



Highlight of the Month

January is Healthy Weight Month and for those wanting to lose weight, one change that can have a significant impact is cutting alcohol intake. Alcohol can impact weight loss efforts due to its high caloric content and effects on metabolism, appetite, and decision-making. Each gram of alcohol contains 7 calories, making it more calorie-dense than carbohydrates or protein. A single drink can add hundreds of calories to your daily intake, especially when combined with sugary mixers like soda or juice.

Alcohol also affects [metabolism](#) by prioritizing its breakdown over other nutrients. When consumed, the liver focuses on metabolizing alcohol rather than burning fat. This metabolic shift can hinder weight loss progress, especially when alcohol is consumed frequently or in large amounts.

Additionally, alcohol can increase appetite and weaken self-control, leading to overeating or poor food choices. [Studies](#) show that alcohol consumption can stimulate hunger hormones and reduce satiety, causing individuals to consume more calories than they otherwise would. This effect is exacerbated by alcohol's ability to impair decision-making, leading to indulgence in calorie-dense snacks or meals.

Lastly, alcohol can disrupt [sleep](#) patterns, which are critical for maintaining a healthy weight. Poor sleep is linked to increased cravings, slower metabolism, and lower energy levels, all of which can undermine weight-loss efforts. For those aiming to lose weight, reducing alcohol consumption or abstaining entirely can improve results and support overall health.

Primary Prevention

Dry January is a 31-day challenge in which participants are asked to take a break from drinking and evaluate their connection with alcohol. This presents a great opportunity for Sailors to start the New Year off by [drinking responsibly](#). The benefits of participating in Dry January include saving money, having healthier relationships, improving physical and mental wellness, reducing alcohol intake, getting better sleep, increasing energy levels, and health benefits like reducing the risks of liver damage, heart disease, and developing certain types of cancer. Additionally, Dry January offers Leaders a great opportunity to lead by example when taking the challenge and getting subordinates engaged to participate. With Leadership's engagement, it is easier to promote Dry January when leaders are engaged [themselves](#).

Below are some tips should you participate in Dry January:

- Identify your reason for drinking – is it to boost morale, to relieve stress, or as a distraction? Explore healthier approaches to attaining your goal that doesn't include alcohol, e.g.: working out, connecting with a support group, or reading.
- Inform your subordinates of your participation in Dry January. Encourage them to join you and support each other throughout the month.
- Ensure there are alcohol-free alternatives available at gatherings.
- Set and stick to your boundaries by using a polite, yet assertive "No, thank you!" if offered an alcoholic beverage.
- Throughout the month, pay attention to how you feel. Note if you are getting sufficient sleep and if your energy level increased. When noticing the benefits, this will motivate you to continue your progress.
- As the month ends, it is important to maintain healthy drinking habits and consulting your MTF, if [necessary](#).

The [Own Your Limits](#) campaign located on MyNavy HR is an excellent resource to help you with your participation in Dry January.

You are encouraged to visit the [Prevention Toolkit \(PTK\)](#) on MyNavy HR for addition prevention-based resources. For further support, contact the [Primary Prevention Force](#).

You Tube

Messages to Share:

- March 4: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- January 28-30: Drug Education for Youth (DEFY) Train-The-Trainer annual event. DEFY is a program that equips key staff to provide mentorship, education, and character development skills to youth. Learn more [here](#).
- [Holiday Safety: Important Tips to Keep In Mind](#). The Naval Safety Commands has provided helpful information for the holiday season.
- [Fall and Winter Safety](#): Need more information? Follow the link above to review help tips and resources on holiday safety.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: Holiday Stand Down
Date: [January 2](#)

Webinar: Premise Codes
Date: [January 9](#)

Webinar: DEFY
Date: [January 16](#)

Webinar: SARP Brief
Date: [January 23](#)

Webinar: WebDTP Reports
Date: [January 30](#)

Training: CMTs
Link: [Click Here](#)

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

Training: DAPA Courses
Link: [CANTRAC](#)



DEFY: Information To Know

National Mentoring Month

Do you have a sincere desire to provide guidance to a young person? Do you have respect for young people? Do you have active listening skills? Do you have empathy? Do you have the ability to see solutions and opportunities? Do you have flexibility? If you answer yes to any or all of these questions, you have what it takes to be a mentor.

Mentoring guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations that connects a young person to personal growth, development, social and economic opportunity. Yet one in three young people will grow up without this critical asset.

To become a mentor, the **Drug Education For Youth (DEFY) Program** will provide you with the opportunity. DEFY uses positive adult role models to provide mentoring by helping youth navigate through program activities and life challenges, helping them succeed physically, and helping them gain the confidence and self-esteem that will improve their chances to avoid negative behavior like drugs, alcohol, and gangs. Mentoring also provides a benefit to the mentor by instilling a sense of pride and accomplishment that comes from helping a young person succeed. For more information about DEFY, call 901-874-3300, or visit the webpage at [Drug Education for Youth \(DEFY\)](#).



The photo above is an image from the Navy Substance Prevention and Deterrence Branch's DEFY program. The image is a depiction of children enrolled in the DEFY program engaging in an activity. To learn more about the DEFY program or learn how to start a DEFY program, click [here](#).



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The OPNAV N173 Navy Substance Prevention & Deterrence 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 misuse. 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 our 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.



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