



# NAVY AND MARINE CORPS PUBLIC HEALTH CENTER **UPDATE**

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## From the Front Office

*By Capt. Todd Wagner, NMCPHC*

Spring 2017 was certainly noteworthy on many levels for the team of public health professionals at NMCPHC and our activities around the globe.

To begin with, NMCPHC celebrated a birthday of sorts. I was certainly honored to be at the helm of NMCPHC during its 50<sup>th</sup> anniversary as the Navy's recognized leader in public health expertise! Celebrating the occasion with the NMCPHC staff and leaders from Navy Medicine East was truly a privilege. I would like to thank Rear Adm. Swap and her staff for taking the time from their very busy schedules to help us commemorate 50 years of service in public health with the NMCPHC team. I encourage anyone interested in learning a little bit more about the first 50 years of Navy public health to visit our [homepage](#) and [view the presentation](#).

If the next 50 years is anything like the first 50, I have no doubt that NMCPHC will remain at the tip of the spear delivering innovative and novel public health (cont. on page 2)



*Rear Adm. Anne Swap, commander, Navy Medicine East (left) and Capt. Todd Wagner, commanding officer, NMCPHC (right) cut the ceremonial cake during NMCPHC's 50<sup>th</sup> anniversary celebration at NMCPHC headquarters in Portsmouth, Virginia, May 17, 2017. (U.S. Navy Photo by Genevieve Williams)*

*(cont. from page 1)*

products and services in support of military readiness worldwide.

The past three months have been extremely active throughout the enterprise. From announcement of the Navy Surgeon General’s Blue-H Award, where our HPW staff plays a key role, to the continued environmental and epidemiological support that we provide to key Navy stakeholders, our efforts have remained impactful. We’ve helped champion enormous milestones in the area of injury prevention that will ultimately help directly mitigate the impact of musculoskeletal injuries to our Sailors and Marines. Our deployable preventive medicine platforms have also continued their hard work successfully completing their operational readiness exams (OREs). This is their “final exam” for ensuring deployment readiness in support of global health engagements. And last but certainly not least, our environmental health teams have been busy responding to multiple requests for support from key operational and installation stakeholders in Japan; Diego Garcia; Beaufort, S.C.; and, finally, Guantanamo Bay, Cuba.

Next, a topic that’s front-and-center on the radar of Navy Medicine leadership– the National Defense

Authorization Act (NDAA). Exactly how it will impact NMCPHC, our mission and our resources remains to be seen. The best we can attempt to do is to read the “tea leaves.” According to senior Navy Medicine leaders, under NDAA, the focus of the services mission will be to support readiness. Given the fact that our mission is all about Fleet and Marine readiness, this leaves NMCPHC well-positioned for the future.

I’d also like to congratulate Cmdr. Eric Welsh on his recent selection to Captain, as well as Hospital Corpsman 2nd Class Jade Tapia (Navy Environmental Preventive Medicine Unit Five [NEPMU-5]) on her selection for promotion to Hospital Corpsman 1st Class through the Meritorious Advancement Program. Well done!

Finally, I’d like to offer a special word of thanks to Capt. Eric Hoffman (our former executive officer [XO]) and Cmdr. Dave Lang (our former director for administration [DFA]) for their superb guidance, professionalism and leadership – “Fair Winds and Following Seas.” Welcome aboard to Capt. Robert Hawkins (our new XO) and Cmdr. Sheldon Jenkins (our new DFA).

## Command Master Chief’s Corner

*By Master Chief Petty Officer (MCPO) Marsha Burmeister, NMCPHC*



Happy 50<sup>th</sup> Birthday to our Navy and Marine Corps Public Health Center. Reflect over the past 50 years, take time to look back and appreciate how we have not only changed names but also expanded our horizon of engagement. Now challenge yourself and our organization with moving the paradigm for the next 50. How will we be able to better serve our customers as well as our staff?

NMCPHC, it has been a pleasure conducting and completing round one of our site visits at all of our activities. I am excited to begin the second round of visits this summer. It’s always a pleasure getting to meet our personnel and personally see and hear from the teams at headquarters and the field activities. We continue to hear of the great accomplishments of our enterprise and the far-reaching impact. The team effort will continue as we move forward with our strategic goals and improve processes throughout the enterprise.

Continue to stay abreast of all the changes taking place in the Navy and Navy Medicine and support Navy Medicine’s focus of maintaining a ready medical force and a medically ready force. One such change is the Navy Medicine Education, Training and Logistics Command (NMETLC) *(cont. on page 3)*



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Hospital Corps (HM) "A" School curriculum that is focusing on our hospital corpsman receiving adequate training in order to be assigned to shore, military treatment facility (MTF), expeditionary and/or sea billets. The new curriculum will begin July 5, 2017 with the first class under the new standards graduating October 13, 2017, which is also the Navy's 242nd Birthday! In addition, continue to gain insight and understanding with Genesis, Defense Health Agency (DHA), virtual health and the electronic medical record.

Congratulations to all of our Meritorious Advancement Program (MAP) nominees and winner. Hospital Corpsman 2nd Class Jade Tapia from NEPMU-5 was selected and meritoriously advanced to hospital corpsman 1st class (HM1). This is a

commendable accomplishment. Continue to strive to make a difference in our organization.

For those who did not advance with the past cycle, continue to prepare for the next advancement cycle. Utilize your mentors and leaders to assist you in this preparation process. Ensure you review your bibliographies and precepts in order to ensure you are preparing with the most up-to-date information. Make the Career Development Board one of insight, knowledge and tool-gathering in order to assist with preparation and studying.

I hope each of you are able to spend some time relaxing during the upcoming summer months. Ensure you have a plan to keep you and your loved ones safe (i.e. designated driver, sunscreen).

