

SERVING PROUD • SERVING DRUG FREE

MAY 2022



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. Physical activity not only keeps your body in shape and mental health in check, but it also helps prevent chronic health conditions. Find tips on how you can incorporate more physical activity into your routine and learn more benefits from the Navy and Marine Corps Public Health Center's Physical Fitness Month toolbox at go.usa.gov/xuBeY.
2. National Prevention Week (NPW) aims to bring together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health. This year, NPW is observed May 8-14. Learn more about NPW and find resources at www.samhsa.gov/prevention-week.
3. May 31 is the global celebration of World No Tobacco Day, which educates about the harms of using tobacco products and offers solutions for tobacco and smoking cessation. The 2022 theme, "Tobacco: Threat to our environment," aims to expose the environmental harms of the tobacco industry. Learn more at www.who.int/campaigns/world-no-tobacco-day.
4. Help is always available, and seeking help is the first step towards recovery. A local DAPA, Navy chaplains, and medical providers can provide support, or you can the Military Crisis Line for free, confidential support by phone at 1-800-273-8255 (press 1) or text at 838255.

IN THIS ISSUE

PAGE 1

Energy Drinks and Prohibited Ingredients
Messages to Share

PAGE 2

Cannabis Decriminalization
Tobacco-Free For the Planet
Events

ENERGY DRINKS & PROHIBITED INGREDIENTS

OPNAV N171 Dietitian, LCDR Melissa Amescua, MS, LD, RD contributed to this article

Consuming energy drinks is very popular among military members. The companies that sell these beverages often promote them as a quick and easy way to increase energy and enhance mental alertness and overall physical

performance. Most energy drinks contain large amounts of caffeine, but they may also contain other stimulants and ingredients that are not always regulated.

According to the National Institutes of Health, energy drinks are the most popular **dietary supplement** consumed by American teens and young adults after multivitamins. Men between the ages of 18-34 years of age are the primary consumers. These drinks have also been known to be used as sports drinks or mixed with alcohol. This should be avoided at all costs as it can pose a heightened health risk.

Energy drinks do not provide adequate nutrition, and regular versions often contain high amounts of sugar as well. As a dietitian, I do not encourage use of these products since it has been associated with elevated blood pressure, weight gain, and increased toxicities that harm the body. The amount of caffeine, sugar, and unidentified ingredients may vary greatly, and the health benefits described are typically much more minimal than claimed on the product labels. There is no requirement to declare the amount of caffeine or other ingredients on the label, so one could often consume more than the recommended 400 mg per day for a healthy adult. In addition, since there is poor regulation of the ingredients in energy drinks, you could also be consuming illicit substances.

Recently, a popular energy drink brand introduced a new beverage infused with hemp seed oil. Because hemp-derived products such as hemp seeds, hemp oil, cannabidiol (CBD), and others are prohibited for Service members, this product should not be consumed by Sailors. This is not the only energy drink available on the market that contains these or other prohibited ingredients. It is the Sailor's responsibility to know what is being consumed. The foods and the beverages one ingests or consumes directly affect readiness and the ability to perform, but they can also have an impact on career.

For more information, visit Operation Supplement Safety on the web at opss.org. There, you can find a prohibited ingredient **list**, along with an article discussing the **problem** with energy drinks and shots, as well as an **infographic** explaining how to know what's in your energy drink or shot.



CANNABIS DECRIMINALIZATION

Early last month, the U.S. House of Representatives passed a bill to federally decriminalize cannabis. As written, the bill prevents federal agencies from denying federal workers security clearances for using cannabis and allows the Veterans' Administration to recommend medical marijuana to veterans with posttraumatic stress disorder. This may seem like huge news and a big change, but in order for this bill to officially become law, it must first pass the Senate, which has not yet happened. Additionally, New Mexico and New Jersey have recently begun recreational cannabis sales, and Maryland voters will see an adult-use measure on their ballots in November.

As marijuana legalization seems to be spreading throughout states across the country and has the potential to become federally decriminalized, it is critical for Sailors and other Service members to remember that use of cannabis in any form is currently prohibited. Even if stationed in California, Washington, Illinois, or any other state with legal recreational cannabis, those laws do not apply to Sailors and other military members and personnel.

Furthermore, consuming any product derived from hemp is prohibited for Sailors. This includes CBD products and other foods or beverages, supplements, and topical products (e.g. lotions, creams, oils, and shampoos) containing hemp or CBD.

Should the policy related to marijuana use or consumption of hemp-derived products change for Sailors and other Service members, any updates and directives would come from official Department of Defense sources. By relying on word-of-mouth or your own judgement, you could engage in prohibited activities, resulting in threats to your Navy career. Information about policy is available on the Navy Drug Detection and Deterrence web page at www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/.



CURRENT & UPCOMING EVENTS

MAY DDD WEBINARS

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

5/5— WebDTP/DTPLite Transition Update

5/12— Urinalysis Packaging procedures and UPC Files

5/19— Alcohol Misuse Prevention

5/26— Policy Update

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 app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC PHYSICAL FITNESS MONTH

May

Find the toolbox at go.usa.gov/xuBeY.

NATIONAL PREVENTION WEEK

May 8-14

For more information, visit

www.samhsa.gov/prevention-week.

WORLD NO TOBACCO DAY

May 31

For more information, visit

www.who.int/campaigns/world-no-tobacco-day.

TOBACCO-FREE FOR THE PLANET

World No Tobacco Day is an international effort by the World Health Organization (WHO) and other partners to promote a period of 24-hour abstinence from all tobacco products, observed annually on May 31. This year's World No Tobacco Day theme is "Tobacco: Threat to our environment."

According to the **WHO**, each year, the tobacco industry's greenhouse gas contribution is 84 megatons carbon dioxide equivalent. Plus, about 3.5 million hectares of land are destroyed for tobacco growth annually. So, in addition to the known adverse health effects of tobacco on the body, the planet also experiences negative impacts from the demand for tobacco.

World No Tobacco Day is a great day to join people around the world in a potential first step towards fully quitting tobacco and a great step towards a healthier you. The YouCanQuit2 campaign has resources to help Service members quit. Find information on how to prepare, real life strategies, and support at www.ycq2.org.