



## Highlight of the Month

### Tobacco and its Impact on Physical Fitness

Tobacco use and vaping significantly impair physical fitness, affecting cardiovascular health, respiratory function, and overall exercise performance. Both behaviors have been linked to decreased endurance, increased fatigue, and a higher risk of injury during physical activity.

### Impact of Smoking on Physical Fitness

Cigarette smoking is a well-established risk factor for reduced physical fitness. It impairs lung function, decreases oxygen delivery to muscles, and increases fatigue during exercise. A [study](#) involving U.S. Navy personnel found that smokers had lower endurance scores on physical fitness tests, even after accounting for age and exercise habits. This suggests that smoking directly diminishes physical performance, both cardiovascular (1.5-mile run) and muscular (sit-ups) even in young, fit individuals.

### Effects of Vaping on Physical Fitness

Vaping, particularly among young adults, has been associated with decreased exercise performance. A [study](#) of U.S. Army soldiers revealed that e-cigarette users performed worse on physical fitness tests compared to non-users, with dual users (those who both smoke and vape) showing the lowest scores. Additionally, research indicates that vaping leads to impaired blood vessel function, which can reduce exercise capacity.

### Respiratory and Cardiovascular Implications

Both smoking and vaping adversely affect lung and heart health. Smoking is a leading cause of chronic respiratory diseases and cardiovascular conditions. Vaping, while often perceived as less harmful, has been linked to increased respiratory symptoms such as wheezing and shortness of breath in young adults. Furthermore, [studies](#) have shown that vaping can lead to changes in cardiovascular function, potentially increasing the risk of heart disease.

### Conclusion

Both smoking and vaping have detrimental effects on physical fitness, impacting endurance, strength, and overall exercise performance. These behaviors compromise cardiovascular and respiratory health, underscoring the importance of cessation programs and public health initiatives aimed at reducing tobacco and e-cigarette use. The DoD campaign for smoking cessation, You Can Quit 2 (<https://ycq2.org>) features information, tips for quitting, and other resources targeted towards service members.

## Primary Prevention

In a month filled with graduations, promotions, the arrival of warmer weather, and Memorial Day, May offers many reasons to celebrate. May also marks the start of the 101 Critical Days of Summer, beginning the Friday before Memorial Day, 23 May 2025, and running until Labor Day, 1 September 2025. This season brings gatherings, barbecues, and well-deserved downtime; however, these occasions can also present opportunities for risky behaviors, including substance misuse. As a Navy community, it's essential to enjoy these moments safely and responsibly to protect both your health and your career.

By making responsible choices and supporting each other, we ensure our celebrations remain positive and memorable. Let's set the standard for safe, healthy fun this season and beyond to strengthen the resilience of our Navy community.

Consider organizing substance-free events or prevention activities that promote wellness and camaraderie. Here are a few examples.

- Host a brief, informal [Lunch & Learn Alcohol Awareness Talk](#).
- Set up a location for sailors to volunteer as designated drivers for upcoming weekends.
- Show a brief, impactful [video](#) on substance prevention.
- Host a game night in a common area and serve [mocktails](#) with their recipes displayed.
- Place brochures, hotline cards, and prevention info in high-traffic areas.

Visit the Prevention Toolkit at <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Drug-Alcohol-Deterrence/Publications-Resources/Prevention-Toolkit/> for additional resources.

## You Tube

### Messages to Share:

- March 4: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- May 23 – Sept 1: [101 Critical Days of Summer](#) is May 23 – September 1. The Naval Safety Command has updated resources to promote summer safety.
- May 11-17: The Substance Abuse and Mental Health Services Administration (SAMHSA) promotes substance misuse prevention and mental health awareness programming. Learn more [here](#).
- June 26: We will be hosting the next fleet-wide prevention webinar. Visit the [Prevention Toolkit](#) for more details.

## SPOTLIGHT: Webinar/Training/ Prevention Power-Up

**Webinar:** Managing Discrepancies  
**Date:** [May 01](#)

**Webinar:** Drug Education for Youth (DEFY)  
**Date:** [May 08](#)

**Webinar:** Pers 8 Separation Brief (Drug and Alcohol Incidents)  
**Date:** [May 15](#)

**Webinar:** No Webinar  
**Date:** [May 22](#)

**Webinar:** RESFOR Separation Brief (Drug and Alcohol Incidents)  
**Date:** [May 29](#)

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

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



# OPNAV N173 | Navy Substance Prevention & Deterrence Branch

## MAY IN REVIEW

May 2025

### DEFY: Information to Know

The Office of the Under Secretary of Defense is accepting nominations for the annual Drug Demand Reduction Awards ceremony. The awarded members will be recognized during the annual Red Ribbon Week ceremony that will be held on Thursday, October 16, 2025. The Drug Demand Reduction Awards for consideration include the SECDEF Community Drug Awareness Award and the SECDEF Fulcrum Shield Award.

The SECDEF Community Drug Awareness Award was established as a DoD initiative to encourage community-based substance awareness and the SECDEF Fulcrum Shield Award was established to highlight the youth-based substance awareness programs that have exceeded standards. The programs were created to promote support of outreach and prevention programs within the DoD community and to motivate programs to participate in the national Red Ribbon substance prevention campaign.

Nominations must be submitted electronically and received no later than 6 June 2025 via email to [Mill\\_n17\\_defy@us.navy.mil](mailto:Mill_n17_defy@us.navy.mil). Nominations received after 6 June 2025 will not be considered. For more information regarding the programs or the award ceremony, the memo can be viewed [here](#).

For more information on the process of submitting a nomination or information about the DEFY program, contact us at 901-874-3300 check out the website [here](#).



The photo above is an official image taken in 2019 from the last Naval service member to be awarded the SECDEF Community Drug Awareness Award.



### Navy Substance Prevention & Deterrence Branch

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Phone: 901-874-4900

Fax: 901-874-4228

Email: [MILL\\_N17\\_DDD@navy.mil](mailto:MILL_N17_DDD@navy.mil)

#### Case Resolution Team (Medical Review Process)

Phone: 901-874-4868

Email: [MILL\\_N17\\_DDR@navy.mil](mailto: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 Drug Education for Youth (DEFY) program, the 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 programs 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.**



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MORE!**

