MESSAGES TO SHARE

Below are sample messages to be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence’s prevention efforts:

1. Physical fitness may have been your lifesaver during the pandemic or you may have had some challenges with maintaining a routine. Either way, you’re probably aware of the physical and mental health benefits of physical activity. Find tips on incorporating more into your routine and learn about the benefits from the Navy and Marine Corps Public Health Center’s Physical Fitness Month toolbox at go.usa.gov/xm3AG.

2. National Prevention Week is May 9–15. It’s an opportunity to generate ideas, tools, and resources to build capacity around sustainable substance use prevention in your community. Learn more about National Prevention Week and how you can take part at go.usa.gov/xm3sx.

3. The past year has been challenging in many ways. If your mental health has been affected, help is available. Reach out to Military OneSource at 1-800-342-9647 for free and confidential counseling. The Military Crisis Line also provides free and confidential support 24/7 via live chat on their website, by phone at 1-800-273-8255 (Press 1) or via text at 838255.


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ALCOHOL AND WEIGHT

With summer approaching, many may cringe at the thought of trying to squeeze into shorts, bathing suits and sleeveless tops. If weight loss is on your mind, you may wonder which diet will most quickly help you reach your goals. The truth is, the only way to lose weight is to consume fewer calories than you burn through activity — called a “calorie deficit.” Want to lose one pound a week? Then you would need a calorie deficit of about 500 calories each day. Achieving this can be difficult for regular drinkers.

It’s no secret that alcohol is high in empty calories. A small five-ounce glass of wine, for example, is about 130 calories, and a 12-ounce regular beer is about 153. Mixed drinks typically contain more—a Mai Tai has 306 calories, a piña colada has 526 and a White Russian contains 568. If you are trying to stick to 1,600 calories a day to create a calorie deficit, just two beers would make it hard to meet those calorie goals and obtain the proper nutrients through such a small amount of food.

Unfortunately, not only does alcohol make weight loss difficult; it makes gaining weight very easy. Alcohol is a poor regulator of appetite and research has found that when people drink a glass of wine before or during a meal, they consume 22 to 25 percent more food than if they had no alcohol. Other studies show that people do not compensate appropriately for alcohol consumption by eating less, and in fact, tend to eat significantly more when drinking alcohol.

The final piece of bad news is that drinking alcohol actually interrupts fat loss. Drinking causes the body to prioritize metabolizing the alcohol since it is a toxin that our bodies want to get rid of as quickly as possible. Fat oxidation stops while the body is busy metabolizing alcohol, and the food you eat is more likely to be stored as fat. A study involving eight men who were given two drinks of vodka and lemonade, containing only 90 calories, found that for several hours afterward, fat oxidation dropped by 73 percent.

If you are trying to lose weight but don’t want to give up drinking entirely, there are some drinks to choose that are lower in calories and carbs:

- **Vodka soda.** Make sure you ask for club soda or seltzer, which has zero calories, not tonic water, which packs 121 calories from sugar
- **Rum and diet soda.** Switching to diet soda from regular soda saves about 85 calories for an eight-ounce drink
- **Gin martini.** A gin martini has under 200 calories and almost no sugar
- **Champagne.** A glass of dry champagne has about 95 calories, compared with between 135 and 200 for a glass of red or white wine
- **Light beer.** Some light beers have just under 100 calories
- **Margarita on the rocks.** Avoid frozen drinks and those made with simple syrup and other sugar-packed mixers

No matter what you may decide to drink, one thing to always do is drink responsibly. Own Your Limits has resources to help. Learn more at https://www.ownyourlimits.org/.
WebDTP is the web-based version of Navy Drug Screening Program (NDSP) that will replace NDSP v5.4k in its entirety. Don’t delay; transition now.

What to know:
- UPCs must have access to IFTDTL with WebDTP designation identified on the special IFTDTL SAAR submitted.
- Once approved, find the WebDTP option under My Modules.

What to do:
- Export the roster from NDSP and upload to WebDTP using the “Import” function highlighted on the Testing Entity page.
- An initial roster must be imported before manually adding any members. This creates the pools for members to be added.

NOTE: UPCs with limited to no portal access will continue to use the available desktop Drug Testing Program (DTP).

Available reports on IFTDTL are listed below. Please note that requesting too much data for a given timeframe may cause the system to time out and not produce a report. For best results, we recommend a 3-month search criteria.

<table>
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<tr>
<th>Commonly Used Reports</th>
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<tr>
<td>New Results report</td>
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<td>Who Has Access to my Results</td>
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<td>Annual Compliance Tool</td>
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<td>Compliance Report by RRU</td>
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Other available reports include:
- Ad Hoc Results Generated to view past results. Input specific search parameters to see old results for the current and previous two fiscal years. Contact the Help Desk for data predating the last two fiscal years.
- Discrepancy Report by RRU Generated to view discrepancies over a period. Excellent tool for users that have oversight of multiple commands. Use this report to address discrepancies that are both fatal (not tested) and non-fatal (tested) to reduce current and possible future issues with samples going to the lab.
- Non-Reported Custody Form Generated to view results received at the lab, but not yet tested. This report verifies missing results after new results are viewed.
- Reported Results Not Viewed Generated to view unviewed samples. Sample are marked as viewed, when users to the RRU with “Marked View” access reviewed it. Users with “Read Only” access can view it multiple times, but the sample will remain in “non-viewed” status.

RESOLVING IFTDTL ACCESS ISSUES

If you are unable to gain access to the IFTDL portal, the following are some common errors impacting access and ways to troubleshoot.

- **Scanned or Faxed SAAR Form**: Scanned SAAR forms prevent administrators from being able to digitally sign for processing.
- **Missing Digital Signature(s)**: All signatures must be digitally signed.
- **Missing Information**: There must be a response in Block 13 (Justification for Access) and Block 27 (Non-Privileged Roles and Levels of Access).


For technical support or questions, please contact the help desk via phone at (901) 874-4204, DSN (312) 882-4204 or email at MILL_NDSP@navy.mil.