



Highlight of the Month: End of the Year Testing

Have you completed urinalysis testing of all assigned personnel (100%)? If not, why not?

OPNAVINST 5350.4E and DoDI 1010.01 require service members to be tested, at a minimum, once annually. To meet this requirement, Navy implemented multiple strategies to accomplish this including but not limited to: Minimum monthly testing requirements of four random collections each month at fifteen percent of total assigned personnel, using the IR premise code. New check-in testing of newly reporting personnel, using the IU premise code. Commands are authorized to conduct up five command-wide unit sweeps, using the IU premise code.

Lastly, commands are required to conduct end of fiscal year testing for Navy service members who do not have a negative or positive result reported in iFTDTL. Commands are strongly encouraged to complete the end of year testing by August 31st of each fiscal year, leaving the month of September for stragglers.

So, for FY 25, how did Navy do? As of 07 JAN 2025, ADMITS reports the following:

ACTIVE DUTY	RESERVES	OVERALL
Have tested: 95%	Have Tested: 79%	Have Tested: 92%
Have not tested: 5%	Have Not Tested: 21%	Have Not Tested: 8%

FY 25 100% COMPLIANCE TESTING AS OF 07 JAN 2026 (SOURCE: ADMITS/IFTDTL)

ACTIVE DUTY				
TOTAL # OF ACTIVE-DUTY MEMBERS	Current Total Number of Members Tested	Current Total Percentage of Members Tested	Current Total Number of Members Not Tested	Current Total Percentage of Members Not Tested
326668	309253	95%	17415	5%
RESERVES				
TOTAL # OF RESERVE MEMBERS	Current Total Number of Members Tested	Current Total Percentage of Members Tested	Current Total Number of Members Not Tested	Current Total Percentage of Members Not Tested
63617	50063	79%	13554	21%
TOTALS				
TOTAL # OF ACTIVE DUTY & RESERVE MEMBERS	Current Total Number of Members Tested	Current Total Percentage of Members Tested	Current Total Number of Members Not Tested	Current Total Percentage of Members Not Tested
390285	359316	92%	30969	8%



Messages to Share:

- Register for the OPNAV N173 webinar [AM](#) or [PM](#) sessions.
- Registration for FY 26 fleetwide prevention webinars are open! Visit the [Prevention Toolkit](#) to register.
- [National Wear Red Day February 6](#), wear red to raise awareness for heart disease and recognize that preventing substance misuse is a critical component of maintaining lifelong cardiovascular health.
- [Heart Failure Awareness Week February 8-14](#): highlights the role of lifestyle factors including alcohol use and stimulant consumption in long-term cardiovascular health.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: UPC Practices (Collection Preps & Chain of Custody)
Date: [FEB 5](#)

Webinar: Resolving Drug Positive
Date: [FEB 12](#)

Webinar: DTP Lite Use and DTP Selection Report Upload
Date: [FEB 19](#)

Webinar: ADMITS V4
Date: [FEB 26](#)

Training: CMTs
Link: [Click Here](#)

Training: ADAMS & UPC Course
Link: [Navy e-Learning](#)

Training: DAPA Courses
Link: [CANTRAC](#)



Primary Prevention Team: Fueling Readiness

Behavior change [research suggests](#) that reducing one habit may lead individuals to substitute another, such as increased caffeine or energy drink use. Energy drinks are widely used across the Fleet, especially during long days, watch rotations, and high-tempo operations. While caffeine itself is familiar, research suggests that some [physiological effects](#) associated with energy drinks may be linked not only to caffeine, but to the combination of [ingredients](#) commonly found in these products.

Studies have shown that [energy drink consumption can increase systolic blood pressure and affect cardiac electrical activity](#) in ways not observed with coffee alone. Ingredients such as guarana (a concentrated caffeine source), carnitine, high sugar content, and certain herbal additives may contribute to disrupted sleep, elevated blood pressure, and increased cardiovascular strain, factors that directly impact recovery, readiness, and [Fit to Fight](#) principles.

This makes energy drink use a relevant prevention topic during [American Heart Health Month](#), particularly when paired with alcohol use, sleep disruption, and high operational demands. For many Sailors, the late-night "Monster" may feel mission essential, but awareness of what's in the can supports informed decision making.

Actionable Prevention Takeaways:

Normalize awareness, not restriction: Encourage Sailors to check ingredient labels and understand how energy drinks may affect heart health, sleep, and recovery.

Reinforce OPSS as a trusted resource: Remind Sailors that the Operation Supplement Safety ([OPSS](#)) program provides up-to-date guidance on dietary supplement ingredients that may pose health or readiness risks.

Model smart fueling: Leaders can help normalize alternatives hydration, sleep hygiene, or moderated caffeine intake, especially during high-tempo periods.

Pair messaging strategically: Energy drink awareness fits naturally alongside discussions of alcohol use, sleep, and stress during heart health observances.



Clarification of Resource Sponsorship and Oversight for DEFY and Drug Demand Reduction Programs

Effective immediately, OPNAV N173 is no longer the resource sponsor for the Drug Education for Youth (DEFY) program. Commands that elect to operate a DEFY program assume responsibility as the resource sponsor, to include identification and execution of required funding.

DEFY and all Drug Demand Reduction Programs (DDRP) are not suspended and may continue to be executed at the command level at the discretion of the commanding officer.

OPNAV N173 remains the policy proponent and functional authority for DEFY and all DDRP-related initiatives and awards. In this role, N173 will continue to provide policy guidance, execution direction, best practices, and technical assistance to commands requiring support in program implementation or compliance.

Commands seeking assistance with program execution, policy interpretation, or DDRP-related awards are encouraged to coordinate directly with OPNAV N173. Please direct all questions and concerns to Mr. Allen Moore at allen.l.moore10.civ@us.navy.mil.

Navy Substance Prevention & Deterrence Branch

Navy Substance Prevention & Deterrence Branch

Phone: 901-874-4900

Fax: 901-874-4228

Email: MILL_N17_DDD@navy.mil

Case Resolution Team (Medical Review Process)

Phone: 901-874-4868

Email: MILL_N17_DDR@navy.mil

The OPNAV N173 Navy Substance Prevention & Deterrence office was established in 1982. The foundation of our office is sustained by our pursuit to support Fleet readiness by combating illegal and illicit substance and alcohol misuse. Our mission is to provide comprehensive education, resources, trainings, and enact policy updates to ensure Sailors receive proper awareness to form career-forwarding decisions. Within our office, whole health matters and this is reflected with our Primary Prevention team, the Alcohol and Drug Management Information and Tracking System (ADMITS), Internet Forensic Toxicology Drug Testing Laboratory Portal (iFTDTL), the Web Drug Testing Program (WebDTP) and other pro-grams that increase prevention efforts.

For more information, contact our office by using the phone and email information on this page or use the QRcode to view our webpage.



**LEARN
MORE!**