

SERVING PROUD • SERVING DRUG FREE

AUGUST 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. Scheduling annual physicals and wellness visits for yourself or your family may be a hassle, but these preventive care appointments can to identify and address health concerns before they become an even bigger problem. August is Navy and Marine Corps Public Health Center's Preventive Health Month. Visit [go.usa.gov/xFkX8](https://go.usa.gov/xFkX8) to find their toolbox with tips on preventing illness.
2. Did you know that a pack-a-day smoker spends over \$2,000 a year on cigarettes? I'm sure you can think of at least a dozen other things you could buy with \$2,000. Want to save money and your health? Quitting smoking is a challenge, but it isn't impossible. YouCanQuit2 has information and resources to help you plan to quit. Visit [ycq2.org](https://ycq2.org) to learn more.
3. CBD. CBG. Delta-8-THC. Delta-10-THC. THC-O. Lots of letters and numbers for cannabinoid products, but regardless of the compound, all of them are prohibited for service members. Navy's policy regarding cannabis products remains zero-tolerance.
4. You probably wouldn't ignore constant back pain or a chronic cough, so why ignore consistent feelings of sadness or anxiety? Mental health and physical health are equally important and often connected. For help, access resources like 988, a new designated three-digit dialing code that routes callers all across the U.S. to the National Suicide Prevention Lifeline.

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

## IN THIS ISSUE

### PAGE 1

Sleep Well for Preventive Health Messages to Share

### PAGE 2

DEFY Launches 2022-23 Program End Of Year Testing Update Events

## SLEEP WELL FOR PREVENTIVE HEALTH

A common cause of premature death is chronic disease, and while prevention is often associated with avoiding risk factors—smoking, excessive drinking, processed foods, sedentary lifestyle—one of the most important safeguards against poor health is high-quality sleep.



Insufficient sleep is **linked** to an increased risk of type 2 diabetes, cardiovascular disease, obesity, depression, and even permanent brain damage. In the short-term, even missing an hour of sleep impacts mood and working memory. In fact, sleep deprivation may actually **encourage** addiction and impulsive behavior. The bottom line: Sleep is extremely important for mental and physical health.

### How does alcohol impact sleep?

Alcohol has a sedative effect, so it seems logical that it would be a good tool to encourage restful sleep; however, the opposite is true. Just one drink can disturb sleep quality—as measured by physiological regulation and recovery — by almost ten percent, according to a sleep **study** of over 4,000 volunteers. More than two drinks for men, and more than one drink for women, decreased sleep quality by nearly 40 percent. Alcohol use delays sleep onset and shortens REM sleep, which is believed to play a role in memory consolidation. Because of this interruption of sleep cycles, people who drink may feel excessively sleepy during the day and consume additional caffeine, leading to a self-medicating cycle to treat chronic insomnia and daytime fatigue. Alcohol use also **increases** the risk of sleep apnea (a temporary cessation of breathing) by 25 percent.

### How can I improve my sleep?

Adults should aim for seven to nine hours of sleep each night, and teens should get eight to ten hours, according to the **Centers for Disease Control and Prevention**. Recommended strategies for improving sleep quality and quantity include going to bed at the same time each night (even on weekends), lowering your bedroom temperature to somewhere between 60 and 67 degrees Fahrenheit, removing electronics (including smart phones), getting exercise during the day, and avoiding large meals, caffeine, and alcohol before bed. If drinking in the later afternoon or evening, try to stop at least four hours before bedtime.

### Where can I find help?

If you feel that you have a problem cutting back on drinking or find yourself drinking more than you used to in order to experience the same effects, you may have problems with drinking. **Own Your Limits** has resources to help you assess your drinking and learn to drink responsibly.

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## DEFY LAUNCHES 2022-23 PROGRAM

Drug Education For Youth (DEFY) is launching its year-long program at six command-sponsored sites worldwide.

DEFY is a preemptive prevention program that enhances youth strength and resilience, and delivers strong kids and military families in support of the Fleet and U.S. Marine Corps combat readiness. DEFY provides leadership and life skills with team-building, goal-setting, decision-making and conflict resolution activities. The program is designed to strengthen and improve resistance to negative influences such as drug use and bullying.

DEFY's success relies heavily on volunteers to serve as adult role models — a benefit to both the volunteers and attendees. Commands can help ensure local program success by providing necessary operational resources, helping recruit volunteers, and supporting the command staff who serve as role models for youth participants. DEFY provides valuable real-life experience including mentoring, tutoring, supervision, leadership, logistics, public speaking, and finance. Despite the hard work and long hours, many Sailors and Marines that have actively participated in a DEFY program return to their commands a better service member.

The 2022-2023 program sites are San Diego, CA; New London, CT; Pensacola, FL; Fort Gordon, GA; Kaneohe Bay, HI; and Tinker, OK.

For more information about DEFY or to find out your local program's start date, reach out to your local program point of contact or the program office at (901) 874-3300. You can also email [MILL\\_N17\\_DEFY@navy.mil](mailto:MILL_N17_DEFY@navy.mil), visit the DEFY website at [www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Drug-Education](http://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Drug-Education), or follow the Facebook page at [www.facebook.com/hqdefy](https://www.facebook.com/hqdefy).



## CURRENT & UPCOMING EVENTS

### AUGUST DDD WEBINARS

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

**8/4**— ADMITS (ADCO/DAPA/UPC Specific)

**8/11**— End Of Year Testing Update & WebDTP Reports

**8/18**— Drug Education For Youth (DEFY)

**8/25**— Alcohol Misuse Prevention (Policy)

[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/)

### 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 PREVENTIVE HEALTH MONTH

**August**

Find the toolbox at [go.usa.gov/xFkX8](http://go.usa.gov/xFkX8).

### SUICIDE PREVENTION MONTH

**September**

Suicide Prevention is an All Hands issue. Learn more and find resources to strengthen local efforts at

[www.mynavyhr.navy.mil/Support-Services/21stCentury-Sailor/Suicide-Prevention/](http://www.mynavyhr.navy.mil/Support-Services/21stCentury-Sailor/Suicide-Prevention/)

### 101 CRITICAL DAYS OF SUMMER

Continues through Labor Day Weekend

## END OF YEAR TESTING UPDATE

According to OPNAVINST 5350.4E, each command is required to conduct an end of fiscal year unit sweep (IU) of all command personnel who have not been tested during the course of the current fiscal year. Only samples that have been successfully reported with a positive or negative result count towards this requirement. To avoid last-minute testing efforts, make August 31 the goal to complete the requirement.

To ensure all members have been tested during the fiscal year, commands may conduct a command-wide unit sweep (IU premise code), use the Annual Compliance Tool in the IFTDTL results portal to identify members not tested (DTPLite users), or use the FY Untested Members pool in WebDTP to identify and test members not tested, using Premise Code IU.

As of July 29, 2022, **15 percent** or **51,971** Active Component members remain untested, and **37 percent** or **22,318** Reserve Component members are untested. Aim to bring those totals to zero.