

NMCPHC UPDATE

Volume 9 Issue 3

From the Front Office

By Capt. Robert Hawkins, Commander, NMCPHC

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Having recently assumed the reigns as the NMCPHC Commander, “job one” for me is to provide the leadership necessary to continue the great work happening throughout the NMCPHC enterprise.

Needless to say, being given this assignment is a tremendous privilege and huge responsibility, and I’m humbled at the opportunity to be NMCPHC’s “Skipper.”

Before going further, I’d be remiss if I didn’t offer my sincere thanks to my predecessor, Capt. Todd Wagner, for the guidance and mentorship these last several years while I served as his deputy commander.

Being the deputy commander (right down the hall from the office I now occupy) was definitely a plus. As I see it, the advantages are threefold: one - I have firsthand knowledge of the multitude of public health issues that are currently on our radar; two - based on close personal observation, I have all the confidence in the world that our Navy public health team members across the globe are aggressively working the issues; and three - in the event of new and emerging public health threats to readiness, I have no doubt that NMCPHC will be up to the challenge!

Speaking of challenges, NMCPHC continues to work diligently developing courses of action to address potential changes to public health delivery in the wake of NDAA. While the final outcome is yet to be determined, our objective is to lay the groundwork for Navy Medicine leadership as they prepare to make decisions that will ultimately shape our future. At the end of the day, it’s all about preserving our ability to execute our mission supporting Sailors and Marines around the globe.

That’s the high-level view. What I see day-to-day come across my desk is even more compelling and why I’m in constant awe of the amazing work that our public health experts execute on a daily basis.

I’ll close my initial “From the Front Office” remarks reiterating my gratitude for all of the hard work and dedication on display 24/7 across the enterprise. Until next time...



Command Master Chief's Corner

By Master Chief Petty Officer (MCPO) Marsha Burmeister, NMCPHC



Happy Summer! May your days be filled with sunshine and cool shade. May you find a rainbow on stormy days. May you find laughter during hectic times. May you realize your value in life's adventures.

Continue to build your resume by obtaining credentials while on active duty. Navy Credentialing Opportunities Online (COOL) helps service members find information on certifications and licenses related to their jobs. Use COOL to get background information on credentialing and find detailed information on: credentials related to a Navy rating, collateral duty/out-of-rate assignment, designator or completed academic degree or academic certificates; credential requirements and potential gaps between Navy training and civilian credentialing requirements; resources available to fill gaps between military training and civilian credentialing requirements; how to get a COOL funded voucher to pay for credential exams and maintenance fees; other key resources such as Advancement Bibliographies (BIBs) and

Learning and Development Roadmaps (LaDRs). For more information, please visit the Navy COOL website at <https://www.cool.navy.mil> and see [OPNAV INSTRUCTION 1540.56B](#).

Hospital Corpsman LaRD: The guidance provided in the [hospital corpsman LaRD](#) is advertised to keep you steady on your climb to success. Be sure to utilize this tool to increase the potential of yourself and your Sailors.

Meritorious Advancement Program (MAP): MAP recently went through a program overhaul. We will go live with the new Navy Standard Integrated Personnel System process on Sept. 1, 2019.

My Navy Portal Advancement Launch: This dashboard is responsible for transforming advancement and promotion for enlisted Sailors. It also enables the Navy's mission of maintaining, training and equipping a combat-ready naval force. For more information visit: <https://www.mnp.navy.mil/group/advancement-and-promotion>.

Farewell to Senior Chief Hospital Corpsman (HMCS) Randy Oakes, Navy Entomology Center of Excellence (NECE), as he transitions to Fleet Reserve/Retirement. Thanks for all you have done throughout your career. The impact is far reaching and much appreciated.

Congratulations to our enterprise chief petty officer selectees. Hospital Corpsman 1st Class (HM1) Abraham Abakpa, NMCPHC, and HM1 Liria Gonzales, Naval Dosimetry Center. Remember with rank one will have greater expectations and responsibilities. Live up to the Navy Core Values along with the Chief Petty Officer Creed. Navy Chief, Navy Pride. Anchor Up!

New senior enlisted leaders on board or forthcoming to our field activities:

- HMCS Shannon Bia – Navy Environmental and Preventive Medicine Unit Five (January 2020)
- HMCS Joe Nayock – NECE (September 2019)

CHIEFS, SAVE THE DATE!

