



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

October 2018



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Women's Health Toolbox

There are some health concerns that affect women regardless of age or ethnicity. When women are aware of gender-specific health concerns, they can devise a plan in taking better care of themselves. It's important to get appropriate screenings as recommended by your health care provider, especially if you are at a higher risk for certain diseases like diabetes or breast cancer. Female Sailors, Marines, and DoD civilians should take charge of their health, making their health a priority by adopting healthy living habits that include eating healthy, being active, maintaining a healthy weight, managing stress, staying injury free, practicing safe sex, drinking in moderation, being tobacco free and getting a well woman exam each year.

[Click here to access the toolbox >>](#)

Quick Hit – Seasonal Influenza

Influenza, or the flu, is a viral illness characterized by the sudden onset of fever, respiratory symptoms and fatigue. Influenza season in the United States typically peaks in January and February but can begin as early as October. While most people infected with the influenza virus recover quickly, complications can lead to more severe disease presentation and extended illness. The military training and shipboard environments are particular areas of concern with regards to disease spread due to close living quarters. [Click here to learn more >>](#)

HPW Infographic – Get the Message on Women's Health

Women's health issues vary from men. From responsible alcohol consumption, tobacco use, sexual health and healthy eating, women face a unique set of risk factors and concerns. NMCPHC's HPW department designed the infographic "Get the Message on Women's Health" to highlight health issues specific to women. [Click here to learn more >>](#)

DRSi Newsletter: The Reporter

The Reporter is a monthly newsletter for military treatment facility (MTF) and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). Each issue highlights monthly trainings, department updates, guidance and news to ensure timely recognition and control of infectious diseases. [Click here to learn more >>](#)



Public Health in the News

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Smoking in Disguise: Electronic Smoking Devices Labeled ‘Healthy’ Can Be Misleading

Cigarette smoking has been around since the ninth century. Today, many people are using battery-powered devices designed to mimic the habit while delivering fewer toxins. Experts, however, warn that regarding these devices as “natural” or “healthy” can be misleading. [Click here to read more >>](#)

Navy Entomologists Team Up to Build Disease Detection Capacity in Honduras

Entomologists from the U.S. Naval Medical Research Unit No. 6 (NAMRU-6) and the Navy Entomology Center of Excellence (NECE) partnered with Joint Task Force-Bravo Medical Element (JTF-B MEDEL) preventive medicine to develop a disease detection capability for the region. This cutting-edge work is supported by the Armed Forces Health Surveillance Board-Global Emerging Infections Surveillance (GEIS). [Click here to read more >>](#)

Say ‘Shoo’ to the flu with TRICARE

The best way to keep the flu at bay is prevention. Make sure you and your family members use your TRICARE benefit and get a flu shot. You can also adopt good practices to avoid the spread of germs. Flu viruses are serious, contagious viruses that can lead to hospitalization or even death. [Click here to read more >>](#)



NMCPHC Upcoming Education & Training

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DRSi Webinar

The PPS Department is part of a Tri-service group that hosts monthly training sessions for MTF and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). Presenters highlight disease surveillance information, requirements, activities, and best practices in a variety of topics including disease reporting, water surveillance, disease vector surveillance and infectious disease control. Three training sessions are provided on the last Tuesday of every month from January to October at 0900, 1500, and 1700 ET. Continuing medical education (CME) and continuing nursing education (CNE) credits are available. The trainings are approximately 30 minutes long and are conducted online with an accompanying dial-in phone number. [Click here to learn more>>](#)

October 30

Webinar

Health Promotion and Wellness (HPW) Trainings

Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) education and training programs equip leaders, health promoters, health educators, technicians, and clinicians with the skills, knowledge, tools, and materials to deliver best-practice public health programs and interventions. [Click here to learn more >>](#)

Navy Tobacco Cessation Facilitator Training

November 1
November 6

Walter Reed Bethesda, Md.
Norfolk Dental Center, Va.

Spirometry Training Course

The occupational and environmental medicine (OEM) department of NMCPHC sponsors a spirometry training course that has been approved by the National Institute for Occupational Safety and Health (NIOSH). There are only 28 NIOSH-approved spirometry training courses across the United States. The NMCPHC-sponsored spirometry training course is tailored to meet the occupational health needs of the Department of the Navy (DoN) to include providing the course to commands inside the U.S. as well as abroad. [Click here to learn more >>](#)

November 5 – 7 (Basic course), 8 (Refresher course)
November 5 – 7 (Basic course), 8 (Refresher course)
November 13 – 15 (Basic course), 16 (Refresher course)
December 4 – 6 (Basic course), 7 (Refresher course)
February (2019) 12 (Refresher course), 13 – 15 (Basic course)

Bremerton, Wash.
Guantanamo Bay, Cuba
Cherry Point, N.C.
Portsmouth, N.H.
San Diego, Calif.



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DOEHRS-IH Training

DOEHRS-IH is a web-based application that is used to collect industrial hygiene (IH) survey information. This course is designed to teach military and civilian IH personnel, who will be actively entering data into the DOEHRS-IH application, to maneuver and organize data within their IH Program Office. There is no fee for this course. However, students and their commands are responsible for their own transportation, lodging and per diem arrangements and expenses.

[Click here to learn more >>](#)

January 28 – February 1, 2019
February 4 – 8, 2019

Training Support Center San Diego, Calif.
Naval Health Clinic Pearl Harbor, Hawaii



NMCPHC Field Activity Education & Training

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Navy Entomology Center of Excellence (NECE)

NECE offers training to DoD pest management professionals to include pesticide applicator certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DoD pesticide applicator recertification; operational entomology training (preparing preventive medicine personnel to establish a public health pest management program); and shipboard pest management (NECE serves as the Navy program manager for shipboard pest control). [Click here to learn more >>](#)

NEPMU-2

The mission of the NEPMU-2 education and training department is to provide fleet and staff training, leadership and management to ensure that required professional certificates for occupational, environmental and preventive medicine professionals are met throughout the Navy and Marine Corps. [Click here to learn more >>](#)

NEPMU-5

The mission of NEPMU-5's education and training department is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying FDPMU teams in support of operational commanders worldwide. Services offered include CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit's area of responsibility (AOR), ashore and afloat.

[Click here to learn more >>](#)

NEPMU-6

The education and training department of NEPMU-6 offers courses throughout the year including (but not limited to) food safety manager's course, laboratory identification of malaria training, DoD pesticide applicator certificate refresher course, shipboard pest management training and Navy ship sanitation certificate program. [Click here to learn more >>](#)

NEPMU-7

NEPMU-7 provides force health protection courses throughout the year including (but not limited to) operational entomology training, shipboard pest management and food safety manager's/supervisor's course. [Click here to learn more >>](#)