



SERVING PROUD • SERVING DRUG FREE

JANUARY 2023



## 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. Maintaining a healthy weight can be hard, between finding time to exercise, eat right, and do everything else you need to do. January is Navy and Marine Corps Public Health Center Healthy Weight Month. Their toolbox at [go.usa.gov/xe7Rq](https://go.usa.gov/xe7Rq) has helpful tips on how to get to a healthy weight.
2. January is National Birth Defects Prevention Month. Use of tobacco, illicit drugs, and alcohol can all pose risks to a developing fetus. A healthy lifestyle plus a daily 400 microgram dose of folic acid can help ensure a healthy pregnancy and baby. Learn more at [cdc.gov/ncbddd/birthdefects](https://cdc.gov/ncbddd/birthdefects).
3. If you see a product at your local vape shop that contains THC in, it's prohibited for Sailors. There's Delta-8 THC, Delta-10, THC-O, CBD, and all sorts of other cannabinoids on the commercial market. Even though they're "legal," for civilians, they are not allowed for Service members, and using them puts your career at risk. Find more facts from [TooMuchToLose.org](https://TooMuchToLose.org).
4. Want to make 2023 the year you quit smoking? Let YouCanQuit2 help! YCQ2 is the Department of Defense resource for smoking cessation, with tips for getting started, staying tobacco-free, and resources for cessation. Visit [YCQ2.org](https://YCQ2.org) for more information.

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## WEIGHT LOSS SUPPLEMENTS: ARE THEY SAFE?

After the holiday season concludes, many individuals aim to get their New Year resolution started by setting goals towards weight loss or weight management. Their objectives often align with feeling better about themselves and looking good. With this in mind, some people opt to take dietary supplements that are tailored to provide desired results within a fast amount of time. These supplements contain labels such as, "natural" to promote their product as a healthier choice and decrease chances of alarming consumers of potential harmful chemicals in the products. Despite the attempt to frame the product as "natural", these products may still be unsafe for consumers. In some cases, the product may be prohibited for service members.



### Effectiveness of Supplements

The U.S. Government Accountability Office has stated that "little is known about whether weight loss supplements are effective, but some supplements have been associated with the potential for physical harm." Still, the appeal is there — Americans **spend** about \$2 billion annually on diet supplements. But **herbal supplements**, unlike medications, do not go through a rigorous, often years-long, scientific process to determine their efficacy and therefore do not have much reliable data on their effectiveness for weight loss. And even if a supplement has been studied, there may still often be **conflicting** data on efficacy.

### Safety of Supplements

In addition to the lack of reliable data on efficacy, their safety is also undetermined. Some dietary supplements may be **tainted** with prescription drugs, controlled substances, or other unsafe ingredients. Some may even increase risk of liver damage, including natural herbal supplements. According to Cleveland Clinic physician, Dr. Shweta Diwakar, about 20 percent of U.S. liver damage cases are induced by herbal and dietary substances. So while companies promote their "natural" products as "safe," that isn't always the case. Multiple **factors** affect how safe a supplement may actually be, including the chemical makeup, preparation, function in the body, and amount taken.

### Finding Accurate Information

It may seem impossible to figure out if a supplement is safe to take, whether claims are reliable, and what's allowed by the military. Operation Supplement Safety is the Department of Defense resource for information on dietary supplements. On their website, you can find a DoD Prohibited List, a place to report side effects, an "Ask the Expert" section, and other resources to help Sailors and other Service members make educated and informed decisions about supplements. Visit [opss.org](https://opss.org) for their helpful resources. Your health care provider is another great source of useful information on supplement safety, including how they may interact with other medications and treatments.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.



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## JANUARY IS NATIONAL MENTORING MONTH

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity. Yet one in three young people will grow up without this critical asset.

### Young Adults Who Were At-Risk for Falling Off Track But Had a Mentor Are:

55% less likely than their peers to skip a day of school and more likely to enroll in college

78% more likely to volunteer regularly

90% are interested in becoming a mentor

130% more likely to hold leadership positions.

Before becoming a mentor, here are a few things to understand about the role of mentoring. Most of us have had a teacher, supervisor or coach who has been a mentor to us and made a positive difference in our lives. Those people wore many hats, acting as delegators, role models, cheerleaders, policy enforcers, advocates, and friends. Mentors assume these different roles during the course of a relationship, and share some basic qualities:

- A sincere desire to be involved with a young person
- Respect for young people
- Active listening skills
- Empathy
- Ability to see solutions and opportunities
- Flexibility



The Drug Education For Youth (DEFY) Program uses positive adult role models to provide mentoring. DEFY mentors help youth navigate through curriculum topics and life challenges, help them succeed physically, and help them gain the confidence and self-esteem that will improve a youth's chances to avoid negative behavior like drugs, alcohol, and gangs. Mentoring also provides a benefit to the mentor by instilling a sense of pride and accomplishment in the mentor that comes from helping a young person succeed. For more information and to contact a local DEFY program coordinator in your area call (901) 874-3300 or visit our Facebook page at [www.facebook.com/#!/HODEFY](https://www.facebook.com/#!/HODEFY). For more information on mentoring, [go to www.mentoring.org](http://www.mentoring.org).

## CURRENT & UPCOMING EVENTS

### JANUARY WEBINARS

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

1/5— No webinar due to the Holidays

1/12— Adjudicating Positives

1/19— Testing Members Selected But Not Tested (Carryovers or Cancelled Tests)

1/26— WebDTP Pools/Units and Reports

[www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/](http://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/)

### ADAMS FOR LEADERS, DAPA, & UPC COURSES

Can be accessed using your CAC by logging in to Navy e-Learning at [learning.nel.navy.mil](http://learning.nel.navy.mil) or Catalog of Navy Training Courses (CANTRAC) at [app.prod.cetars.training.navy.mil/cantrac/vol2.html](http://app.prod.cetars.training.navy.mil/cantrac/vol2.html)

### NMCPHC HEALTHY WEIGHT MONTH

January

Find the toolbox at [go.usa.gov/xc7Rq](http://go.usa.gov/xc7Rq).

### NATIONAL BIRTH DEFECTS AWARENESS MONTH

January

Learn how to protect against birth defects and about the impact of drugs and other substances on birth defects at [go.usa.gov/xPJNx](http://go.usa.gov/xPJNx).

## UPC PROGRAM: SPECIAL TESTING ALERT

Special testing screens for drugs that fall outside of the scope for the standard panel and steroid testing. Similar to steroid test requests, special testing requires commands to route the appropriate memos to OPNAV N173A for approval and should accompany the DD Form 2624, "Specimen Custody Document – Drug Testing" shipped with the specimen to the lab.

Sample request letters are available on the OPNAV N173 website <https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Alcohol-Deterrence/Publications-Resources/Sample-Letters/>.

Please send request letters to [MILL\\_N17\\_DDR@navy.mil](mailto:MILL_N17_DDR@navy.mil) for approval processing.