



NMCPHC Updates

What's New in Public Health

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Blue H - Navy Surgeon General's Health Promotion and Wellness Award

The Blue-H Navy Surgeon General's Health Promotion and Wellness Award guides, encourages and rewards the promotion of health in Navy and Marine Corps organizations. This annual award is available at three levels: Bronze Anchor, Silver Eagle and Gold Star. Calendar year 2018 submissions should be submitted between January 1st and February 1st 2019. [Click here to read 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 >>](#)

HPW Infographic – Don't Get Wrecked!

Don't get wrecked! Impaired driving can hurt your life, your family and your career. Sailors and Marines are often faced with situations that can increase the risk to engage in unhealthy behaviors that impair driving, especially drinking and driving. [Click here to learn more >>](#)

Impaired Driving Prevention Toolbox

In the United States, approximately 29 people die per day in crashes that involve alcohol-impaired drivers. Even at levels below the legal limit, alcohol can seriously impair judgment and coordination as well as slow reaction time. Drugged driving is also becoming a serious issue because drugs, even when prescribed by a medical provider, can have similar negative effects to alcohol such as impaired judgment, perception, and motor skills. It only takes one bad decision, impaired driving, to hurt yourself, your family and friends, and your career. [Click here to access the toolbox >>](#)

Quick Hit – Diabetes: Prevent, Delay and Control

Diabetes is a condition where your body does not make enough insulin or does not use it correctly. Insulin is a hormone that helps the body turn sugar, or glucose, into energy. When it is not used, glucose stays in your blood stream and can cause high blood sugar. If not managed properly, it can lead to health problems over time such as vision loss, heart disease, kidney disease and much more. Start your journey today to prevent, delay and control! [Click here to learn more >>](#)



Public Health in the News

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Combat Holiday Blues, Fight Stress with Helpful Hints from ACS

While the holidays are a joyful time, they can also be a source of stress. Learning how to handle that stress can keep the holiday season enjoyable. A wide variety of holidays, both secular and religious, are celebrated in November and December. No matter what holidays a family celebrates, it's easy to become overwhelmed by the hectic round of activities and associated expenses. And military members can have added stressors and expenses, said Program Manager Carmen Ortiz for the Exceptional Family Member Program with Army Community Service (ACS). [Click here to read more >>](#)

Navy hospital ship Comfort returns after treating Venezuelan migrants

A U.S. Navy hospital ship has returned home after its crew treated thousands of people in Central and South America, including migrants who fled crisis-racked Venezuela. Kevin Buckley, the commanding officer for medical operations on the USNS Comfort, said Tuesday that 26,000 people were treated for anything from hernias to cataracts. Buckley spoke on a pier at Naval Station Norfolk in Virginia where the Comfort is based. [Click here to read more >>](#)

Navy Medicine East names 2018 Regional Sailor of the Year

Navy Medicine East (NME) announced its annual Regional Sailor of the Year at a ceremony held Dec. 6. Hospital Corpsman 1st Class Karla Quintero, from Navy Environmental and Preventive Medicine Unit Five, was selected as NME's 2018 Regional Sailor of the Year by a panel of senior enlisted leaders, chaired by NME Command Master Chief Michael Hinkle. [Click here to read more >>](#)

Vaccination is the Best Defense Against the Flu

The recent Influenza Awareness Week, Dec. 2-8 educated military personnel about the potential impacts of influenza, or the flu, on the Department of Defense mission and Force Health Protection Readiness. [Click here to read more >>](#)



NMCPHC Upcoming Education & Training

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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

Environmental Health Module DOEHRS-IH Training

The Environmental Health (EH) module of DOEHRS is a key enabling technology within the presidentially mandated Force Health Protection Plan and is further supported by Public Law 105-85. DOEHRS-IH is used for “Protecting Personnel in support of military operations through the identification, evaluation, and control of occupational and environmental health stressors”. It is a comprehensive, automated information system for assembling, comparing, using, evaluating, and storing environmental health surveillance data, occupational personnel exposure information, workplace environmental monitoring data, and observation of work practices data. DOEHRS-IH provides information needed by Occupational and Environmental Health (OEH) staff and command surgeons for reporting options to commanders regarding the reduction of health threats. [Click here to learn more >>](#)

PMA BUMED Drinking Water Course

January 21 – 25, 2019
April 1 – 5, 2019

Naval Hospital Jacksonville, Fla.
Naval Hospital Bremerton, Wash.

DOEHRS-EH & EH Professional Development Course

January 14 – 18, 2019
February 25 – 28, 2019
March 4 – 9, 2019

Naval Hospital Jacksonville, Fla.
Naval Hospital, Guam
Naval Medical Center San Diego, Calif.



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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 >>](#)

Health Promotion Advanced Training

February 5, 2018

NEPMU-2 in Norfolk, Va.

Tobacco Cessation

February 7, 2018

NEPMU-2 in Norfolk, Va.

ShipShape Program Facilitator Training

February 8, 2018

NEPMU-2 in Norfolk, Va.

Navy and Marine Corps Public Health Conference

Registration for the annual Navy and Marine Corps Public Health Conference will open mid-January. A request to attend the conference must be submitted by completing a quota request on Max.gov. [Click here to learn more >>](#)

March 26 – 28, 2019

Coastal Virginia

Programs and Policy Support Training

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). Contact the DRSi helpdesk at usn.hampton-roads.navmcpubhlthcenpors.list.nmcp-hc-ndrs@mail.mil or 757-953-0954 to add your name to our email list to be informed about upcoming trainings. To attend the Tri-Service Monthly Trainings, see the Obtaining Continuing Education Hours to register in order to comply with CME/CNE credit requirements. Three training sessions are provided on the last Tuesday of every month from January to October at 0900, 1500, and 1700 ET. [Click here to learn more >>](#)

January 29, 2019: Writing a local instruction/SOP for surveillance

Webinar

February 26, 2019: Introduction to ESSENCE V

Webinar

March 26, 2019: GI Illnesses/Norovirus

Webinar



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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 >>](#)

January 14 – 16 (Basic Course), 17, 2019 (Refresher Course)

February 12 (Refresher Course), 13 – 15, 2019 (Basic Course)

March 12 – 14 (Basic Course), 15, 2019 (Refresher Course)

March 12 – 14 (Basic Course), 15, 2019 (Refresher Course)

March 19 – 21 (Basic Course), 22, 2019 (Refresher Course)

Guantanamo Bay, Cuba.

San Diego, Calif.

Honolulu, Hawaii

Quantico, Va.

Pensacola, Fla.



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 >>](#)