## Navy and Marine Corps Public Health Center Celebrates 50 Years of Public Health Excellence



By NMCPHC Public Affairs

NMCPHC celebrated its 50<sup>th</sup> year providing public health expertise for service members, veterans and beneficiaries around the globe at NMCPHC headquarters in Portsmouth, Va. on May 17, 2017.

Rear Adm. Anne Swap, commander, Navy Medicine East, Capt. Todd Wagner, commander, NMCPHC, and NMCPHC staff were in attendance to help celebrate NMCPHC's impact on mission readiness within the Navy and Marine Corps for the past 50 years.

"There's nobody at this command who will not stop what they're doing to help what needs to happen...there's nothing more relevant than the Public Health Center," said Swap at the cake-cutting to kick off NMCPHC's 50<sup>th</sup> anniversary celebration.

For 50 years, NMCPHC has been the Navy's go-to resource for subject matter expertise in the fields of industrial hygiene, occupational and *(cont. on page 4)*



Rear Adm. Anne Swap, commander, Navy Medicine East (right), Capt. Todd Wagner, commanding officer, NMCPHC (center) and William Stover, Industrial Hygienist and former NMCPHC commanding officer (left) reflect upon NMCPHC's history and accomplishments over the past 50 years during NMCPHC's 50<sup>th</sup> anniversary celebration. (U.S. Navy photo by Genevieve Williams)

(cont. from page 3)

environmental health, preventive medicine, health promotion and wellness, epidemiology, health analysis and risk communication. NMCPHC continues to provide instrumental guidance on public health related issues with programs that directly impact U.S. Navy and military personnel at home and around the globe, every day.

“One thing that hasn’t changed [over the years], is the Navy Marine Corps Public Health Center and the value of our mission and the outstanding excellence and expertise that we bring in the world of public health each and every day to our customers. We’ve changed names, we’ve grown, we’ve reorganized, we’ve moved, but our mission stays the same and that is taking care of our troops to ensure they’re healthy and ready to go,” said Wagner in his remarks during the celebration.

For more details on NMCPHC’s history, check out their [50th Anniversary interactive story map](#).

# 2016 Navy Blue-H Health Promotion and Wellness Award Winners Announced



By NMCPHC Public Affairs

NMCPHC announced that 681 Navy and Marine Corps organizations received the 2016 Blue-H Navy Surgeon General’s Health Promotion and Wellness Award.

The 2016 winners highlighted in the Navy Surgeon General’s message include nine U.S. Navy aircraft carriers, 58 Navy flying squadrons, 45 surface ships or surface forces units, 80 Navy medical treatment facilities, eight Marine Corps Semper Fit Centers, 58 Marine Corps commands and 111 Navy Reserve Operational Support Centers.

All Navy commands and Marine Corps Semper Fit Programs can apply for the award and 2016 participation levels set a record for the tenth year in a row. The award is earned at three levels - Gold Star, Silver Eagle and Bronze Anchor, and every applicant receives at least the Bronze Anchor.

The Blue-H program, managed by NMCPHC, encourages and rewards the promotion of primary prevention policies and activities in Department of the Navy (DON) workplaces, communities and MTFs that are critical to maintaining a fit and ready force.

Improving healthy lifestyles of Sailors and Marines also enhances individual quality of life and reduces long-term health care costs. Health topics covered by Blue-H criteria include responsible drinking, healthy eating, active living, psychological health, sexual health, tobacco-free living, weight management and injury and violence-free living.

“Improving healthy lifestyles of Sailors and Marines in the workplace and community can enhance health, but can also affect individual quality of life, organizational morale and reduce long-term health care costs,” said Michael (Bob) MacDonald, Blue-H project manager. “The Blue-H criteria provide a cookbook for activities, materials, policies and target objectives for health promotion programs, and this ready-to-use format is especially helpful for collateral-duty health promotion coordinators.”

View the complete list of 2016 Blue-H winners and the criteria for the 2017 Blue-H Award at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/blue-h.aspx>

Read the full article here: [http://www.navy.mil/submit/display.asp?story\\_id=100498](http://www.navy.mil/submit/display.asp?story_id=100498)



## Upcoming NMCPHC Trainings and Conferences

### [DOEHRS-IH Training](#)

July 17 - 21: Naval Hospital Camp Pendleton, Calif.  
 July 31 - August 4: Naval Hospital Groton, Conn.  
 August 14 - 18: Naval Branch Dental Clinic Norfolk, Va.  
 August 21 - 25: Naval Hospital Jacksonville, Fla.  
 September 11 - 15: Naval Health Clinic Patuxent River, Md.

### [DRSi Webinars](#)

July 25: Foodborne Illness from a Veterinary Perspective  
 August 29: STDs - Interview and Contact Tracing Techniques

### [Health Promotion Advanced Training](#)

August 22: NEPMU-2 Norfolk, Va.

### [OEM Fundamentals Course](#)

September 11 - 15: Naval Medical Center Portsmouth, Va.

### [ShipShape Program Facilitator Training](#)

August 25: NEPMU-2 Norfolk, Va.

### [Spirometry Training Course](#)

July 11 - 14: Twentynine Palms, Calif.  
 July 18 - 21: San Diego, Calif.  
 August 15 - 18: Honolulu, Hawaii.  
 August 22 - 25: Bremerton, Wash.

### [Tobacco Cessation Facilitator Training](#)

July 25: Naval Branch Medical Clinic Norfolk, Va.  
 August 23: Walter Reed Medical Clinic Norfolk, Va.  
 August 24: NEPMU-2 Norfolk, Va.