The annual Navy Medicine "Heritage Run" for newly selected chief petty officers is set for Aug. 24, 2019 at Joint Base Fort Myer, Henderson Hall, Virginia. Reach out to Chief Hospital Corpsman Keith Wells with any questions.



Updated/implemented/refresher on policies and NAVADMIN's include:

- **NAVADMIN 114/19** Tuition Assistance Policy Update
- **NAVADMIN 122/19** Active Duty Enlisted Advancement-To-Position Program for Recruiters and Recruit Division Commanders
- **NAVADMIN 123/19** 2020 Nurse Corps Medical Enlisted Commissioning Program Selection Board
- **NAVADMIN 125/19** Drug Testing Program Revisions – Initiation of Fentanyl and Norfentanyl Testing
- **NAVADMIN 132/19** Blended Retirement System Calendar Year 2020 Continuation Pay Rates
- **NAVADMIN 134/19** Navy Spouse Licensure Reimbursement
- **NAVADMIN 138/19** FY20 Projected Ship Inactivation Schedule
- **NAVADMIN 140/19** Professional Military Knowledge Eligibility Exam Application
- **NAVADMIN 142/19** FY-21 Active Duty Limited Duty Officer and Chief Warrant Officer In-service Procurement Board
- **NAVADMIN 146/19** Annual Recertification of Special Duty Assignment Pay
- **NAVADMIN 149/19** 2019 Navy Community Service Award Nominations
- **NAVADMIN 155/19** Advancement Examination Readiness Review 1st Quarter FY-20 Schedule and Identification of Fleet Subject Matter Experts
- **NAVADMIN 159/19** Enlisted Women in Submarines Rating Conversion Process
- **NAVADMIN 161/19** Permanent Change of Station Move Improvements
- **NAVADMIN 162/19** Announcement of the FY-20 Senior Enlisted Advancement –To-Position Selection Board
- **NAVADMIN 163/19** 2019 Feds Feed Families Food Drive Campaign
- **NAVADMIN 174/19** FY-20 Active Duty Navy E7 Selection Board Results
- **NAVADMIN 178/19** GI Bill Exception to Policy

Do not linger in yesterday, focus on today and prepare for tomorrow. Set yourself up for success, do not wait for others to define your future and ensure you are taking the proper steps to define what it will look like. Help keep our public health family safe. I look forward to seeing you as we continue our site visits.

Surgeons General Encourages DoD-Wide Actions Against Use of Tobacco Products

By NMCPHC Public Affairs

For the first time in history, the U.S. surgeon general and the military surgeons general issued a joint statement calling attention to tobacco use and subsequent force health protection concerns across the DoD.

Many service members who use tobacco products started after joining the military. The use of such products not only harms the individual but jeopardizes our nation's security as tobacco use ultimately compromises readiness, resiliency and threatens the health and fitness of our service members across the DoD.

Tobacco use is directly linked to many harmful and serious public health issues such as certain cancers, heart and lung disease, stroke, reduced sleep quality, weight gain, a decrease in fitness and an increase in stress. The surgeons general urge service members and leaders across all branches to take steps to quit tobacco of all forms, i.e., smoked, smokeless, or electronic, and help others to do the same. Here are some ways leaders and service members can support the mission to quit.

For leadership:

- Lead by example by being tobacco free.
- Emphasize how use of tobacco products negatively affects health and performance across the command.
- Implement tobacco-free policies and make tobacco use less convenient within the command.

For service members:

- Ask for help. Reach to your team, leadership and medical staff to assist you.
- Talk to your health care provider about FDA approved quit aids. E-cigarettes are not approved by the FDA as cessation devices.
- Use resources such as [YouCanQuit2](#), [Smokefree.gov](#) and various mobile apps to aid you on your journey to being tobacco free.

Let's build a healthier, stronger and more resilient force; take the first steps to becoming tobacco free today! Be fit, be healthy, be ready!



For additional resources and more information on how to quit visit: <https://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-november.aspx>.

For more information on the joint statement from the surgeons general visit: <https://www.stripes.com/opinion/tobacco-product-use-threatens-military-readiness-1.589063>.

WaR – What is it Good for?!

By NMCPHC Public Affairs

Readiness is a key focus across the Navy which is why the NMCPHC health promotion and wellness (HPW) department is in the early stages of developing the Wellness and Readiness (WaR) initiative.

