

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



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

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Watch the New Healthy Living PSA

By: NMCPHC Health Promotion and Wellness Department



Sailors and Marines face a variety of everyday lifestyle decisions, whether it's finding the right exercise routine to better meet operational duties, making healthy food choices, or choosing not to use tobacco for optimal performance. It's those concerns that led to the development of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Healthy Living public service announcements (PSA). There are two versions, a [60-second PSA](#) and a [2-minute PSA](#), that walk viewers through a day in the life of a male and female Sailor making healthy choices in order to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors. The PSAs are available to download for free and underscore the importance of healthy behaviors for Sailors and Marines. Check out these videos and others on [NMCPHC's YouTube channel](#).



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From the Commanding Officer's Desk



Capt. Michael J. Macinski
Commanding Officer, NMCPHC

Another quarter has gone by, and the winter of 2014 will be one to remember (or forget). In spite of the frigid temperatures and frozen precipitation that impacted business and government operations, NMCPHC and our field activities continued to press forward.

In February, we had a strategic offsite with our directors, department heads, and special program managers to review where public health is and assess where we need to be, with special attention to what our customers' needs are. Our top priorities are making sure we measure the effectiveness of our programs and ensure that they're relevant to our customers. I believe we are measuring our effectiveness better than ever before.

"Service to the Fleet" remains the focal point of our efforts and strategic initiatives. The role that Navy public health plays in executing the Secretary of the Navy's 21st Century Sailor and Marine initiative helps us connect the dots in terms of our relationship to the fleet. Making sure our traditional public health programs provide the right support to the Line is critical to operational readiness and cost savings to the Navy by reducing injury, maintaining healthy lifestyles, and monitoring occupational health.

We have also assisted commands worldwide with technical and health risk communications reach back support to mitigate several "high visibility" public health concerns. Our experts help to communicate the scientific truth about what we know and what we don't know including concerns about everything from potential environmental exposures to the impact on families and active duty members. Most of these efforts have involved a multi-disciplinary approach, with key people from various NMCPHC departments "triangulating" their expertise to deliver the best possible solution to the problem.

Meanwhile, our various commands and units around the world continue to deliver high quality public health services to our customers. We've been actively engaging in Pacific partnerships and Rim of the Pacific (RIMPAC) Exercises, providing technical support to Fleet and MTF customers in various disease outbreak investigations. We are maintaining a positive presence with our local community partners - either volunteering for numerous outreach programs, or partnering with state and local public health entities to help combat public health problems that impact both DoN and civilian stakeholders. The newest member of the NMCPHC team - Navy Environmental and Preventive Medicine Unit Seven (NEPMU-7), has been busy establishing the infrastructure necessary to support both AFRICOM and EUCOM in the not too distant future. We are looking forward to Vice Admiral Nathan's visit this June to officially open NEPMU-7's new building.

At this point I'd like take the opportunity to congratulate several staff members for significant accomplishments over the course of the last several months. Specifically, HMC Daniel Estigoy (NEPMU-2) and HM1 Jason Eusebio (NEPMU-5), both of whom have been selected for commission through the Navy In-Service Procurement Program (IPP). That's no small feat! Getting selected for a commissioning program through the ranks is incredibly competitive and requires a lot of hard work, dedication and a meticulous record of service throughout their career leading up to their selection. Accolades are also in order for Mr. Tony Carotenuto for his part in the successful launch of the Tri-Service Food Code. This updated guidance greatly benefits our preventive medicine community worldwide by helping to reduce foodborne illness in a joint environment through a standardized inspection process.

We have a new Master Chief Shannon Surret (NEPMU-2), and three new Captain selects: Jason Spillman (OIC NEPMU-5), Ray Stiff (OIC NEPMU-6), and CAPT (sel) Doug Putthoff (NMCPHC). Congratulations to all! These promotions should demonstrate that NMCPHC and its family of field activities are places where staff thrive and excel.

In April, Sexual Assault Awareness Month activities took center stage with multiple events that included a Teal Ribbon Campaign, USA Denim Day, Line of Courage/Clothesline Project, and a Sexual Assault Prevention briefing for all-hands by the Naval Criminal Investigative Service (NCIS).