# NMCPHC Delivers DOEHRS Training to Naval Medical Center San Diego Preventive Medicine Department



By Lt. Richelle Magalhaes, Preventive Medicine Department, NMCS D

Naval Medical Center San Diego (NMCS D) Preventive Medicine Department hosted NMCPHC subject matter experts Mr. Mike McIlroy, Defense Occupational and Environmental Health Readiness System (DOEHRS) program manager; Mr. Tony Carotenuto, sanitarian; and Mr. Tim Webb, sanitarian, to present the mandatory training and program orientation to the Preventive Medicine Technicians (PMTs) assigned to NMCS D.

The week-long course outlined the requirements of using DOEHRS, demonstrated the versatility of DOEHRS and included high-quality, hands-on training facilitated by the NMCPHC instructors in response to the new BUMED Instruction 6240.12, dated Dec. 28, 2016, requiring the use of the DOEHRS for documenting and reporting inspections by 2018.

"I am thoroughly impressed by the level of commitment and involvement by the civilian staff at NMCPHC. Their expertise and training has significantly expanded my own knowledge and capabilities," said Hospital Corpsman 3rd Class Devon Scarfe, a PMT participant in the course.

During the first day of training, Mr. McIlroy

introduced the DOEHRS electronic system, gave the background of its purpose and explained the different types of inspections that should be entered into the database. The environmental health officers (EHOs) and PMTs participating in the course created DOEHRS accounts and became familiar with the interface, learning how to create new inspections and enter data using the provided fields within the pre-loaded forms.

Mr. Tony Carotenuto, NMCPHC sanitation subject matter expert and certified pool operator/inspector, provided the hands-on inspection portion of the course, which emphasized the need for thorough food establishment inspections and (cont. on page 6)

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## “ This training made me a wiser and better inspector. ”

recreational swimming pool inspections while introducing new skills in capturing the details of these inspections in DOEHRS data entry.

“No matter how much education we get in the classroom, hands-on experience and learning really completes the full picture of what we learn and how we can apply that knowledge in a real-world environment,” said Ensign Jason J. Eusebio, a PMT participant.

During the food establishment inspection training, the PMTs filled the kitchen of an on-base galley and worked with Carotenuto to scour the room for discrepancies while discussing construction requirements and various tricks-of-the-trade. Afterwards, they worked to input the facility information and the noted discrepancies into the DOEHRS website.

At the recreational swimming pool inspection training, Carotenuto spent the morning discussing pool construction, the laws and regulations that govern pool operation, the mathematical equations needed to check that pool systems are adequate and the types of pumps/filter systems that could be encountered in the field.

Shortly after, the PMTs visited the NMCS D swimming pool where they directly applied their knowledge

by inspecting the pool deck, pool construction, pump room and chemicals used for disinfection in addition to testing the water quality. They were also able to interview the pool manager to conduct a comprehensive pool inspection. The next day, the PMTs input the information gathered at the pool into DOEHRS with help from McIlroy.

“[The training] helped me get a better understanding of what to look for on the different inspections and how to have a better eye for certain things from the galley to a pool inspection,” said Hospital Corpsman 3rd Class Cornelius Revell, a PMT participant. “This training made me a wiser and better inspector.”

Upon completing the training, participants are now qualified to begin using DOEHRS for all sanitation inspections conducted in the NMCS D area of responsibility.

For a list of upcoming DOEHRS trainings for 2017, visit: <http://www.med.navy.mil/sites/nmcphc/Documents/industrial-hygiene/DOEHRS-IH-Courses.pdf>

For more information on DOEHRS, visit: <http://www.med.navy.mil/sites/nmcphc/occupational-and-environmental-medicine/Pages/DOEHRS-Toolbox.aspx>

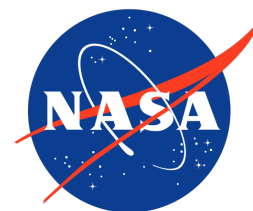
## Public Health Center Attends Subs in Space Workshop

By NMCPHC Public Affairs

Staff members of NMCPHC participated in the Subs in Space II Workshop at the NASA Johnson Space Center in Houston, Texas and the White Sands Test Facility (WSTF), Las Cruces, N.M. from February 27, 2017 to March 3, 2017.

The workshop was an exchange of information regarding the maintenance of good air quality inside submarines and the International Space Station. In addition to the staff from NMCPHC, U.S. Navy workshop attendees included representatives from the Naval Sea Systems Command Headquarters;

technical warrant holder for Submarine Atmosphere Control; engineers from Naval Surface Warfare Center in Philadelphia, Pa. and Carderock Divisions; and the Naval Submarine Medical Research Laboratory. Service members from the Royal Navy and representatives from NASA also *(cont. on page 7)*





(cont. from page 6)

participated in the workshop.

“The workshop provided a great opportunity to see how the Royal Navy and NASA handled concerns regarding maintaining acceptable air quality either aboard submarines or the International Space Station, such as their material certification program, exposure limit development process and air sampling methodology,” said Robert Edwards, NMCPHC department head for industrial hygiene.

“It also provided a good networking opportunity to meet your counterpart within the Royal Navy and NASA,” said Edwards. “The laboratory tour at NASA WSTF provided us further insight into the instrumentation and procedures used for off-gas testing of materials and to have a one-on-one discussion with the NASA scientists.”

**“ I really enjoyed the collaborative spirit among the attendees in solving unique problems with real-world application to Navy submarines and NASA’s International Space Station and future spacecraft. ”**

Discussion topics included air quality monitoring, deriving exposure limits for chemical contaminants and material control.

“I really enjoyed the collaborative spirit among the attendees in solving unique problems with real-world application to Navy submarines and NASA’s International Space Station and future spacecraft like the Orion,” said Dr. Amy Delong, NMCPHC toxicologist. “The collective experience between NASA, the Royal Navy and U.S. Navy was remarkable, and I look forward to working with our counterparts on future projects.”

