

SERVING PROUD • SERVING DRUG FREE

March 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. March is Navy and Marine Corps Public Health Center Healthy Eating month. Their toolbox at [March - Healthy Eating](#) has helpful tips on how to challenge yourself on changing your diet.
2. Put your health first and switch up your diet. [Take the challenge](#), this month spend 30-days of trying new fruits and vegetables with your favorite home cooked meals. Did you know? You can reduce your chances of chronic diseases such as heart disease, stroke, diabetes, and other illness by maintaining a proper [nutritional](#) diet.
3. Let's not cut the corner. When working out or attempting to reach a specific weight goal, dietary supplements can seem like an enhancement. Well that's just it—[dietary supplements impact](#) your daily life by promoting the increase of energy level and acting as an exercise enhancement. Dietary supplements are not meant to be consumed as a replacement for nutritional balance. Remember that supplements are not FDA-regulated. Only buy supplements from reputable, well-established companies and check Operation Supplement Safety (opps.org) for the DoD prohibited supplement list.
4. Is taking a trip to the grocery store increasing your heart rate? With steady inflation prices, many individuals are searching for more bargains—rightfully so. So, consider balling on a [budget](#) and eat healthy local fruits and vegetables from local farmers or the commissary.

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

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FDA ANNOUNCES REGULATORY PLAN FOR CBD

With the proliferation of cannabidiol (CBD) and hemp-derived products appearing on supermarket shelves, along with the marketing of such products for pain management and other health concerns, the U.S. Food and Drug Administration (FDA) has [announced](#) the development of new regulatory pathways for CBD products. The goal is to enhance consumer safety by ensuring CBD products are clearly labeled, free of contaminants, accurately measured, and identified for use by adults only. Until now, CBD products (with the exception of the epilepsy medication Epidiolex) have been [unregulated](#), falling into neither the category of drugs or food.



CBD: Health & Side Effects

There are safety concerns with CBD, particularly with long-term use. Potential side effects include liver injury and male reproductive toxicity, as has been shown in animal [studies](#). Short-term side effects include dry mouth, diarrhea, drowsiness, and fatigue. CBD can interact with other medications and impact their potency. CBD also poses a risk to animals and could contaminate eggs, milk, and meat.

Knowledge Check: How Much Do We Really Know?

Without research and appropriate regulation, self-medicating is at best, unreliable, and at worst, dangerous. Little is currently known about how much CBD is absorbed by the body through various delivery methods (vaping, eating, using topical oils, etc.). Analysis of CBD products for sale has shown that many do not contain the amount of CBD advertised. A 2021 [study](#) of 2,946 CBD products found that 84% did not test accurately within 10% of the advertised amount of CBD. This same analysis found that one in four products was not tested for pesticides, heavy metals, and other contamination.

The FDA plans to work with Congress to develop a cross-agency for oversight of CBD products. While all hemp-derived products, including CBD, are prohibited for Sailors and Marines (ALNAV 074/20), clear and uniform labeling of products should make it easier for service members to avoid accidental ingestion.



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QUALITY OF LIFE & NUTRITION

Quality of Life: The Concept

Comfortable not complacent. Obtaining mental, physical, and emotional peace. Enjoying the foods we consume. Meditation. Spirituality. Maintaining healthy familial and friend relationships. Physical activity. Exploring hobbies.

These are common thoughts that are made when the term ‘quality of life,’ is considered and all of them can be deemed correct opinions as the concept of having a quality of life is subjective. Any individual can associate one, all, or none of these terms with striving for a quality of life experience. However, in regards to health ‘quality of life’ is considered a holistic multidimensional, emotional, physical, material, and social well-being. Sounds easy enough right? Well not so, as getting off track is common with perceived time constraints and barriers that arise. These constraints and barriers can cause individuals to feel depleted, unaccomplished, and uncertain. With this, one can easily spiral and begin seeking moments of ‘guilty’ pleasures such as eating non-healthy meals or ultra-processed foods, increasing alcohol intake, and taking a swig from tobacco products.

Nutrition: The Point

Just as exercise is medicine, the foods we consume act as medicine providing us with the nutrients and energy we need to complete even the most basic tasks. As we intake food, our body begins the process of breaking down the food distributing all of the good nutrients to their respective locations and in-turn expelling all of the bad food. When this occurs we begin feeling like the foods we consumed – heavy, fatigued, potential headaches, and other physiological responses. So, it is highly important to incorporate [proper](#) nutritional meals in your life in order to maintain peak physical fitness and continued force readiness.



While it's easy to get off track, when you've prepared your mind for a physiological change the demands can seem difficult. Setting realistic and tangible goals can put your mind at ease. Developing a new dietary routine, by making small changes such as limiting [sugar intake](#). Take the time to switch it up, instead of energy drinks, soda, and juices, spice things up by adding sliced fruit to your water. Some fruits are high in [energy](#) and can provide you with just the boost you need to start your day. Another way to build a healthy relationship with your diet can be knowing where your food is coming from; take a trip to your [local farmers market](#) or check out the commissary. Eating fresh groceries can give you a sense of comfort and improve your quality of life.

CURRENT & UPCOMING EVENTS

MARCH WEBINARS

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

3/02 — Command/UPC/DAPA Checklist review

3/09 — Vaping and E-cigarettes v. Traditional Tobacco Products

3/16 — FAQs and Troubleshooting (WebDTP)

3/23 — ADMITS Reports and Use

3/30 — Navy Compliance Reports (Annual Compliance Tool and Report by RRU)

<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Drug-Alcohol-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 HEALTHY EATING MONTH

March

Find the toolbox at [March - Healthy Eating \(navy.mil\)](#).

NATIONAL BRAIN INJURY AWARENESS MONTH

March

The Brain Injury Association of America (BIAA) raises awareness about the trauma-induced impairment and mortality of the disorder, advocating for inclusion and resources for many individuals. Learn more information here [Brain Injury Awareness Month](#).

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 site are operable between 10:00 am—2:00 pm.

NATIONAL NUTRITION MONTH

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietician in order to develop and stick with a healthy eating plan.



More information on nutrition and healthy eating can be found at www.eatright.org; www.myplate.gov; and www.usda.gov.