As you can see, it has been a busy quarter. Summer's right around the corner, and I expect no change in our "op-tempo." During the next several months, NMCPHC will begin preparations for the August Change-of-Command. In July we'll say "Farewell" to CAPT Marshall Monteville, our Director for Environmental Health, who'll be moving onto the next stage in his career as XO for the Naval Medical Research Unit (NAMRU-2) Singapore.

It has been a terrific tour as your CO. I'm looking forward to my transition and thank all of you for your continued hard work and support.

CMC Corner



HMCM (SW/EXW) Derek Petrin
Command Master Chief, NMCPHC

Greetings from NMCPHC. It seemed like we were constantly preparing and executing one event after another last quarter. I wanted to take the time to congratulate HMCM Shannon Surret from NEPMU-2 on her selection to Master Chief. I would also take this time to congratulate CDR Spillman NEPMU-5, CDR Stiff NEPMU-6, and CDR Putthoff NMCPHC on their selection to CAPTAIN. To see this type of promotion rate for our personnel shows that the work we do for the Fleet is translating to the boards of our most prestigious ranks.

We enjoyed the privilege of honoring HM2 (SW/AW) Ferron USS Enterprise (CVN 65) for her selection as the 2013 Navy Radiation Health Technician of the Year. Congratulations to HM1 (SW) Sanchez-Colon for his selection as the 2013 Preventive Medicine Technician of the Year from board Navy Environmental Preventive Medicine Unit-2, Norfolk, Virginia. Well done to both!

Our many committees have continued to motivate, inform, and amuse. The Health Promotion Committee sponsored a phenomenal "Crews into Shape" this year with good number of participants, with the "Command Sweet" team taking the prize. Speaking for the active duty the timing was most fortuitous as it helped in preparation for our annual physical fitness assessment (PFA).

While I was cooking out on the grill last weekend, and burning my arm! I thought I would take this time to encourage all of us to think about summer safety. From boating to cooking, the many activities that we all enjoy have many inherent dangers. I hope everyone enjoys the warm weather safely with family and friends.

NEPMU-2 Audiologist Receives the 2013 Navy Audiologist of the Year Award

By: Lt. Paula S. Volk

Lt. Cmdr. Jason Jones from NEPMU-2 was nominated by his peers and selected as the 2013 Navy Audiologist of the Year as well as received the Elizabeth Guild Award. The Navy Audiologist of the Year Award recognizes Navy audiologists for their superior performance and contribution to the audiology field and the Elizabeth Guild Award is given to the Department of Defense (DoD) audiologist whose efforts most significantly contributed to hearing conservation and hearing loss prevention. Audiologic care is a new capability offering provided by Continental United States (CONUS) NEPMUs, which provides the Fleet and Marine Force a direct line to hearing conservation subject matter expertise.

Lt. Cmdr. Jones serves as the Regional Audiologist for Navy Medicine East. He conducts Safety and Occupational Medicine Medical Evaluations for the 17 medical treatment facilities within that region as well as acts as the Program Manager for Hearing Conservation. The flexibility of NEPMU audiologists allows for frequent site visits to operational forces and input for medical readiness assessments and inspections. NEPMU-2 has developed functional testing of hearing protection device attenuation rates to show Sailors and Marines just how much protection they actually



Lt. Cmdr. Jason Jones, left, is the recipient of the 2013 Navy Audiologist of the Year Award, pictured with Cmdr. Joel Bealer, Audiology Specialty Leader.

receive from noise. This thriving and emerging support is greatly enhancing the overall service to the Fleet.

Most recently, Lt. Cmdr. Jones oversaw the disestablishment of the National Capital Area Audiology division where he collaborated with command leadership to transfer the audiology billet to Naval Health Clinic Annapolis (NHCA). This effort will greatly increase patient satisfaction at five branch health clinics and two naval health clinics as the circuit-riding for the NHCA Audiologist, patients will no longer be required to travel to Walter Reed National Naval Medical Center to see an audiologist.