“I think it is great that government agencies with different missions can still have common ground and come together to discuss how each group protects workers in an enclosed recirculating

environment, whether that environment be a U. S. Navy submarine, Royal Navy Submarine, or the International Space Station and other future spacecraft,” said Ms. Jena Brunson, NMCPHC industrial hygienist. “NASA conducts various research studies regarding things like oxygen generation and carbon dioxide removing technology. The sharing of this information is very helpful because this research is not necessarily able to be done by different agencies and it ensures that we are all up to date on the latest and greatest technology to protect personnel in these unique environments.”

Collaborations were an important byproduct of the workshop.

“Naval Sea Systems Command Headquarters, technical warrant holder and NMCPHC updated the test protocol for the Navy Submarine Atmosphere Material Control Program at WSTF and discussed off-gas test results with NASA scientists,” said Edwards. “We also got the opportunity to tour their off-gas testing facility.”

NMCPHC is a key member of the U.S. Navy Submarine Environment Advisory Board which is chaired by the chief, U.S. Navy Bureau of Navy Medicine and Surgery (BUMED) M9. NMCPHC’s Submarine Materials Review Board (SMRB) reviews all non-metallic material prior to installation aboard a submarine. The SMRB evaluates the toxicological and hazardous material aspects of the material and forwards a recommendation for usage category to chief, BUMED M9. NMCPHC also recommends which non-metallic materials are sent to NASA for off-gas testing, interprets the results and determines whether the materials will adversely affect the submarine air quality.

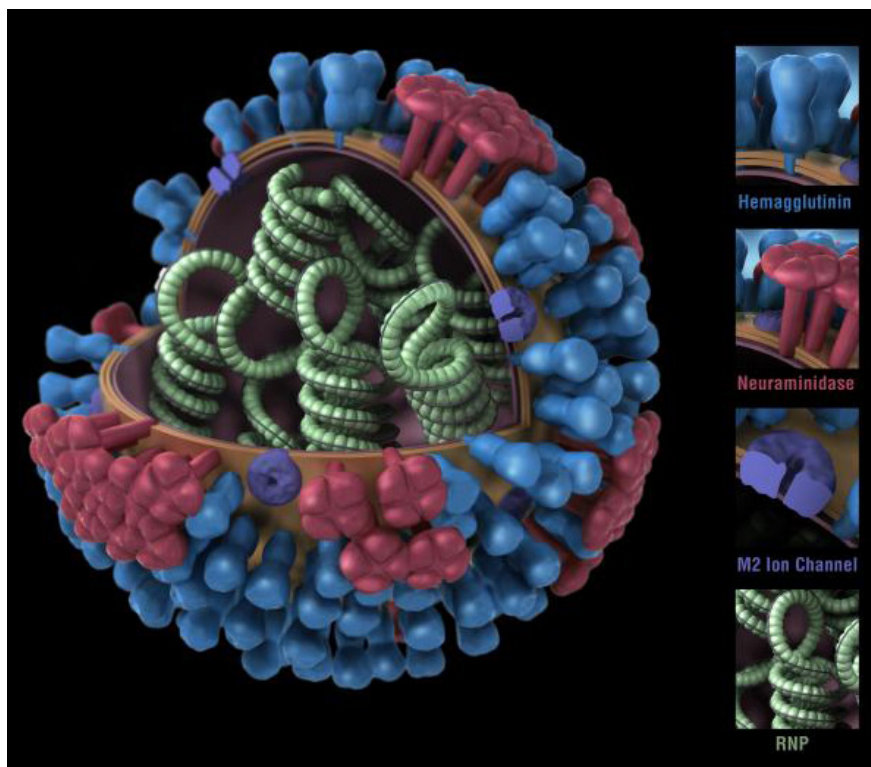
Read the full story here: [http://www.navy.mil/submit/display.asp?story\\_id=99348](http://www.navy.mil/submit/display.asp?story_id=99348)

# NMCPHC Fortifying Diagnostic Capabilities at NEPMUs to Counter Influenza Threats in Regional and Forward Deployed Settings

by Lt. Nathaniel Christy, Ph.D., NEPMU-5, and Lt. Cmdr. Tupur Husain, Ph.D., NMCPHC

Every year more than three million Americans experience acute respiratory infections caused by the influenza virus.<sup>1</sup> Within the Military Health System, more than 1,100 active duty service members are hospitalized due to influenza virus infection each year.<sup>1</sup>

Typical infections have an incubation period of one to four days with an average of two days. Although a vaccine for the three or four most common strains, called “subtypes”, is administered annually, it is not able to prevent every infection. Consequently, the vaccine must be reformulated to match random changes in the virus or ‘genetic drift’ each year. Different levels of immunity and whether a sufficiently protective degree of T-cell mediated immunity is imparted, may be attributed to the route of vaccine administration. Over the last 100 years, four influenza pandemics, which took place in 1918, 1957, 1968 and 2009, have emerged. The pandemic in 1918 proven to be the most deadly (20 to 50 million lives lost). To better predict the annually-changing virus strains and to detect dangerous outbreaks early, the U.S. Navy performs constant influenza surveillance and maintains deployable medical capabilities through NMCPHC and the Naval Health Research Center (NHRC).



*A graphical representation of a generic influenza virion's ultrastructure not specific to a seasonal, avian or 2009 H1N1 virus. In this particular view, a portion of the virion's protein coat, or "capsid", has been cut away, revealing its inner nucleic acid core proteins. (Photo Courtesy of Dan Higgins/CDC)*

“Over the years, through such surveillance, Navy professionals had contributed much to protecting the world from influenza morbidity. Years before and after 2009, Navy researchers have contributed knowledge that has influenced World Health Organization’s decisions regarding selecting the viral components for the seasonal influenza vaccines,” said Gregory C. Gray, M.D., MPH, FIDSA, Professor, Division of Infectious Diseases, Global Health Institute and Nicholas School of the Environment, Duke University Medicine.