HPW is partnering with the Army Public Health Center (APHC) following the success of the Army Wellness Center (AWC) model. The AWC model is an evidence-based intervention that has been recognized for its ability to assist participants in improving body fat, perceived stress, cardiorespiratory fitness and blood pressure. The WaR program will identify Sailors and Marines whose physical readiness could be improved through health and wellness programs. Candidates will be selected based on responses provided in their annual periodic health assessment (PHA). From this candidate list, individuals will be recruited if they meet one or more of the following criteria:

- They failed or barely passed the most recent physical readiness test (PRT).
- They are on limited duty (LIMDU).
- They have a musculoskeletal injury that could have been prevented by adhering to a healthy lifestyle.
- They have been recommended by their command leadership.

Once an individual agrees to participate, they will receive the following services:

- Health assessment.
- Physical fitness assessments.
- Healthy nutrition education.
- Stress management education and assessments.
- General wellness education.
- Tobacco education.



Close up of a spring-loaded grip dynamometer, which measures hand grip strength, in use. (U.S. Navy photo by Kate Geusic)



A Wellness and Readiness program team member using the treadmill for volume oxygen (VO2) submaximal testing. (U.S. Navy photo by Kate Geusic)

HPW currently has five staff members dedicated to the implementation of WaR; two health coaches, a lead health educator, a wellness center director and a WaR liaison; all of whom have completed the AWC standardized training. Moving forward, the lead health educator and wellness center director will coordinate with command leadership and points of contact to identify individuals who will benefit most from the WaR program.

WaR health coaches will be available to all participants and will provide assistance where HPW programming is not offered. Mobile wellness center assessments will be completed pier-side in the near future through a WaR mobile unit. HPW's goal is to serve Sailors and Marines at the workplace through a mobile version of the AWC model. WaR is currently establishing sites in the Hampton Roads region of Virginia and Pensacola, Florida, and will consider new areas in the future. For questions about the WaR program, contact HPW at usn.hampton-roads.navmcpubhlthcenpors.list.nmcpHC-contactHPW@mail.mil.

NMCPHC Epidemiologists Provide Insight into Sailor and Marine Motorcycle Fatalities

By NMCPHC Public Affairs

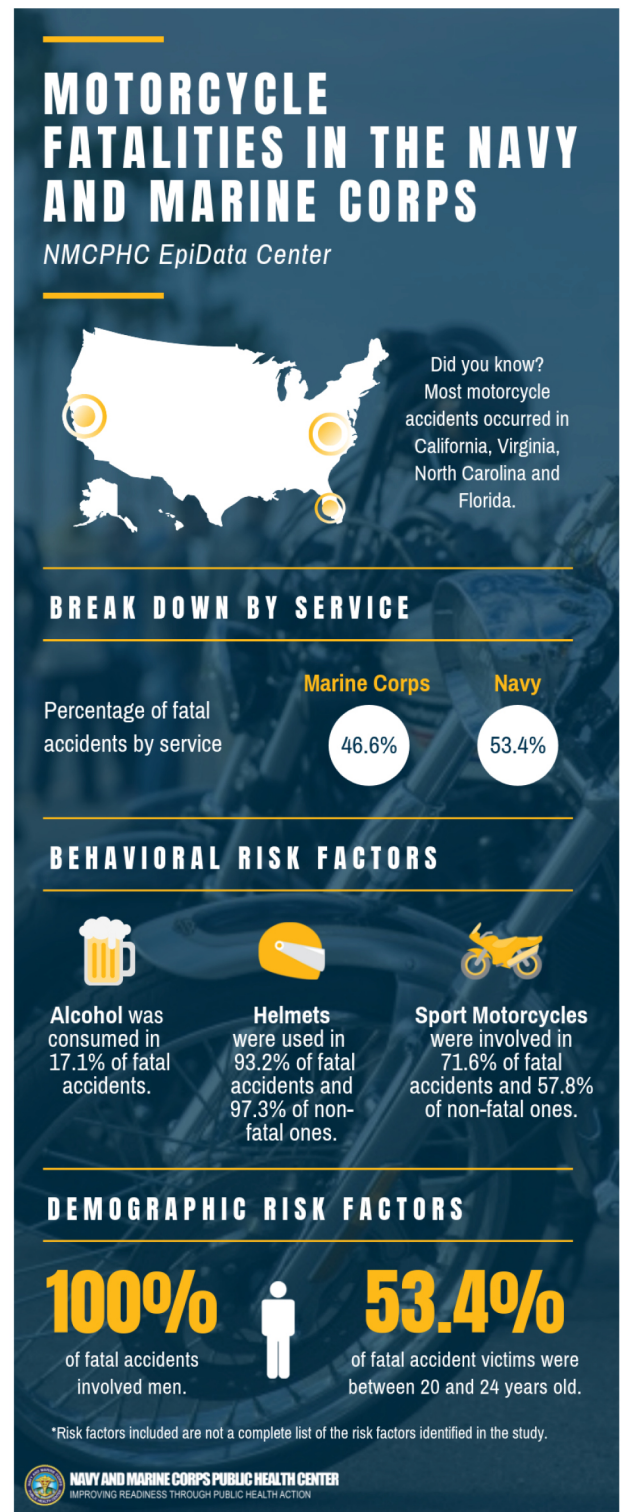
Motorcycle accidents account for 25% of all fatal motor vehicle accidents among active duty and reserve members of the Armed Forces,¹ but account for only 14% of fatal civilian accidents.²