As part of the Occupational Health and Safety team, Lt. Cmdr. Jones collaborates with Preventive Medicine and Industrial Hygiene professionals to further enhance the support

and function of the NEPMU mission. This comes at a time of increased vigilance around hearing healthcare. The Vice Chief of Naval Operations has developed the Navy Noise Reduction Project due to hearing loss being the number one service-related disability¹. As a new capability, roles and responsibilities of NEPMU Audiologists are continually being developed. Lt. Cmdr. Jones and his counterparts at NEPMU-5 and NEPMU-6 are blazing a trail in hopes of one day being afforded opportunities to serve at the Type Command (TYCOM) and Expeditionary Command levels.

¹ U. S. Government Accountability Office. (2011). Hearing Loss Prevention: Improvements to DoD hearing conservation programs could lead to better outcomes. <http://www.gao.gov/new.items/d11114.pdf>

NMCPHC Publishes Wounded, Ill and Injured Program Fiscal Year 2013 Annual Report

By: Diana Fitzgerald

NMCPHC announced the release of its [2013 Annual Report](#) on the NMCPHC Wounded, Ill and Injured (WII) Program. The report outlines how Force Health Protection (FHP) serves as the foundation of the program and demonstrates the many ways that WII projects collectively improve the health of WII service members throughout the Navy and Marine Corps.

These projects include:

- WII 141 Project: Expanded Surveillance and Metrics Support** analyzes programs to drive more effective healthcare services, improve clinical outcomes, reduce healthcare costs and provide epidemiological services in support of the Navy's disease and injury prevention programs.
- WII 141A Project: Health Promotion and Wellness** extends prevention efforts through evidence-based health promotion and wellness products and services that offer unique solutions to meet the needs of the WII population during the recovery and transition process.
- WII 141B Project: Health Hazard Assessment** analyzes occupational and environmental health surveillance data to assess deployment-related health hazards.
- WII 141C Project: Navy Entomology Center of Excellence (NECE)** provides new and improved insecticide compounds and delivery mechanisms to protect service members from disease-carrying insects.

WII Program Accomplishments

- Developed metrics to evaluate WII project effectiveness throughout Navy Medicine
- Participated in suicide case reviews and prevention initiatives
- Expanded the Navy's Periodic Occupational and Environmental Monitoring Summary Program
- Piloted the WII Health Risk Assessment Tool to identify health behaviors
- Certified 197 deployable scientists and technicians to conduct health hazard assessments
- NECE recommended as a World Health Organization Collaborating Centre

These WII projects enhance all three pillars of FHP (Healthy and Fit Force, Protection and Prevention, and Medical and Rehabilitative Care) by promoting healthy lifestyle choices, protecting against environmental health hazards, improving clinical results and reducing healthcare expenses. The report showcases the products and services of each WII project with associated outcomes and impacts that align to the FHP pillars and public health focus areas.

For more information about how NMCPHC supports operational readiness and Force Health Protection, read our [WII Project Fiscal Year 2013 Annual Report](#). For more information, visit the [NMCPHC WII Program homepage](#).

NMCPHC Staff Attend NMCP Grand Rounds on In-Theatre mTBI Management

By: NMCPHC Public Affairs



Photo by: Lance Cpl. Dexter S. Saulisbury

It is well documented that mild Traumatic Brain Injuries (mTBI) are one of the signature injuries for service members who have served in the Iraq and Afghanistan conflicts². With record numbers of the active duty and veteran populations continuing to suffer from the long-term effects of mTBI (visible and invisible), the DoD and the Department of the Navy (DON) made identifying and caring for these individuals a top priority, while In-theatre and once they return home. Over time, experience has provided military medicine many lessons learned that continue to inform and improve the delivery of care and support to this subset of the WII population, their families, and caregivers.

