



Highlight of the Month

Healthy Eating Awareness Month. How Alcohol Impacts Nutrition and Exercise:

In the pursuit of a healthy Mind, Body, and Spirit, everyone knows that diet and exercise are both important components. We consider calories in and calories out and try to fuel our muscles and control blood sugar. Alcohol is not merely composed of “empty calories,” however. There are many effects of alcohol that are contrary to athletic and health goals.

Alcohol Calories are Not like Other Calories: The calories contained in alcohol (usually 100-150 per drink) are not converted to glycogen, a form of carbohydrates that provide energy during exercise. As a toxin, our bodies want to get rid of alcohol rather than utilizing carbs and fat storages for energy. If you’re a regular drinker and trying to [lose weight](#), diet and exercise efforts will be futile. Even low-calorie alcoholic beverages will thwart your efforts.

Alcohol Inhibits Absorption of Nutrients: Alcohol inhibits the absorption of vital nutrients including Thiamin (vitamin B1), vitamin B12, folic acid, zinc, vitamin A, magnesium, potassium, and calcium. Thiamin is essential for metabolizing carbohydrates, proteins, and fats. Vitamin B12 helps maintain healthy red blood and nerve cells. Folic acid is integral in the formation of new cells and a lack of it can cause a blood disorder that lowers oxygen-carrying capacity and negatively impact endurance. Zinc is also essential for metabolic processes and endurance. If you feel sluggish during workouts, consider your [alcohol usage](#).

Alcohol Inhibits Brain Activity: Yes, you need your brain to exercise! Alcohol inhibits the ability to learn new information, hampers memory, and impacts your [sleep cycle](#). Consuming five or more alcoholic beverages in one night negatively impacts your brain and body for up to three days (not just the morning after).

Alcohol Negatively Affects Muscles and Healing: Alcohol causes dehydration and slows your body’s ability to heal itself. Building muscle depends on repair; alcohol decreases the amount of HGH (human growth hormone) by as much as 70 percent and triggers production of a substance in your liver that is toxic to [testosterone](#). HGH and testosterone are key to development and recovery of muscles.

Bottom Line: The pursuit of a healthy Mind, Body, and Spirit, is critical and safe alcohol use plays a huge part in accomplishing this mission. While the Dietary Guidelines for Americans recommend no more than 2 drinks a day for moderate use, those wishing to see weight loss, muscle and endurance gains, and other health improvements should consider limiting alcohol usage even more. Increasing water intake and cutting out alcohol is an easy adjustment that will yield noticeable results.

Primary Prevention Team

Save your vision awareness month focuses on ocular health based on eye pressure related to digital stress, but did you know that excessive alcohol use can be associated with ocular health deterioration? As you continue to focus on building a healthy Mind, Body, and Spirit, you may want to ensure your vision is top priority.

A team of researchers conducted a review of ocular disorders related to the consumption of alcohol. The purpose of the researchers completing the study is to determine if ophthalmologists would begin considering the inclusion of alcohol consumption as a modifiable risk factor for ocular illnesses. During the team’s review, they were able to assess literary works that focused on the relationship between alcohol consumption and ocular disorders. While conducting their findings the researchers were attentive to the causes of [several](#) ocular disorders such as acute alcohol intoxication and congenital conditions related to maternal alcohol consumption. The researchers also noted how prenatal exposure to ethanol may cause the child to develop fetal alcohol spectrum disease. Age-related macular degeneration ([ARMD](#)) is another ocular illness that has been linked to excessive alcohol consumption. Some of the most common vision-related effects associated with alcohol use are “blurred vision, visual hallucinations, dense central scotoma, and decreased visual acuity,” which involves your ability to visually see information at a specific distance. Similar to most recommendations, it is suggested that the use of alcohol in moderation should be taken to ensure you are doing your part to maintaining proper ocular health.



Messages to Share:

- 4 March: OSD will resume reporting positive test results for codeine. Access the link [here](#).
- 17-23 March is National Poison Prevention Week (NPPW)!
- 18-24 March is National Drug and Alcohol Facts Week!
- 21 March: [Register](#) for the Substance Use Awareness Webinar. ALL Navy personnel are welcome to attend.

SPOTLIGHT: Webinar/Prevention Power-Up/Training

Webinar: UPC Practices: Part 1 Prevention Power-Up Alcohol Awareness
Date: [07 March](#)

Webinar: UPC Practices: Part 2 Prevention Power-Up National Drug and Alcohol Facts Week (NDAFW): Follow-Up
Date: [14 March](#)

Webinar: Substance Use Awareness and Prevention
Date: [21 March](#)

Webinar: Legal Brief (CO’s Options) Prevention Power-Up Child Abuse Prevention
Date: [28 March](#)

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

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

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



DEFY: Information to Know

National Poison Prevention Week March 17-23, 2024

In 1961, Congress established the National Poison Prevention Week, observed during the third week of March, in order to raise awareness of poison prevention nationwide. This serves as an opportunity to highlight the dangers of poisonings, promote community involvement in poisoning prevention, and to lower the number of unintentional poisonings.

According to the National Poison Data System (NPDS), 93% of poison incidents occur in the home and revolve around highly toxic household items such as cleaning products and medicine. 40% of the incidents involved children under 5 years of age. More information on Poison Control can be found at poisonhelp.hrsa.gov/.

National Nutrition Month March 2024

During the month of March, we celebrate National Nutrition Month to emphasize the importance of a balanced diet and exercise in order to build a strong Mind, Body, and Spirit. The Academy of Nutrition and Dietetics sponsors the nutrition education and information campaign annually to promote the transformative powers of healthy food choices. More information on nutrition and healthy eating can be found at [Navy Nutrition: www.myplate.gov](https://www.myplate.gov); and www.usda.gov.

The [Drug Education For Youth \(DEFY\) Program](#) enforces the idea that by fostering a strong community, we can build Great Teams. DEFY uses positive adult role models to provide mentoring to help youth navigate through curriculum topics and life challenges, succeed physically, and gain the confidence and self-esteem that will improve to the likelihood they avoid negative behaviors like drugs, alcohol, and gangs. For more information on local DEFY programs in your area call (901) 874-3300 or visit our Facebook page at <https://www.facebook.com/N173DEFY>.



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

VISIT DEFY



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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 pro-grams 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!