First and finest, Preventive Medicine’s Expeditionary Platforms Department at NMCPHC is responsible for fielding operational readiness teams called Forward Deployable Preventive (cont. on page 9)

[1] “Update: Pneumonia-Influenza and Severe Acute Respiratory Illnesses, Active Component, US Armed Forces”, July 2000-June 2012. Armed Forces Health Surveillance Center - MSMR, 2012



(cont. from page 8)

Medicine Units (FDPMUs) at three Navy Environmental and Preventive Medicine Units (NEPMUs). The NHRC reference laboratory in San Diego maintains a training program for Center for Disease Control and Prevention (CDC) certified assays to equip NEPMUs for influenza detection and subtype identification. Having such capabilities ready for the Navy Medicine community to call upon is critical if a new outbreak of influenza arises.

“The world is more interconnected than ever and a novel influenza virus can be transmitted around the world in 24 hours or less. History has repeatedly demonstrated that infectious diseases can dramatically affect military readiness and result in more casualties than enemy engagement. Having Navy FDPMUs who can quickly respond to a possible outbreak and perform real time Polymerase Chain Reaction, or PCR, is a priceless asset,” said Lt. Cmdr. Kristina St. Clair, D.O., MTM&H, FACP, infectious disease attending at the Naval Medical Center in Portsmouth, VA.

The FDPMU microbiology components are already capable of performing rapid diagnostic tests that will give a preliminary result when Influenza A or B is present similar to a colored band pregnancy test, but such results must be further validated and characterized on-site using more sensitive nucleic acid detection tests.

In March 2017, microbiology officers and laboratory technicians from NMCPHC, NEPMU-5 and NEPMU-6 convened at the NHRC - Operational Infectious Diseases Directorate on Naval Base Point Loma, San Diego, Calif. to receive certification on the CDC Human Influenza Virus Real-time Reverse Transcriptase - PCR (RT-PCR) Diagnostic Panel for qualitative detection of Influenza virus type A or B viral RNA in upper respiratory tract clinical specimens.

“Having Navy public health laboratories use the CDC Influenza PCR assay standardizes them with state and county public health labs that also use the CDC assay,” stated Lt. Cmdr. Paul Graf, Ph.D., D(ABMM), deputy director of Operational Infectious Diseases at NHRC.

RT-PCR is a highly sensitive diagnostic technique whereby trace amounts of viral genetic material

found in specimens can be amplified and detected using fluorescent probes. The assay uses specific fluorescent molecular probes and reagent sets to distinguish the different subtypes of influenza. “In addition to the standardization by utilizing the CDC assays and partnering with the CDC, it helps set up a system of quality that helps assure the results are accurate and actionable. Knowing that you and the stakeholders can trust your results and assays puts credibility on the whole system,” said Lt Cmdr. Todd Myers, Ph.D., HCLD (ABB), former director of the Naval Infectious Diseases Diagnostic Laboratory.

Detection and subtyping of influenza strains is an extremely sensitive test that not only helps

**“ Having Navy FDPMUs who can quickly respond to a possible outbreak and perform real time Polymerase Chain Reaction is a priceless asset. ”**

diagnose seasonal or newly emerging influenza viruses, but also facilitates further characterization of novel influenza viruses (i.e. follow-on genetic sequencing at the NHRC reference laboratory). Highly virulent strains can progress rapidly to pneumonia and, in some circumstances, death. That is why vigilance in regards to monitoring potential pandemic outbreaks involving humans and transmission by host animals is always of concern. Coordination of the NMCPHC and NHRC allows NEPMUs to field influenza diagnostics in rapid-response platforms that can support service members around the globe and increase the reach of the Navy’s surveillance of influenza and other acute respiratory viruses in deployed and shipboard populations.

For more information on Expeditionary Preventive Medicine, visit: <http://www.med.navy.mil/sites/nmcphc/expeditionary-platforms/Pages/default.aspx>

# EDC Shares Suicidology Expertise with Military and Civilian Partners

By Angela Schlein, EpiData Center, NMCPHC

The EpiData Center (EDC) is on the move to spread knowledge and provide support for the study of suicide, with the ultimate goals of improving the overall mental health of service members and preventing suicide deaths.

EDC epidemiologists provide three major types of support for suicide epidemiology and analytics:

- End-to-end support for comprehensive case reviews of DON suicide deaths,
- Medical data surveillance for suicide-related behaviors within the DON, and
- Presentation of methodologies and findings to advance the field of suicidology.

At case review meetings, experts from multiple disciplines, including physicians, psychologists, social workers and chaplains, gather to review cases of suicide deaths; identify trends and shared traits; and provide recommendations for DON policies and programs that could prevent similar suicide deaths in the future.

“Bringing together experts from different disciplines to discuss military suicide gives the team new perspectives that might otherwise be missed,” said EDC Epidemiologist Michael Birnbaum.

Prior to these meetings, EDC epidemiologists review, collate and summarize the medical records of each suicide case. During the meetings, EDC epidemiologists serve as subject matter experts and collect comprehensive data for each case, organizing key elements and common risk factors from numerous records including Naval Criminal Investigative Services (NCIS) reports, personnel records and social media posts. Following the meetings, EDC epidemiologists analyze the cumulative data for annual reports.

To capture and standardize over 150 attributes for each suicide case, the EDC recently developed a customized data collection tool in Microsoft Access. This tool was first implemented in a Marine Corps case review meeting in Fall 2016 and a Navy case review meeting in Spring 2017.

“The tool has facilitated the case review process in many ways,” said EDC Epidemiologist Malia Carpio.