More specifically, the number of motorcycle deaths among active duty service members from 1999 - 2012 was equal to the number of active duty service member deaths from all other motor vehicle accidents combined.¹ Why are military service members vulnerable to motorcycle accidents, and how can we better protect them on and off the battlefield? The answer to this question starts with understanding the risk factors influencing motorcycle accidents and fatalities among Sailors and Marines.

The NMCPHC epidata center (EDC) was able to analyze data from the Naval Safety Center and Defense Manpower Data Center to identify risk factors in the Sailor and Marine population. NMCPHC epidemiologists Clara Ziadeh, Amanda Price and Tina Luse spearheaded an effort to analyze motorcycle mishap reports from 2014 – 2018, finding that among the 1,704 reported motorcycle accidents involving Sailors and Marines, 88 were fatal and 1,616 were non-fatal.

The image on the right highlights some of the report's main findings. The analysis shows that all fatal accidents occurred among male service members, with over half of the victims being single and between the ages of 20 – 24 years old. Additionally, alcohol consumption was more frequent in fatal accidents than non-fatal ones. The study also pointed out that sports motorcycles were involved in the majority of all motorcycle accidents.

These findings were presented to public health experts across the DoD at the Navy and Marine Corps Public Health Conference in March 2019. With these findings in mind, leadership can be better equipped to establish military-specific prevention strategies that enhance motorcycle safety for service members, thereby protecting force health and maintaining fleet readiness.



The EDC provides data analysis for public health surveillance for Navy and Marine Corps service members and their beneficiaries. The EDC is the DON subject matter expert in surveillance related to communicable diseases, drug-resistant organisms, occupational and environmental exposures, and deployment-related health conditions. In addition to surveillance activities, the EDC conducts investigations

and studies, supports field experts in outbreak investigations, provides epidemiologic and data consultation, and advises on study design. For more information on the epidata center, visit: <https://www.med.navy.mil/sites/nmcphc/epi-data-center/Pages/default.aspx>.

OEM Holds Second Annual Occupational Health Nurse (OHN) Fundamentals Course

By NMCPHC Public Affairs

The Navy and Marine Corps Public Health Center's occupational and environmental medicine (OEM) team hosted the second annual OHN Fundamentals Course in Portsmouth, Virginia, July 29 through Aug. 2.

The class consisted of 25 students, made up of OHNs and three occupational health (OH) technicians. During the week-long course, students learned about the history of occupational health, workplace hazards, risk communication, available career development within the field, relevant instruction, guidance and resources, and how to prepare for on-the-job inspections in order to effectively run a Navy OH clinic. The course also included a site visit to the Norfolk Naval Shipyard, which allowed students to see firsthand the risks and workplace hazards Navy personnel are exposed to on a daily basis.

The course gave students the opportunity to receive formal training, as none currently exists, and earn 28.5 Continuing Education Credits (CEUs). "Occupational health nursing is a unique specialty not taught in nursing school," noted Jennylynn Balmer, nurse consultant, Defense Health Agency (DHA), "it supports the industrial base and is critical to readiness and mission success."

