

Kratom: Understanding the Risks for Navy Personnel

POC: N173, n17_primaryprev.fct@us.navy.mil

May 2026

Kratom is a prohibited substance that poses significant risks to the health, mission readiness, and careers of Sailors.



Substance awareness is critical for mission awareness!

WHAT IS KRATOM?

Kratom is a plant-based substance consumed as powders, capsules, teas, or edibles, marketed as a natural remedy for pain or anxiety.

Operational Risks after Substance Use	
1. Reduced Situational Awareness:	Impaired ability to interpret and respond to changing environments.
2. Poor Decision-Making:	Compromised judgment leads to mistakes that can jeopardize missions and personnel safety.
3. Slowed Reaction Times:	Delayed responses to critical scenarios create risks in high-stakes situations.
4. Strained Unit Cohesion:	Substance-related aggression, fatigue, or withdrawal disrupt teamwork and trust, weakening unit effectiveness.

Availability	Data
Often sold near military bases in smoke shops, vape shops, gas stations, and online platforms.	A study conducted by the Centers for Disease control and Prevention (CDC), reported 91 accidental deaths linked to kratom use between 2016 and 2017.

Accessible Does NOT mean Safe!

Think Check:

While stopping at a gas station near base, Petty Officer Michael Smith and Seaman William Smarts notice a rack of Kratom products labeled as "all-natural" remedies for stress and energy. Seaman Smarts picks up a package and says, "Hey, this looks interesting. Didn't know this was legal here." Petty Officer Smith responds, "It might be legal for civilians, but it's prohibited for us, under Navy policy and can seriously affect your health and mission readiness." Seaman Smarts puts the package back as Petty Officer Smith adds, "It's not worth the risk to yourself or the crew, so let's stick to staying sharp and ready."

Stay Informed. Stay Mission Ready.
 Got questions? Contact the Primary Prevention Team at:
N17_PrimaryPrev.fct@us.navy.mil