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*(Left to Right) NMCPHC EpiData Center Epidemiologists Tina Luse, Malia Carpio, Michael Birnbaum and Defense Health Agency (DHA) Epidemiologist Christine Glasheen, pose for a team photo at NMCPHC headquarters in front of their presentation for the 2017 American Association of Suicidology (AAS) conference. (U.S. Navy Photo by Genevieve Williams)*

*(cont. from page 10)*

“It serves as a checklist that helps organize the discussion during meetings, it standardizes the type of data collected across the years for long-term trend analysis and it makes it easier to process the data after the meetings so that we can share the lessons learned more quickly.”

Last October, Epidemiologists Tina Luse, division officer of the Behavioral and Operational Health Division of the EDC, and Carpio attended a special Marine Corps case review meeting in Arlington, Va., to assess suicide deaths of both active duty service members and veterans. Representatives from BUMED, Department of Veterans Affairs (VA), Marine and Family Programs of Headquarters Marine Corps (HQMC), Defense Suicide Prevention Office (DSPO) and Wounded Warriors Battalion participated in the case review process.

“This meeting was particularly important because it was the first time we were able to look at cases across separation from active duty,” said Luse. “We followed cases through their active duty careers and into veteran status to get a more complete perspective than ever before.”

The Navy case review meeting has been held annually in Millington, Tenn. since 2012 and focuses on active duty suicide deaths. In May 2017, Luse, Carpio, Birnbaum and Defense Health Agency (DHA) Epidemiologist Christine Glasheen, participated in the meeting to review case data from 2015.

Luse and Glasheen also recently attended the 50th annual conference of the American Association of Suicidology (AAS) held in April in Phoenix, Ariz. Although much of the EDC’s suicidology work is privacy-sensitive, Glasheen presented unique EDC methods and findings regarding an analysis of active duty Navy suicide attempts and deaths in 2013 and 2014.

“The Navy Suicide Prevention program encourages us to share as many findings as possible,” said



*Epidemiologist Christine Glasheen, Defense Health Agency (DHA) (center), reviews the team’s presentation for the 2017 American Association of Suicidology (AAS) conference with the help of EpiData Center (EDC) epidemiologists Tina Luse, Michael Birnbaum and Malia Carpio. (U.S. Navy Photo by Genevieve Williams)*

Glasheen. “Death by suicide is a relatively rare but devastating outcome, so it’s important to share what we can and learn from everyone.”

In the upcoming months, the EDC suicidology team will complete their analysis of case review data on 2015 Navy suicide deaths, prepare for the case review meeting on 2016 Navy suicide deaths and perform a trend analysis of meeting data from 2010-2014. Moreover, the team is performing a comprehensive review of the EDC’s suicide-related projects to incorporate the latest trends in suicidology and improve the usability of EDC products.

The next few months will be busy, but the team is ready and willing. “Doing this work has given me a deeper compassion for people,” said Glasheen. “I find that I give people more of a break in life, and I give myself more of a break. You never know what someone is going through.”

For more information on the EDC, visit: <http://www.med.navy.mil/sites/nmcphc/epi-data-center/Pages/default.aspx>



*If you or someone you know needs help, call the confidential suicide prevention hotline at 1-800-273-8255 (press 1) or text 838255.*





# Preventive Medicine Unit Celebrates Asian American Pacific Islander Heritage Month

By Lt. Jennifer Knapp, NEPMU-5 Public Affairs

Navy Environmental Preventive Medicine Unit Five (NEPMU-5) recognized Asian American and Pacific Islander (AAPI) Heritage month by hosting Ms. Liberty Zabala, a local news anchor from NBC 7, as the guest speaker for their AAPI heritage celebration on May 26, 2017.

Zabala, who spoke to NEPMU-5 staff on the impact that AAPI individuals have had on U.S. military history, is a dedicated member of the Asian American Journalists Association where she served on the board of directors for the Los Angeles chapter and currently serves as the president of the San Diego chapter. Additionally, she helped her father author a book detailing the contributions of Filipinos to the American military.

“It was truly an honor to be invited to speak at NEPMU-5,” said Zabala. “As the daughter of a Filipino serviceman I understand that sometimes our [AAPIs] stories go untold. So it is critical that we stand up and tell our stories and celebrate our heritage.”

In addition to talking about her father’s military service, she also commented positively on the diversity of the sailors serving at NEPMU-5, including many AAPI staff members.

“NEPMU-5 is a very diverse community; it’s one of our unit’s strengths,” said Senior Chief Hospital Corpsman Leonardo Carbonel, senior enlisted leader NEPMU-5. “On a daily basis, we solve complicated problems because we have different ideas, solutions to problem that comes from the men and women of every race, cultural background, religion and sexual orientation and yet dedicated to the mission.”

The event was very well received by all who attended and was one of the most popular events held at the command this year.

“It is important that we are able to recognize the contributions that other cultures have made to our military and country,” said Cmdr. Georges Younes, acting officer in charge, NEPMU-5. “As a person who

**“ I have a deep appreciation for the United States and the great opportunities it has to offer...it unites people of different ethnic groups and cultures from all corners of the world in the pursuit of freedom and a better life, and that makes us strong. ”**

fled a war-torn country and joined the U.S. military, I have a deep appreciation for the United States and the great opportunities that it has to offer; it unites people of different ethnic groups and cultures from all corners of the world in the pursuit of freedom and a better life, and that makes us strong.”

After the presentation, each department designed a signature sushi roll and prepared it in a timed competition. Zabala was the celebrity judge for the contest sampling each roll before determining that the NEPMU-5 Vector Control Department was the winner.

“Our command looks forward to taking every opportunity to build camaraderie and strength by celebrating our differences,” said Younes.

