



Highlight of the Month: National Drug and Alcohol Facts Week

This week, we join the nation in observing National Drug and Alcohol Facts Week (NDAFW), an annual health observance dedicated to advancing the scientific understanding of drug and alcohol use, misuse, and addiction. This vital week empowers us to share fact-based information and resources, enabling informed decisions for a healthier future. For the Department of War, NDAFW is a cornerstone of our commitment to the well-being and readiness of our brave Navy sailors. The unique pressures and demands of military life require a proactive and educated approach to substance use, and the knowledge gained during this week is instrumental in shaping our support systems, prevention programs, and intervention strategies.

We are dedicated to fostering a resilient force, and that begins with providing our sailors and their families with the most current and accurate information. By understanding the science behind addiction and the specific risks associated with various substances, we can better equip our community to navigate challenges and build a culture of health and strength. To further this mission, we encourage everyone to explore the comprehensive resources available on the official National Drug and Alcohol Facts Week webpage, hosted by the [National Institute on Drug Abuse](#) (NIDA).

In conjunction with the national observance, the N173 Primary Prevention Team will be hosting a special webinar focused on the themes of NDAFW and their direct application to our naval community. This is a valuable opportunity to learn more about our ongoing efforts to support our sailors. Visit the [Prevention Toolkit](#) for more resources, we also invite you to join our weekly [webinar](#), where we will continue this crucial conversation and provide further insights into how we are using this information to support our warfighters.

- **National Drugs and Alcohol Facts Week: Facts for Prevention**

March 19, 2026

Audience: Entire Navy Community

10 AM Central [register](#)

5 PM Central [register](#)

You Tube

Messages to Share:

- Explore the restructured Prevention Toolkit (PTK) to register for upcoming webinars and access substance prevention tools at our updated [link](#).
- 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.
- [Colorectal Cancer Awareness Month](#), advised to promote early detection, screening, and awareness.
- [National Brain Injury Awareness Month](#); increases awareness of brain injuries and has resources on prevention and support services.

Primary Prevention Team: National Nutrition Month

Nutrition is a foundational readiness factor that supports performance, weight standards, and long-term fitness. While exercise is essential, meeting fitness and [body composition standards](#) is influenced by what Sailors eat, how they hydrate, and how they recover over time. Nutrition supports not only physical performance, but also the consistency and motivation needed to maintain fitness goals, as outlined in [Navy nutrition guidance \(GUIDE-10\)](#). Sailors who understand how food fuels training and recovery often see improved performance, better progress toward height/weight and fitness standards, and the ability to sustain healthy habits.

Balanced nutrition and fitness training are especially important during high-tempo, operational, or deployed environments, where proper nourishment supports energy, recovery, and performance. Choices related to alcohol use and supplements directly affect this balance. Alcohol use and unregulated supplements can undermine nutrition efforts by disrupting sleep, hydration, [nutrient absorption](#), and recovery. Prevention and education can reinforce the importance of nourishing the body with whole foods, being mindful of alcohol's impact on readiness, and exercising caution with supplements marketed for energy, weight loss, or muscle gain. Sailors are encouraged to use approved resources such as the Operation Supplement Safety [\(OPSS\) tool](#) to verify ingredients and support intentional, safe nutrition choices.

- Encourage Sailors to view nutrition, hydration, and fitness as connected readiness habits that support energy, recovery, and long-term performance, not just short-term standards.
- Promote fitness and wellness options that are adaptable to resource-limited or deployed settings, such as a 30-day [Tai Chi](#) plan for beginners, which requires no equipment and supports balance, flexibility, recovery, and mind-body awareness.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: SARP
Date: [MAR 5](#)

Webinar: DAPA Role and Responsibilities and DAR Submission Process
Date: [MAR 12](#)

Webinar: National Drugs and Alcohol Facts Week
Date: [MAR 19](#)

Webinar: ADCO Roles and Responsibilities
Date: [MAR 26](#)

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

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

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



Systems Team: The Risks of an Unregulated Supplement

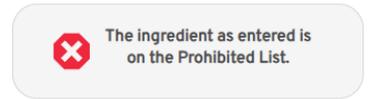
Per the Under Secretary of War for Personnel and Readiness Memorandum dated [15 September 2025](#), the use, possession, distribution, or manufacture of any substance, product, compound, or item containing or derived from Kratom is strictly prohibited for all service members. The OPNAV N173 branch shares this policy update to ensure that all Naval personnel receive notice of prohibited substances that directly impact military readiness, unit cohesion, and personal health.

This new policy has been issued as a lawful general order, and any violation will be met with punitive action under the Uniform Code of Military Justice (UCMJ). This comprehensive injunction is absolute, applying to all products regardless of their form—whether they are sold as leaves, capsules, gummies, edibles, shots, or vapes and regardless of their legality or availability in the civilian marketplace.

The primary basis for this decisive action is the significant and unpredictable risk that Kratom poses to warfighter health and operational readiness. Derived from a Southeast Asian tree, Kratom contains the active compounds mitragynine and 7-hydroxymitragynine, which are known to produce powerful and dangerous opioid and stimulant-like effects. It is important to note, forensic and medical analysis confirms that 7-hydroxymitragynine is significantly more potent than morphine, creating a high potential for abuse, dependency, and severe adverse health events that can jeopardize a mission. The risks are magnified by a complete lack of federal regulation or quality control.

The FDA has not approved Kratom for any legitimate medical use, meaning that commercially available products are entirely untested, and their labels are often inaccurate regarding ingredients and potency. Documented health risks associated with its use are severe and career-ending, including seizures, tachycardia, hepatotoxicity, hypertension, and even death.

For every Sailor, this is a matter of personal and professional accountability. Choosing to use Kratom is a direct violation of UCMJ Article 92, Failure to Obey a Lawful General Order. The consequences are severe and will have lasting negative effects on your naval career. **Remember**, if you have doubts regarding ingredients within a dietary supplement, unapproved, or over-the-counter substances then refer to the Operation Supplement Safety DoW prohibited dietary supplement ingredient list, which is an updated database Service members can use to identify which substances to avoid. For more information, check the list at [OPSS.org](#).



The above photo is a snippet displaying that Kratom is prohibited and listed on the prohibited ingredients and substances list from the OPSS webpage. The website has an option to search on the [prohibited list](#), [check your supplement](#), view the [ingredient and substance index](#), and other resources.

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!**