



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

January 2019



What's New in Public Health

Click the links below to discover the latest news and updates from NMCPHC!

NMCPHC Updates

- [DRSi Newsletter – The Reporter](#)
- [Health Promotion and Wellness Healthy Weight toolbox](#)
- [Health Promotion and Wellness February newsletter](#)
- [Quick Hit – New Year, New Plate](#)

Public Health in the News

- [Got Resolution? Naval Hospital Bremerton Health Promotion and Wellness Can Help](#) – DVIDS
- [Naval Medical Center Camp Lejeune Recognizes Trauma Center with Ribbon Cutting](#) – DVIDS
- [Suicide Prevention: Eliminating the Stigma](#) – Health.mil
- [Weight Loss More than Food for Thought at Naval Hospital Bremerton](#) – DVIDS

NMCPHC Upcoming Training & Conferences

- [DOEHRS-IH Training](#)
- [Environmental Health Module DOEHRS-IH Training](#)
- [Health Promotion and Wellness Trainings](#)
- [Navy and Marine Corps Public Health Conference](#)
- [Program and Policy Support Training](#)
- [Spirometry Training Course](#)

NMCPHC Field Activity Education & Training

- [Navy Entomology Center of Excellence \(NECE\)](#)
- [NEPMU-2](#)
- [NEPMU-5](#)
- [NEPMU-6](#)
- [NEPMU-7](#)

Connect with NMCPHC:





NMCPHC Updates

[Back to Table of Contents >>](#)

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 >>](#)

Health Promotion and Wellness Healthy Weight toolbox

The Navy and Marine Corps Public Health Center (NMCPHC) is committed to providing Sailors, Marines, beneficiaries and DoD civilians with the tools they need to learn how to make healthier choices to achieve or maintain a healthy weight. In this toolbox, we provide a variety of resources and tools that will help positively change behaviors related to healthy eating, active living and psychological and emotional well-being. [Click here to learn more >>](#)

Health Promotion and Wellness February newsletter

The NMCPHC health promotion and wellness department has released their February 2019 edition of the HPW newsletter. This month's edition features the following articles:

- Heart Health Month Resources
- February 14th is National Condom Day
- Physical Activity Research: What the Evidence Shows
- Navy and Marine Corps Public Health Conference Update
- And much more! [Click here to learn more >>](#)

Quick Hit – New Year, New Plate

The turn of a new year is a popular time to make changes for eating healthier and starting a new eating routine can be tricky. Luckily for you, we've taken out the guess work and busted a few common food myths. Check them out in this month's Quick Hit! [Click here to learn more >>](#)



Public Health in the News

[Back to Table of Contents >>](#)

Got Resolution? Naval Hospital Bremerton Health Promotion and Wellness Can Help

Nosh, nap and move. Nutrition, sleep and physical concepts are all integral parts of the Performance Triad program being advocated by Naval Hospital Bremerton's (NHB) Health Promotion and Wellness department for 2019. With the annual holiday stand down wrapped up, [the] health promotion and wellness department is helping all those seeking assistance for any New Year's resolution. [Click here to read more >>](#)

Naval Medical Center Camp Lejeune Recognizes Trauma Center with Ribbon Cutting

The first trauma center aboard a United States Marine Corps installation celebrated its achievements with an official ribbon cutting on January 18, 2019. This follows a year of Naval Medical Center Camp Lejeune (NMCCL) obtaining Level III verification from the American College of Surgeons (ACS) and state designation by the North Carolina Office of Emergency Medical Services (NC OEMS). [Click here to read more >>](#)

Suicide Prevention: Eliminating the Stigma

Behavioral health specialists report depression and suicide ideation rates increase during the holiday season and into the post-holiday period in the Marine Corps, according to the Headquarters Marine Corps Force Preservation Directorate. [Click here to read more >>](#)

Weight Loss More than Food for Thought at Naval Hospital Bremerton

Not surprisingly, the most common New Year's resolution is to lose weight. [A few] weeks into 2019, for those who think that weight loss is just food for thought, Naval Hospital Bremerton's (NHB) Combined Food Operations and Nutritional Management department has ready recommendations to assist in the process of shedding a few pounds. [Click here to read more >>](#)



NMCPHC Upcoming Education & Training

[Back to Table of Contents >>](#)

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

February 4 – 8, 2019

Naval Health Clinic Pearl Harbor, Hawaii

April 22 – 26, 2019

Naval Dental Clinic Norfolk, Va.

Environmental Health Module DOEHRS-IH Training

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

April 1 – 5, 2019

Naval Hospital Bremerton, Wash.

DOEHRS-EH & EH Professional Development Course

February 25 – 28, 2019

Naval Hospital, Guam

March 4 – 9, 2019

Naval Medical Center San Diego, Calif.

April 15 – 19, 2019

Naval Hospital Pearl Harbor, Hawaii

Health Promotion and Wellness 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, 2019

NEPMU-2 in Norfolk, Va.

Tobacco Cessation

February 7, 2019

NEPMU-2 in Norfolk, Va.

ShipShape Program Facilitator Training

February 8, 2019

NEPMU-2 in Norfolk, Va.



NMCPHC Upcoming Education & Training

[Back to Table of Contents >>](#)

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.nmcpHC-ndrs@mail.mil or 757-953-0954 to add your name to our email list to be informed about upcoming trainings. [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

April 30, 2019: Tick-borne Encephalitis

Webinar

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). 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 >>](#)

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

Honolulu, Hawaii

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

Quantico, Va.

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

Pensacola, Fla.

April 1 – 3 (Basic Course), 4, 2019 (Refresher Course)

Yokosuka, Japan



NMCPHC Field Activity Education & Training

[Back to Table of Contents >>](#)

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 >>](#)