Read more here: [http://www.navy.mil/submit/display.asp?story\\_id=100889](http://www.navy.mil/submit/display.asp?story_id=100889)



# NEPMU-7 Sailor Selected as COMNAVACT Spain Senior Enlisted Leader of the Year

*By Hospital Corpsman 2nd Class Jay Cherluck, NEPMU-7 Public Affairs*

In recognition of his hard work and dedication, Chief Cano, leading chief petty officer (LCPO) of NEPMU-7's Mission Support Department, was selected as the 2016 Commander, U.S. Naval Activities (COMNAVACT) Spain Senior Enlisted Leader of the Year (SELY) on March 10, 2017.

The award recognizes service members assigned to COMNAVACT Spain and the National Support Elements for excellence in performance, leadership, self-improvement, community involvement and military appearance. Cano was selected from among 130 senior enlisted service leaders in the Air Force, Army, Marine Corps and Navy paygrades E-7 and E-8 from COMNAVACT Spain activities across Spain and Portugal.

With his wife Rebecca Cano in attendance, Cano was awarded the Navy and Marine Corps Commendation Medal by Capt. Michael MacNicholl, commander, Naval Activities Spain, as part of the recognition ceremony.

A native of San Antonio, Texas, Cano was immensely elated to be named as COMNAVACT Spain SELY. "The opportunity to lead Sailors in the U.S. Navy is an awesome responsibility and a humbling honor," said Cano. "Your words and actions have tremendous influence on those around you whether you realize it or not."

According to Lt. Cmdr. James Lager, NEPMU-7's assistant officer in charge, Chief Cano embodies the Chief of Naval Operation's four core leadership attributes of integrity, accountability, initiative and toughness.

"It is a great honor for the team to see Chief Cano win this award and represent the tradition of excellence that we have established at NEPMU-7," said Lager. "He leads within our organization with a spirit of quiet humility. What I like about him is that he ensures mission execution while at the same time making sure the personal and developmental needs of all his Sailors are being met."

When asked where he gets some of his inspiration for being a leader, Cano quoted his favorite line from the Film Rocky Balboa: "It ain't how hard you hit; it's how hard you can get hit and keep moving forward." "It's a boxing metaphor for life, this world will hit and strike you with very hard challenges, but as leaders we have to accept those challenges and move forward with love, forgiveness, humility and perseverance," said Cano.

"My team at NEPMU-7 is a dynamic and unique command that is filled with spectacular performers who know how to function as a team in order to complete complex tasks and missions," said Cano. "No one accomplishes great things solely on their own, it is always a team effort and I contribute a lot of my success to my NEPMU-7 team."

"With Chief Cano being selected as COMNAVACT Spain SELY, it shows the aspect of what [NEPMU-7] preaches about involvement and getting out there and knowing your community," said Chief Hospital Corpsman Daniel Hosaka, NEPMU-7 LCPO. Hosaka went on to say, "He is involved not only with the base but with the outside host nation community in more ways than one. He aspires to guide and mentor not just enlisted members, but junior officers, and this is evident through his roles in the CPO365 program. He is truly deserving of this award, seeking challenges, succeeding in them and leading from the front."

This marks the second consecutive year that NEPMU-7 has won the award.

For more information about NEPMU-7, visit <http://www.med.navy.mil/sites/nmcphc/nepmu-7/Pages/default.aspx>

# Public Health Center Microbiologist Receives National Award for Innovation and Excellence

By NMCPHC Public Affairs

A microbiologist from NMCPHC, was recognized as the 2017 Society of American Federal Medical Laboratory Scientists (SAFMLS) Outstanding Laboratory Manager Award, in a ceremony held at NMCPHC on June 15, 2017.

Lt. Cmdr. Tupur Husain, the deputy department head and microbiology component manager (MCM) for NMCPHC's Expeditionary Platforms (EXPLAT) and laboratory director overseeing NEPMU Microbiology Laboratories and Forward Deployable Preventive Medicine Unit (FDPMU) Mobile Microbiology Labs, was presented the award at the SAFMLS annual meeting and Clinical Laboratory Management Association Knowledge Lab in Nashville, Tenn., March 26-29, 2017.

SAFMLS is a non-profit organization that was established in 1971 with the mission of maintaining and enhancing high professional standards through improved laboratory policies and technology in support of health care delivery systems of the Armed Forces, Public Health Services and Veterans Administration. The Outstanding Laboratory Manager Award is presented annually to an outstanding field grade officer who demonstrates innovation and efficiency managing personnel, financial resources and laboratory operations.

"The award spans across all services for the Department of Defense, so I am humbled to be acknowledged as this year's recipient from such a pool of competitive and accomplished peers," said Husain.

Prior to being commissioned in the Navy Medical Service Corps, Husain was a postdoctoral fellow at Yale University before working in the civilian biotechnology sector, then a senior fellow at the University of Pennsylvania.

Since becoming a commissioned officer in 2006, Husain has been able to apply his extensive expertise in the field of microbiology to design and produce premier solutions contributing to the prevention of disease among service members.



Capt. Todd Wagner, commanding officer, NMCPHC (right), presents the 2017 SAFMLS Outstanding Laboratory Manager award to Lt. Cmdr. Tupur Husain, microbiologist, NMCPHC (left) at the NMCPHC Command All Hands on June 15 in Portsmouth, Va. (U.S. Navy Photo by Kate Geusic)

Some of his notable achievements within the U.S. Navy include leading the Navy's Plasmodium vivax malaria vaccine development program at Naval Medical Research Center and cooperative biological engagement projects in partnership with the Defense Threat Reduction Agency while at the Naval Medical Research Unit in Egypt.