OHNs are required to have a breadth of knowledge in the legal aspects involving risk and hazard exposure in the workplace. Instructors of this course hope that the new OHNs and technicians, or those new to Navy

“Occupational health nursing is a unique specialty not taught in nursing school. It supports the industrial base and is critical to readiness and mission success.”

occupational health, leave the week with a strong network of peers and resources they can rely on for support and guidance, and take what they've learned to their clinics to educate those they work with.

"This course has been very beneficial, especially to those who are new to the field of occupational health in Navy Medicine," said class participant and OHN, Lulu Schuck, RN, Naval Hospital Okinawa. "It's wonderful to be able to meet all the OHNs from around the region, as well as the other technicians, active duty corpsmen and the movers and shakers working in the field." Another participant, Hospital Corpsman 3rd Class Kristy Taheri, Naval Medical Center Portsmouth, added that, "it's really beneficial that I'm able to bring new insights back to my clinic and improve our processes."

The NMCPHC OEM department is the premier provider of technical services in the fields of occupational and environmental medicine, radiation health and occupational audiology. OEM provides mission critical products and services every day directly contributing to Navy Medicine's world-class care. Hundreds of health care providers, military



Participants pose for a group photo after the Occupational Health Nurse (OHN) Fundamentals Course July 29 – Aug. 2, 2019. (U.S. Navy photo by Amanda Bologna)

treatment facilities and major commands depend on OEM's products and services to accomplish their missions.

For resources, training opportunities and useful links for occupational health nurses, visit: <https://www.med.navy.mil/sites/nmcphc/occupational-and-environmental-medicine/oemd/Pages/occupational-health-nursing.aspx>.

Public Health Center Holds Change of Command

By NMCPHC Public Affairs

In Case You Missed It

The Navy and Marine Corps Public Health Center (NMCPHC) held a change of command and retirement ceremony June 21 at Naval Medical Center Portsmouth. Capt. Robert Hawkins relieved Capt. Todd Wagner as commander of NMCPHC. Hawkins served as Deputy Commander to Wagner prior to assuming this new role.

Wagner, who was awarded the Legion of Merit for his leadership in support of Navy Public Health and the Navy Medicine mission, took command at NMCPHC in August 2016.

"Capt. Wagner leaves behind a tremendous legacy of success for Navy Medicine," said Hawkins. "He's been a tremendous leader and personal mentor. Big shoes to fill for sure! That being said, I look forward to following in his footsteps, helping to ensure that the Public Health Center continues to serve as a force multiplier and key contributor to Force Health Protection and Readiness."

Read more at: <https://www.dvidshub.net/news/328708/public-health-center-holds-change-command>.

NMCPHC Product Spotlight

What's New in Public Health

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NEW!



What's New in Public Health

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

NMCPHC Updates

- [NMCPHC Newsletter](#) – The Reporter
- [Health Promotion and Wellness Assistant Newsletter](#)
- [Health Promotion and Wellness Preventive Health Toolkits](#)
- [Public Health Center Holds Change of Command](#)
- [Quick Hit](#) – Summer Safety Checklist

Public Health in the News

- [USNS Comfort Completes Medical Mission in Peru](#) – Health.mil
- [Naval Medical Center Camp Lejeune takes home 12 patient satisfaction Best of the Best Awards](#) – Globe.com
- [Naval Medical Center San Diego Receives Highest-Ever Patient Ratings](#) – DVIDS
- [NMCP Staff Volunteer Time to Clean Outer Pools](#) – CWDIS

NMCPHC Upcoming Training & Conferences


- [DOEHRs-IH Training](#)
- [Environmental Health Module DOEHRs-IH Training](#)
- [Health Promotion and Wellness Trainings](#)
- [Program and Policy Support Training](#)
- [Sporometry Training Course](#)

NMCPHC Field Activity Education & Training


- [Navy Entomology Center of Excellence \(NECE\)](#)
- [NEMMU-2](#)
- [NEMMU-3](#)
- [NEMMU-4](#)
- [NEMMU-7](#)

Connect with NMCPHC:    

September HPW Newsletter

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**

NEW!



