

SERVING PROUD • SERVING DRUG FREE

February 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 and Alcohol Deterrence's prevention efforts:

1. February is Navy and Marine Corps Public Health Center Heart Health Month. Their toolbox at [February Heart Health](#) has helpful tips on how to improve heart health for an optimal life.
2. Join the initiative and participate in National Wear Red Day, and take your stance in raising awareness about heart disease and stroke in women on **February 3rd**. As the number 1 cause of mortality in women, cardiovascular disease is responsible for 1 in 3 deaths. Learn more about Go Red for Women at [National Wear Red Day](#).
3. Keeping a close eye on our little ones is more important now than ever before; use caution when scheduling friendly playdates as the opioid crisis continues to soar. Now the Fentanyl crisis is taking a new turn as substance misusers are combining the opioid with the horse tranquilizer xylazine. Stay aware and find the study at [American Academy of Pediatrics](#).
4. Do you know your heart health? According to a previous Fleet and Marine Corps Health Risk Assessment, 22% of Sailors and 29% of Marines indicated behaving in health habits that increased their risk of heart disease. Find out how you can make your lifestyle change by reviewing this fact sheet at [HPW HealthObservance February YoungHeart.pdf \(navy.mil\)](#)

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

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CANNABIS: LAW, POLICY, AND HEALTH RISKS

You've probably seen them in gas stations and convenience stores, products labeled D8-THC, THC8 or simply Δ8 or "delta-8"... all refer to the cannabis product delta-8 tetrahydrocannabinol. Internet claims inaccurately term these products as "legal weed." For military members, these products and other cannabis-derived products are prohibited. Similar to when "Spice" or synthetic cannabinoid products hit the market as alternatives to traditional marijuana, people who use mind-altering drugs sought new drugs to get high, but not get caught. However, the Department of Defense adjusts testing panels based on urinalysis surveillance to deter misuse and reduce the risk to readiness as new chemical threats arise.



Cannabis: Deep Dive

Cannabis products are broken down into two classes by federal law: "hemp" or products containing no more than 0.3% delta-9 THC; and "marijuana" or products containing over 0.3% delta-9 THC. Marijuana is prohibited under the Controlled Substances Act and a violation of UCMJ Article 112a. Hemp use is prohibited under Article 92 by ALNAV 074/20. Delta-8 THC is a chemical sibling to delta-9 THC, the molecule associated with the high of marijuana. Delta-8 is made in small amounts naturally by cannabis plants. To make large quantities for distribution, drug manufacturers chemically alter cannabidiol (CBD) with strong corrosive chemicals to make delta-8 THC, other prohibited mind-altering cannabinoids like THC-O, THCP, delta-10 THC, etc., and other harmful byproducts. According to The Centers for Disease Control and Prevention, a single use of cannabis can make the heart beat faster and can make blood pressure higher, but prolonged use can lead to increased risk of stroke, heart disease, and other vascular diseases.

Know Your Worth: Use Caution & Check Labels

Delta-8 products can come in all the same forms as other cannabis products including but not limited to edibles, vape pens, cartridges, liquids, cigarettes, etc. Cannabis products usually feature visual cues such as a cannabis leaf or THC milligram content. Often times cannabis products are kept behind the counter to ward off theft. Cannabis products are often priced higher than cannabis-free products, such as a vape liquid priced higher than a nicotine-only counterpart or a few gummy candies priced well-over the comparable normal quantity of cannabis-free candy. In social situations, ask about the contents of offered items or just bring your own. Sailors are ultimately responsible for what they consume.

For more information, check out the fact sheet here: [Myths about Delta-8 THC - Too Much To Lose](#)



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FEBRUARY IS NATIONAL HEART HEALTH MONTH

Caffeine is the most-widely consumed addictive substance in the world, and in the United States, over 80 percent of adults consume caffeine **regularly**. Those of us who not only enjoy, but admittedly, rely on our morning cup of coffee or tea might assume energy drinks such as Red Bull, Monster, or Rockstar are as harmless as an extra-strong dose of our favorite brew. However, energy drinks—not to be confused with hydrating sports drinks, such as Gatorade—pose significant health risks.

Effects of Energy Drinks

Studies have shown an increase in systolic blood pressure after energy drink **consumption** and an increase in periodic repolarization **dynamics** (a predictor of risk for sudden cardiac arrest), which was not seen in individuals who consumed several cups of coffee. In this study, average heart rate, alone, remained unchanged following both coffee and energy drink consumption. The authors' conclusion in these studies was that physiological changes that occurred in the sympathetic nervous system were not related to caffeine, but to some other substance or combination of substances contained in energy drinks, and the list of ingredients is long: Carnitine (shown to cause stomach upset and seizures when more than 3 grams is consumed), guarana (an extract that delivers twice the caffeine of coffee per weight), high levels of sugar, and ginseng (which, in some people, causes hypertension, disrupted sleep, and diarrhea).



Coffee

For heart health, moderate caffeine consumption (as found in 2-5 cups of coffee per day) is considered safe and may even be beneficial for reducing the risk of cardiovascular disease (**coffee & heart health**). Rather than energy drinks, reach for water to replace fluid lost during exercise. Sports drinks that contain electrolytes can provide energy for intense workouts lasting longer than 90 minutes. Coconut water is lower in sugar and calories than sports drinks and is high in potassium.

For more information about dietary supplements and the DoD prohibited list, visit Operation Supplement Safety at [Operation Supplement Safety | OPSS](#).

CURRENT & UPCOMING EVENTS

FEBRUARY WEBINARS

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

2/02 — UPC OPGUIDE 3

2/09 — Premise Code Use

2/16 — Policy Update

2/23 — Drug Education for Youth (DEFY)

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 or Catalog of Navy Training Courses (CANTRAC) at [CANTRAC Overview \(navy.mil\)](#)

NMCPHC HEART HEALTH MONTH

February

Find the toolbox at [February Heart Health](#).

NATIONAL AMERICAN HEART MONTH

February

On February 3, 2023, participate in the [National Wear Red Day](#) to end heart disease and stroke in women. Learn about ways to prevent heart disease and stroke at [American Heart Association](#).

REMINDER: NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

April

On April 29, 2023, participate in the [National Prescription Drug Take Back Day](#). Learn about ways to properly dispose of prescription drugs and prevent medication misuse. Collection sites are operable between 10:00 am—2:00 pm.

PROTECT YOURSELF AND YOUR HEALTH

You are more important than you think. This February, take the challenge of putting your health, relationships, and career first by reducing risky behaviors. Mix up your diet and get creative by incorporating a mix of vegetables and fruits, stay active – even a low vigorous exercise can get your blood flowing. Remember, protect yourself and your health by saying no to risky drug consumption.



Learn more at [Drug Use: Risky, No Matter the Scenario - Too Much To Lose](#).