



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. This month is Navy and Marine Corps Public Health Center's Impaired Driving Prevention Month. In 2018, the time around Christmas and New Year's saw 285 traffic deaths involving drunk drivers. Stay safe this holiday season by being smart before getting behind the wheel. Check out NMCPHC's toolbox for tips at go.usa.gov/xPPS5.
2. Between the time change and the late nights catching up with the people you care about during the holidays, it's easy for you to miss out on sleep. Getting a prescription stimulant from a friend may seem like a quick fix to get more energy, but you should only take meds prescribed to you. Instead of getting a pill from a buddy, you can take quick naps during down time, eat foods that boost your energy and add in some exercise during the holiday season to stay energized.
3. Too Much to Lose is the Department of Defense's new prescription drug misuse and illicit drug use campaign, aimed at educating Service members on facts about substance use that can impact health and well-being and military career. Check out the campaign online at TooMuchToLose.org and find helpful information and resources.
4. Making a goal of quitting smoking in 2021? It can be challenging, but you can do it! Resources from You Can Quit 2 can help make your New Year's resolution a success. Visit them at ycq2.org

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HOOKAH AND DRIVING: IS IT SAFE?

December is National Impaired Driving Prevention month. Ride-sharing apps like Uber and Lyft make it easier than ever to plan ahead and avoid getting behind the wheel if you plan to drink alcohol during holiday festivities. Another social activity that is increasing in popularity worldwide is hookah use. Legal and non-intoxicating, it is presumed by many to be relatively harmless; however, recent research has revealed startling negative effects of smoking hookah.



What is hookah?

Hookahs are water pipes used to smoke *shisha*, tobacco mixed with glycerin or honey and herbal or fruit flavors such as apple, watermelon or grape. Charcoal heats the *shisha*, and the smoke travels through a water-filled chamber before being inhaled by the user through a hose, which is often shared. Some people believe that the water filters harmful chemicals from the tobacco and charcoal, but it actually simply cools the smoke. Hookah exposes users to the same toxic chemicals as cigarettes, but in higher doses. In a typical hookah session, users **inhale** about 90,000 milliliters (ml) of smoke, compared to around 600 from a cigarette.

Risks of hookah

A **study** from the Technion-Israel Institute of Technology found that participants who had smoked and were given a driving simulation test had a 40 percent accident risk increase compared to a control group. Researchers noted that an hour of smoking a hookah is equivalent to smoking 100-200 cigarettes. Half an hour after smoking hookah, drivers were more likely to cross the centerline of the road. Hookah smoking may cause hypoxia (lack of blood oxygen), which can result in slurred speech, dizziness, tremor and a reduction in self-control. Drivers who smoked hookah also exhibited more risk-taking behavior.

Hookah smokers are also at heightened risk for negative health outcomes such as lung, bladder, oral, stomach and esophageal cancer. Hookah use during pregnancy increases the risk of respiratory disease and low birth weight for babies.

Staying safe

If you choose to smoke hookah, be aware that it is not a healthy alternative to smoking. Make sure to use a disposable mouthpiece that you don't share with others. Arrange for someone else to drive, take a taxi or use a rideshare service. While the physical effects are less pronounced than those experienced after drinking alcohol, there are still notable effects that may alter your driving abilities. Impaired driving can lead to devastating consequences. Keep yourself and others safe by making responsible choices this and every month.

WEB DTP UPDATE

The web-based Web DTP is replacing the desktop application NDSP as the Navy's primary drug testing program. Transitioning from NDSP to Web DTP must begin as soon as account access to the new IFTDTL portal is granted. Users with limited to no internet connectivity will continue using NDSP until use of DTP Lite (desktop) is approved. DTP Lite will replace NDSP as the only authorized desktop application and will only be used when the testing activity has little to no internet connectivity.

Why Web DTP?

DoD has decided to shift to a web-based application that meets all IT security requirements because NDSP/DTP no longer does. Web DTP features include, but are not limited to, those listed below:

- Accessibility from multiple workstations.
- CAC-enabled access via the IFTDTL Portal with no password requirement.
- Retaining of DD Forms 2624 at the command vice sending to the laboratories with the specimen(s).
- Testing conducted tied directly to the results portal. Users do not have to mark members as collected or positive/negative.
- Generated reports directly connected to the portal for accurate reporting information.
- Ability to create a variety of testing pools (entities) with the same personnel roster. Ability to run compliance and end of year testing reports without exporting and importing rosters. Reports are directly connected to the portal.

How do I get access?

Accounts active on or before 15 August 2020 were automatically transferred to the new portal; however, these users must email a copy of their Cyber Awareness completion certificate along with the completed IFTDTL SAAR (Special 2875) via unencrypted email to MILL_dtadmin@navy.mil or MILL_NSDP@navy.mil and indicate they have registered and uploaded the SAAR into the new portal. Designated UPCs with no prior IFTDTL access must submit the SAAR via the portal and email a copy of their Cyber Awareness completion certificate as instructed above. The SAAR is available on the new portal log in page at <https://ftdtl.health.mil>. Click the "Getting Started" drop down, then "New User Guide" to get the form. For instructions on properly filling out the SAAR, go to the bottom of the IFTDTL page accessed at www.ddd.navy.mil. Click on the "IFTDTL SAAR Instructions" link. If you have any questions, contact us at (901) 874-4204 or (901) 874-4258. DSN (312) 882 prefix. You may also send an email to one or both addresses above.

CURRENT & UPCOMING EVENTS

DECEMBER DDD WEBINARS

Each webinar is scheduled for
1000-1130 CT and 1700-1830 CT.

- 2—Treatment Responsibilities During the Pandemic
 - 9—UPC Holiday Webinar & Information on Cocaine Use in Navy and Civilian Populations
- Learn more and stay up-to-date by visiting
www.ddd.navy.mil

ADAMS FOR LEADERS, DAPA & UPC COURSES

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at my.navy.mil or Catalog of Navy Training Courses (CANTRAC) at app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC IMPAIRED DRIVING PREVENTION MONTH

December
Find the toolbox at go.usa.gov/xPPS5.

PEARL HARBOR REMEMBRANCE DAY

December 7

YOUTH SUBSTANCE USE PREVENTION

Discussing substance use early and often is an important component of prevention for families. The landscape of substances has changed in the past twenty or even ten years. Marijuana is more readily available and even legal in several US states. Prescription opioid misuse has devastated communities across the country. Prefacing the conversations you have about drugs with young people with, "When I was younger..." may not be effective or accurately convey the risks.

Understanding facts about substance use and knowing the best talking points can help make conversations with the young people in your life easier and more valuable.

Partnership to End Addiction has multiple kits and e-books to help parents and guardians both learn about substance use and find the best ways to initiate conversations about it with young people. There is information on opioids, marijuana and vaping and even resources specifically for military families. Find these tools by visiting their website at drugfree.org.