



## Highlight of the Month

**Heart Health Awareness Month.** Optimal performance is more than just being physically active and eating well. It is about developing and optimizing every element of one's Mind, Body, and Spirit, and maintaining a healthy baseline. [February is National Heart Health month](#) and we want to raise a glass – of water that is, from the fountain of youth! Don't wait to experience health complications to start making health-conscious choices, choose TODAY to optimize your body.

Heart disease is the most common health-related illness in America. Additionally, one of the most manageable risk factors associated with heart disease diagnosis is excessive alcohol use. Excessive alcohol use is associated with various health complications including "[heart failure and stroke](#)." Increased amounts of alcohol use also contribute to the development of [cardiomyopathy](#) – this is a disorder that causes the heart muscles to weaken and contract improperly.

So, how much alcohol is excessive? Well, the negative affects of alcohol on the heart health are directly associated with the "[quantity and frequency](#)" of alcohol use and is individual-based. It is recommended that when drinking alcoholic beverages, individuals should consume alcohol in [moderation](#) and balance alcohol intake with adequate water consumption in-between beverages. Additionally, to prevent future diagnosis of hypertension current research suggests that drinking in moderation equates to about one beverage a day. The *American Heart Association* signifies that an average 12-ounce beer, 8-ounce higher proof alcohol, a 5-ounce glass of wine, or 1.5-ounces of 80-proof liquor (this is the most common type of alcohol that is used in mixed beverages). If you are extending your Dry January goals, there are several sites that can teach you how to make the perfect pre-Spring mocktail, which is a non-alcoholic beverage. Similarly, restaurants and bars often have a few mocktails to choose from on their menu.

As you continue through the month, it could be beneficial for you to review additional resources on National Heart Health month and identify other avenues that you can use to continue spreading awareness and education about the illness and learn of what other risk factors or lifestyle activities attribute to [heart disease](#).

## Primary Prevention Team

Good heart health is a fundamental aspect of ensuring our Navy personnel are equipped to face the challenges of their demanding roles. The use and misuse of various substances can pose significant risks to heart health. Smoking cigarettes and using e-cigarettes exposes the [user and bystanders](#) to chemicals that can cause damage to the heart and blood vessels. Smokeless tobacco, often perceived as a safer alternative to smoking, has its own risks to heart health that are frequently underestimated. This form of tobacco consumption, which includes products like snuff, chewing tobacco, and snus, delivers nicotine and a spectrum of harmful substances directly through the oral mucosa, leading to systemic absorption. The [Centers for Disease Control and Prevention](#) identifies dying from heart disease as an increased risk of smokeless tobacco use. What can we do to protect the heart health of our Navy personnel? The following are ways to promote awareness and provide support:

- Ensure our sailors understand the health risks associated with substance misuse. Regular training and access to awareness tools can help them make informed decisions about their health.
- Promote physical fitness, stress management techniques, and healthy coping mechanisms as alternatives to substance misuse. The Primary Prevention Power-Ups presented during the weekly NDAD Webinars are an excellent source for these resources.
- Encourage sailors to engage with the available local and online resources, programs, and personnel who can support their needs.
- Empower peers to support one another with healthy alternatives when needed and intervene when necessary if they suspect substance misuse.

As a Navy community, we must prioritize education, support, and prevention efforts to mitigate the risks and ensure the well-being of our dedicated Sailors. By increasing awareness of the harms of substance misuse to heart health and promoting alternatives within our ranks, we not only protect the heart health of our Navy personnel but also ensure that they are mentally and physically prepared to fulfill their duties effectively and safely. Together, we can navigate these challenges and continue to strengthen our force.



You Tube

## Messages to Share:

- Let's unite and cease ALL tobacco use for 24 hours on 22 February for the [Great American Spit-Out](#).
- 17-23 March is National Poison Prevention Week (NPPW)!
- 18-24 March is National Drug and Alcohol Facts Week!
- Visit our [Prevention Toolkit](#) to increase substance awareness & access shareable resources.

## SPOTLIGHT: Webinar/ Prevention Power-Up/Training

**Webinar:** IFTDTL/ADCO/DAPA User Reports  
**Date:** [8 FEB 2024](#)

**Webinar:** Innocent/Unknown Ingestion  
**Prevention Power-Up** Inhalants and Poison Prevention Week Resources  
**Date:** [15 FEB 2024](#)

**Webinar:** DTPLite Use and DTP Selection Report Upload  
**Prevention Power-Up** National Drug and Alcohol Facts Week (NDAFW) Promotion and Resources  
**Date:** [22 FEB 2024](#)

**Webinar:** Understanding the Compliance Reports  
**Prevention Power-Up** Financial Literacy & Gambling Awareness Resources  
**Date:** [29 FEB 2024](#)

**Training:** GMTs Training  
**Link:** [Click Here](#)

**Training:** ADAMS &UPC Course  
**Link:** [Navy e-Learning](#)



## DEFY: Information to Know

**Annual Train-theTrainer.** On 23 – 25 January 2024, the Drug Education For Youth (DEFY) program conducted their Annual Train-the-Trainer (TTT) event on board NSA Mid South in Millington, TN. Eighteen (18) individuals representing ten (10) projected programs for the 2024-2025 DEFY program year attended the TTT. The training provided the attendees with valuable standardized program information and best practices on operating an effective DEFY program. It also afforded the opportunity for individuals to network with other attendees from other programs with varying levels of expertise.

So, what is DEFY? DEFY provides adolescences between the ages of 9- to 12-years-old with key developmental skills that assists them with leading a positive and healthy life. The program focuses on building youth character development skills, positive mentorship, leadership, and community outreach. The objective of the DEFY program is to enhance the quality of life for military personnel and their families.

For more information about the DEFY Program and a listing of active DEFY programs in your area, call 901-874-3300, log on to [our website](#), or visit us on Facebook [here](#).



The photo above was taken by the Drug and Alcohol Deterrence Team at the annual Train-the-Trainer event for DEFY.

### DEFY INFO!



## Navy Drug and Alcohol Deterrence Program

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The OPNAV N173 Drug and Alcohol Deterrence (NDAD) office was established in 1982. The foundation of our office is sustained by our pursuit to support Fleet readiness by combating illegal and illicit substance and alcohol mis- use. Our mission is to provide comprehensive education, resources, trainings, and enact policy updates to ensure Sailors receive proper awareness to form career-forwarding decisions. Within the NDAD office, whole health matters and this is reflected with our Drug Education for Youth (DEFY) program, the Primary Prevention team, the Alcohol and Drug Management Information and Tracking System (ADMITS), Internet Forensic Toxicology Drug Testing Laboratory Portal (iFTDTL), the Web Drug Testing Program (WebDTP) and other programs that increase prevention efforts.

**For more information, contact our office by using the phone and email information on this page or use the QRcode to view our webpage.**



**LEARN MORE!**