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http://www.defense.gov/home/features/2012/0312_tbi/

On 26 February, representatives from the NMCPHC HPW department attended Navy Medical Center Portsmouth's (NMCP) Internal Medicine Grand Rounds, "Inside the Wire –The Experience of a Neurologist and a Psychologist Managing mTBI in Afghanistan." The presentation, given by Lt. Cmdr. Octavian Adam, MD and Cmdr. Gregory Caron, PsyD, ABPP, highlighted current practices in combat and blast-related concussion evaluation and management in Afghanistan, associated comorbidities typically experienced by service members who sustain an mTBI, the necessity of a holistic, interdisciplinary approach to treatment, and current neurologic research using diffusion tensor imaging (dMRI/DTI).

Currently, corpsmen and medics use the Military Acute Concussion Evaluation (MACE) to screen service members who are suspected of suffering a concussion or mTBI. This tool provides medical personnel with a standardized evaluation and assessment algorithm to test the service member's performance on a variety of cognitive and neurological tasks and makes sure everyone receives the same standard of care. The MACE also provides the corpsman or medic performing the assessment with a symptom screen checklist so nothing is left out.

Service members who are diagnosed with a concussion are removed from duty and sent to an In-theatre Concussion Recovery Center for symptom management and continued re-evaluation. While receiving care at one of these centers, a service member's treatment plan may include care from specialists in the fields of neurology, occupational therapy, physical therapy, and psychology. This holistic approach also includes patient education on topics such as cognitive rest and sleep hygiene. All service members must meet certain milestones and recovery criteria before being considered for return to duty (RTD) that can be influenced by other factors such as whether or not this is a

NMCPHC Staff Attend NMCP Grand Rounds on In-Theatre mTBI Management – cont'd

recurrent injury and how close together the injuries were. In addition, the Marine Corps has its own set of mandatory RTD criteria which include “behind the wire” requirements that Marines must meet before being re-activated.

While 90 percent of individuals who sustain a concussion or mTBI (both sports and combat or blast-related) recover within a seven day period, approximately 10 percent experience prolonged symptoms and a variety of comorbid issues. This includes persistent post-concussive symptoms (both cognitive and functional) along with depression and post-traumatic stress disorder (very common

among Operation Iraqi Freedom and Operation Enduring Freedom fighters). To make things even more complex, chronic pain is also a very common comorbid symptom suffered by service members recovering from mTBI although the cause of the two may not be related.

The next step for this 10 percent is to be seen by practitioners at a dedicated facility such as NMCP for treatment and symptom management. The same interdisciplinary approach used in-theater is continued to care for these service members. This includes occupational therapy, psychological therapy, pharmacotherapy, physical therapy, pain management, and

vestibular therapy to address the complex and often-overlapping symptoms experienced by those who have sustained a mTBI. All of this care is coordinated by nurse case managers, who also act as a touch point for service members and their families. Patient and caregiver education on topics such as stress management are also a critical piece of the recovery process.

The NMCPHC staff who attended this session of NMCP’s Grand Rounds plan to provide a brief presentation to the HPW department. This valuable information will help guide the department in the development of WII programs, products, and services moving forward.

Recipients of Blue H Navy Surgeon General’s Health Promotion and Wellness Award

By: Diana Fitzgerald

The Navy Surgeon General will announce in a GENADMIN that 281 Navy and Marine Corps organizations received the 2013 Blue H - Navy Surgeon General’s Health Promotion and Wellness Award. The 2013 winners include all 11 U.S. Navy aircraft carriers, 20 Navy and Marine Corps flying squadrons, 40 surface ships and surface forces

units, 58 Navy medical treatment facilities, 10 USMC Semper Fit Centers, and 98 Navy Reserve Operational Support Centers.

The Blue H encourages and rewards excellence in primary prevention policies and activities throughout the Department of the Navy and all

Navy commands and USMC Semper Fit Programs are encouraged to submit applications.

Click [here](#) to view the complete list of 2013 Blue H winners and the criteria for the 2014 Blue H Award.