During his time at NMCPHC, *(cont. on page 15)*



(cont. from page 14)

Husain has supervised the management of the mobile FDPMU microbiology labs and in garrison resources for the various NEPMUs across the globe. "I was fortunate to previously serve on the FDPMU teams for NEPMU-2 and NEPMU-5 for their Operational Readiness Evaluations (OREs), and now at NMCPHC providing guidance for new FDPMU trainings, such as piloting the new Food Microbiology course, coordinating our participation in Influenza Diagnostics trainings and writing new infectious disease scenarios to push the limits of multidimensional thinking by our FDPMU microbiology components," said Husain. "These are just some of the many moving dynamics for extensive preparations to make sure our FDPMU microbiology components can do what they need to do so they can be where they need to be."

Innovative projects he has submitted for research and development funding include designs for a diagnostic device to rapidly identify bacterial species based on their cell membrane properties similar to the HAZMAT ID for chemical compounds; molecular "drones" to target drug resistant tuberculosis infected macrophages; and strategies to counter potential microcephaly in utero.

"We are all very proud of Dr. Husain's work and his expert knowledge. The diseases he helps prevent are the most debilitating to service members both here in the continental United States (CONUS) and deployed," said Dr. Gary C. Breeden, deputy director of Preventive Medicine and Program Manager of Entomology

and Dosimetry Support Services at NMCPHC.

In addition to his professional achievements, Husain has played a significant role in the professional growth of junior laboratory personnel. Recently, as a leader in EXPLAT, Husain was a central ORE Team member in facilitating and ensuring all FDPMU team personnel received necessary technical laboratory training, in addition to guidance in operation risk management, which resulted in five successful OREs with a special focus on the superior performance of the mobile microbiology lab components.

"The SAFMLS award further emphasizes the importance and relevance of our work in EXPLAT to support and to enhance our agile and advanced mobile microbiology labs on the FDPMU teams, along with validation of the FDPMU and its microbiology component to identify infectious disease pathogens and bio threats along with course of action recommendations as a leading, mission critical capability asset for greater Department of Defense needs if called upon," said Husain.

Read the full article here: [http://www.navy.mil/submit/display.asp?story\\_id=101152](http://www.navy.mil/submit/display.asp?story_id=101152)

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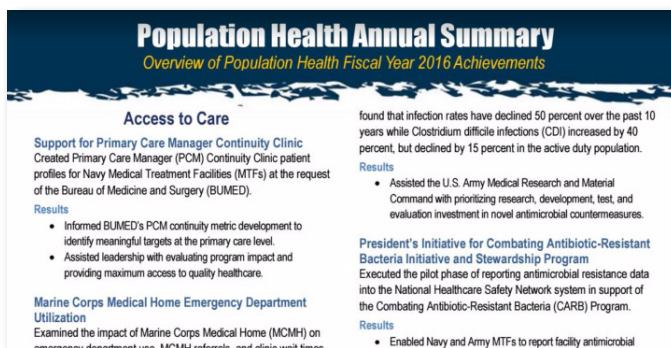
# In Case You Missed It...

## Public Health Center Publishes Population Health Fiscal Year 2016 Annual Summary

By NMCPHC Population Health Staff

The Population Health (PH) Directorate at [NMCPHC](#) released its [2016 Annual Summary](#) showcasing how the directorate produces targeted resources and provides actionable data to operational and medical leadership to inform decisions and support mission readiness throughout the Navy and Marine Corps. PH optimizes and supports force health protection and readiness by providing epidemiologic services to support disease and injury prevention programs, analyzing clinical data to assess quality and availability of care, and developing health promotion and wellness programs to enhance readiness and promote healthy behaviors and lifestyles.

For more information about how PH supports operational readiness, check out the summary here: <http://issuu.com/nmcphc/docs/ph-fy16-annual-summary-final?e=3486808/46853119>



## NEPMU-6 Hosts Navy's Surgeon General

By Lt. Michael Bowe-Rahming, NEPMU-6 Public Affairs

The Navy's surgeon general and chief of the Bureau of Medicine and Surgery visited the Navy Environmental and Preventive Medicine Unit Six (NEPMU-6) during his trip to the Naval Health Clinic Hawaii (NHCH), March 16, 2017. During his stop at NEPMU-6, Vice Adm. C. Forrest Faison participated in a luncheon with unit leadership followed by a tour of the facility.

Read the full story here: <http://www.hookelenews.com/nepmu-6-hosts-navys-surgeon-general/>

## Navy Preventive Medicine Unit Provides Dengue and Zika Virus Workshop for Navy Region Southwest

By Lt. Jennifer Knapp, NEPMU-5 Public Affairs

NEPMU-5 conducted a dengue and Zika workshop at Naval Base San Diego, Calif. on April 20, 2017. Twenty-five participants that included entomologists, environmental health officers, preventive medicine technicians, public works employees, housing representatives and vector control personnel, attended the conference titled "Assessing and Preparing for the Threat of Dengue and Zika in the Southwestern U.S."

Read the full story here: [http://www.navy.mil/submit/display.asp?story\\_id=100096](http://www.navy.mil/submit/display.asp?story_id=100096)



(U.S. Navy Photo by James Gathany)

## 83 Navy Medicine East Commands and Reserve Units Recieve 2016 Navy Surgeon General's Health Promotion and Wellness Award

By Petty Officer 2nd Class Stephane Belcher, Navy Medicine East Public Affairs

Eighty-three Navy Medicine East health care and public health commands (46) and operational reserve units (37) were honored with the Navy Surgeon General's Health Promotion and Wellness Award (medical category) recognizes excellence in clinical primary prevention, community health promotion and medical staff health.

Read the full story here: <https://www.dvidshub.net/news/233997/83-navy-medicine-east-commands-and-reserve-units-receive-2016-navy-surgeon-generals-health-promotion-and-wellness-award>