September 2019

Health Promotion & Wellness

September is Mental Health and Suicide Prevention Month

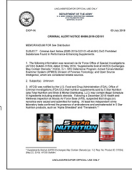
Every September we promote and focus on psychological health and suicide prevention as part of our healthy living campaign. We want everyone to perform at their best, get plenty of rest and sleep, manage their stress, exercise and eat well. However, we may not always cope well with daily hassles, find that we feel sad and stay in the yellow stress zone, and decide not reach out for support. This month offers an opportunity to reflect upon our well-being and promote psychological health, suicide prevention and seeking help. The [September Tobacco](#) has a number of ready to use materials. The [Navy Suicide Prevention](#) campaign also has excellent resources and information.


Surgeons General Joint Tobacco Letter


The U.S. Surgeon General and the Army, Navy and Air Force Surgeons General issued a joint statement addressing tobacco use in the military. The statement identifies tobacco as a readiness and health issue and recommends actions to reduce tobacco use. The letter was published in [Stars and Stripes](#) and can be accessed [here](#).

Be Cautious About Dietary Supplements

U.S. Army Criminal Investigation Command recently issued a Criminal Alert Notice regarding possible steroid-containing supplements sold at Army and Air Force Exchange Service (AAFES) exchanges. At least two independent crime laboratory tests confirmed the presence of androstano and androstano in 5 Star Nutrition products, such as "Alpha Drenabol" and "Therablast". These two substances are considered anabolic steroids and are prohibited for use by U.S. service members. As Navy Exchanges and AAFES Exchange become aware of problem dietary supplements, the products are removed from shelves. However, it is still possible to inadvertently buy prohibited substances at other venues, so it is important to remain vigilant. Click [here](#) for more the most current dietary supplement information from Operation Supplement Safety.



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Quick Hit: Flu Season is Coming

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**

NEW!

NMCPHC QUICK HITS

Flu Season is Coming

With so many misconceptions regarding influenza (flu) and the vaccine, it can be hard to find the right information. We've answered the most common questions to help you prepare for the upcoming flu season.

Can the flu vaccine give me flu?

No. The flu vaccine contains an inactive virus, therefore it cannot give you the flu.

Can I still get sick with flu if I've received the flu vaccine?

Yes. There are several reasons for this:

- It takes two weeks for your body to produce enough antibodies to protect you against the flu virus that is not included in the seasonal vaccine, you may not be protected.
- The flu vaccine is not a perfect test, but it is the best way to protect yourself against flu. Overall health and age are factors in vaccine effectiveness.

Who should get the flu vaccine?

Different vaccines are approved for different ages, but everyone six months of age and older should be vaccinated. Flu shots are also recommended for pregnant women and people with chronic health conditions. If you have an allergy to eggs or any of the ingredients in the vaccine you should consult your doctor first.

How do you know if you have the flu?

Most people who become infected with the flu virus may only miss a few days of work, while serious cases can result in hospitalization, and even death. The most common symptoms include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Feeling weak or more tired than usual
- Headache
- Chills
- Body aches

Your doctor can prescribe antiviral medicine if you test positive for flu virus to minimize your flu symptoms.

How can I prevent myself from getting the flu and spreading it?

Flu viruses can spread when an infected person coughs, sneezes or talks around others, even as far as six feet away. Limit your contact with those who are infected, do not touch your face and wash your hands with soap and warm water often (or hand sanitizer if needed). You should also disinfect surfaces and objects that may be contaminated with the virus. If you do get the flu, stay home at least 24 hours once you no longer have a fever. Limit contact with others. Cover your nose and mouth with a tissue when you cough or sneeze and then wash your hands immediately. Use [medication](#) the way your doctor recommends. Wear a mask to help stop the spread of germs.

Additional Resources

- Click [here](#) for more flu virus resources from the Centers for Disease Control and Prevention.
- Talk to your primary care provider about getting your flu vaccine.



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Connect with NMCPHC:    

NMCPHC Trainings and Conferences

Occupational and Environmental Medicine (OEM) Fundamentals Course

April 20 - 24, 2020: Naval Medical Center Portsmouth, Va.

Aug. 17 - 21, 2020: Naval Medical Center Portsmouth, Va.

Tobacco Cessation Facilitator Training

Nov. 5, 2019: Norfolk Branch Health Clinic, Norfolk, Va.

DOEHRs-IH Training

Sept. 23 - 27, 2019: Naval Dental Clinic Norfolk, Va.

Disease Reporting System internet (DRSi) Webinars

Sept. 24, 2019: DoD Influenza Surveillance

Oct. 29, 2019: Instillation Drinking Water

Navy and Marine Corps Public Health Center Update

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