Supporting Aquatic Warfighters

By: Lt. Cmdr. Jackie McDowell, Lt. Cmdr. Jenifer Scancelli, and Lt. Mari Brown



Photo by: Photographer's Mate 1st Class Brien Aho

The Navy Environmental and Preventive Medicine Unit Five (NEPMU-5), the Navy Marine Mammal Partners (MMP), and the Global Emerging Infections Surveillance (GEIS) Partners are collaborating to understand the working environment of San Diego-based marine mammals.

The collaboration focuses on ensuring the overall longevity and ongoing health of the animals and their human handlers as well as efficacy of surveillance for zoonotic diseases. Studying the health of these animals is important as microorganisms known to cause disease in humans, such as influenza or Brucella, have also been shown to cause disease in marine mammals.

NEPMU-5 is utilizing their Forward Deployable Preventive Medicine Unit teams to sample and analyze the water, sediment, and air near the MMP facilities. They are also

coordinating with Naval Medical Center San Diego and the Naval Health Research Center regarding identification of bacteria, viruses, and other pathogens that may be found in the marine mammals and their environment. Infectious disease and environmental data supplied by NEPMU-5 will support MMP Army veterinarians with information that influences the health and wellbeing of the marine mammals.

Prior to this collaboration, no persistent disease surveillance activities existed for personnel in close contact with marine mammals or for the dolphins and sea lions in the MMP. "This venture employs the One Health approach to Force Health Protection," said Lt. Mari Brown, NEPMU-5 microbiologist and principal investigator for the GEIS-funded project. "The One Health Initiative connects diverse disciplines and

specialties in science, medicine, and animal health to explore common sources of infection transmission including environmental factors and opportunities for treatment."

The MMP is based in San Diego and the animals are trained in San Diego Bay. The MMP cares for and trains two marine mammal species: the bottlenose dolphin and the California sea lion. The Navy currently relies on dolphins and sea lions to help protect lives and naval assets by two major methods: 1) their sensory capabilities and 2) their diving capabilities.

Dolphins naturally possess the most sophisticated sonar known to man. Unauthorized human swimmers, mines, and other equipment recovered on the ocean floor are difficult targets to detect, especially in murky or dark water, but the dolphin's biosonar system is unmatched in its ability to make accurate detections. The sea lion has excellent low light vision and underwater directional hearing capabilities. Sea lions are not only adept at locating objects in challenging conditions; they also have the ability to maneuver in tight spaces and can go onto the shore if necessary. The more we know about marine mammals, the better we can protect them. One of the major efforts made to explore and improve marine mammal medicine and care is a study of the environment where these animals reside.

Singapore Surgeon General Visits NEPMU-6 to Observe Field Exercise

By: Lt. Cmdr. Chadwick Yasuda



Cmdr. Stiff discusses unit goals of deployment readiness and response capabilities being developed through the field exercise to the Singaporean Military infectious disease doctor Lt. Col. Vernon Lee and senior technical specialist Mr. Jasper Liaw.

A medical delegation from the Singapore Armed Forces (SAF) including the Singapore Navy Surgeon General, Col. Tang Kong Choong, visited NEPMU-6 in March to learn how the U.S. Navy conducts public health response and disaster relief. The Singaporean visit coincided with NEPMU-6's quarterly field exercise to ensure proficiency in the unit's Forward Deployed Preventive Medicine capacities in Industrial Hygiene, Environmental Health, Entomology, Preventive Medicine, and Microbiology.

Col. Tang's team of technical experts included Lt. Col. Vernon Lee, Head of the Biodefence Centre of the Force Medical Protection Command; Ms. Christine Gao, Head of Epidemiology of the Biodefence Centre; and two senior member

technical staff of the Defence Medical and Environmental Research Institute, DSO National Laboratories - Mr. Jasper Liaw and Mr. Victor Koh Wee Hong.

The Singaporean delegation specifically requested a visit to NEPMU-6 to discuss Forward Deployed Preventive Medicine Unit (FDPMU) concept. The FDPMU represents the type of deployed public health capacity that the SAF Navy medical team is working to build to support their forces. "We consider the US Navy's FDPMU the best in the business and a model to emulate as we pursue our development of a similar capability," said Lt. Col Lee.

