet with an introduction to the OPSS Campaign.

OPSS Nutrition: Fueled for Fitness Brochure (PDF) – download or order from Health Information Products e-Catalog.*

Red Flags—What You Need to Know (PDF) – A two-page infosheet with a checklist of clues to potentially harmful dietary supplement products, along with a list of substances to watch out for.

Dietary Supplement Education for Warfighters (PDF) – An extensive overview of dietary supplements, associated risks, and resources—from a slide presentation available in the Tools for Providers section of OPSS.

Dietary Supplements Containing DMAA (PDF) – A frequently updated infosheet with names of dietary supplement products containing DMAA currently on the market—as well as ones recently removed from the market.

Reporting Adverse Events Associated with Dietary Supplement Use (PDF) – This one-page infosheet has information about how to report adverse reactions to dietary supplements—reporting is essential to help the FDA and the Warfighter community identify products and ingredients that are harmful.

Dietary Supplements and Drug Testing (PDF) – Information about what to do if you think a dietary supplement might cause a problem with military drug testing.

Public Service Announcements (download from OPSS website)

OPSS PSA: SPC Othella Feroleto (MOV, WMV, MP4/3GP) – Army SPC Othella Feroleto is training to be an Olympic wrestler. She emphasizes knowing the right way to get fit while being careful to avoid dietary supplements that could threaten her Olympic eligibility.

OPSS PSA: LT Matthew Williams (MOV, WMV, MP4/3GP) – Airman Matthew Williams is an Olympic trainee in track and field who warns against dietary supplements that provide super-high doses of ingredients, mixtures of ingredients, and unreported ingredients.

OPSS PSA: PFC Julio Saunders (MOV, WMV, MP4/3GP) – Julio Saunders, Army PFC and Olympic hopeful in the combat sport of Taekwando, shares his training goal to stay "100% fueled and hydrated" without substituting dietary supplements for healthy foods and exercise.

OPSS Partners

Operation Live Well – This Department of Defense initiative

OPERATION ★ Live Well ★

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provides monthly topics of interest to educate the military community about healthy and safe community environments, empowering people, and clinical and community preventive services.

OPSS in the Community

- Plan a Kickoff event for your installation. Pick a day in fall/winter of 2012 for your kickoff events – contact HPRC at supplements@usuhs.edu for one of our experts to come speak.
- Host a Town Hall on Dietary Supplements (consider a virtual town hall). Request your installation's dietitian and/or physician to be present for answering questions or contact HPRC at supplements@usuhs.edu for someone to come speak.
- Provide Outreach to family members by hosting a table/demonstration at the local commissary (link to outreach plan) or fitness center facility.
- Distribute posters for display in installation buildings.
- Distribute tray mats and table tents at installation dining and AAFES facilities.
- **Additional DoD-wide events** organized by the OPSS Campaign Team will be held through fall/winter 2012 in support of local kickoff events and activities; they will include:
  - PSAs airing on Armed Forces Network, Pentagon Channel, and others.
  - PSAs airing in installation theaters.
  - Stand-To articles.
  - Email to Healthcare Provider Consultant Groups with links to Supplement Education for distribution to their constituents.

* Click here for the Health Information Products e-Catalog (https://usaphcapps.amedd.army.mil/HIOShoppingCart/searchResults.aspx?c=13&s=64&f=0&l=0&t=).