For the NEPMU-6 team it was an opportunity to discuss Pacific Theater concepts about specific challenges and public health

threats. Sharing experiences, like NEPMU-6's 2013 support to Operation Damayan during the Philippine recovery following Typhoon Yolanda and the support provided by SAF in 2004 following the tsunami that affected Aceh region in Indonesia, established a common ground and created possible new opportunities for missions that develop cooperation between the U.S. military and SAF.

Cmdr. Raymond Stiff, Officer in Charge at NEPMU-6, was enthusiastic regarding possible cooperative activities that may result from the visit. "As we continue to grow our global health engagements in Pacific, it is a great opportunity for us to engage with the Singaporean Navy," said Stiff. "We look forward to our continued collaboration in the future." Partnership with the Singaporean military increases NEPMU-6 ability to support the U.S. warfighter by sharing ideas on Force Health Protection with a scientifically advanced country that combats and controls regional diseases not routinely found in the U.S. (e.g. dengue fever). Face to face meetings like this advance U.S. interests in Southeast Asia by building relationships with regional allies, supporting current and future U.S. missions in the Pacific Command area of responsibility.

Healthy Swimming Behaviors

By: NMCPHC Public Affairs

As summer approaches, swimming pools across the country will open their doors to the public. Swimming is a great aerobic exercise that is fun for the family, and lounging poolside can be very relaxing. While enjoying time at the pool, it is important for swimmers to protect themselves from recreational water illnesses (RWIs) that are caused by germs found in contaminated pools, lakes, and the ocean.

RWIs are preventable, however prevention requires swimmers take an active role in protecting themselves and others. A healthy swimming environment is not only the responsibility of pool operators and pool inspectors; swimmers also can do their part to promote healthy and safe swimming in community pools.



Photo by: Mass Communication Specialist 1st Class Kenneth R. Hendrix

Here are a few tips to increase awareness and encourage healthy swimming behaviors:

- Check the pool and its surroundings
 - Pool water should be clear
 - Bottom of the pool should be visible
 - Tiles should not be sticky or slippery
 - No odor; a well-chlorinated pool has little odor
- Do not swim when you are sick to prevent the spread of germs
- Do not swallow pool water and avoid getting water in your mouth
- Practice good hygiene to minimize the amount of germs in the water
 - Shower with soap before swimming
 - Wash your hands after using the bathroom
- Consider the following if you have young children:
 - Take children on bathroom breaks often
 - Check diapers every 30–60 minutes
 - Do not change diapers at the poolside, use a bathroom or a diaper-changing area

Following these simple steps can help prevent the spread of germs that cause RWIs as well as maximize health benefits and pool enjoyment.

For more information please review NMCPHC's Preventive Medicine Program and Policy Support [swimming pools resources](#).

World Health Organization Recommends NECE for WHO Collaborating Centre Designation

By: NMCPHC Public Affairs



Dr. Rajpal Yadav, Scientist in Charge, World Health Organization Pesticide Evaluation Scheme, visited the Navy Entomology Center of Excellence (NECE) to evaluate the Center's equipment testing and evaluation capabilities. As a result of this visit, NECE was recommended to become a WHO Collaborating Centre (WHO CC) for testing insecticide application equipment, **the only DoD center to be recognized as such.**

NECE develops and evaluates novel products and application technologies to better protect deployed forces from blood feeding insects and other arthropods that transmit human diseases.

As a WHO CC, NECE will:

- Serve as an international center of excellence for public health insecticide application methods.
- Recruit more collaborative research efforts from national and international federal laboratories, universities, and industries resulting in new and

improved products to protect deployed warfighters from insects that transmit diseases.

- Engage in joint initiatives that help promote global health thus supporting a key national security priority for the DoD and Navy.
- Receive reimbursable funding from the WHO to test and evaluate insect control products for industry organizations that seek to market goods in developing countries with WHO approval.
- Receive reimbursable travel funding on behalf of the WHO for subject matter experts to provide training in developing countries for public health and preventive medicine personnel.

Many NECE projects currently align with DoD's focus on controlling disease-transmitting, blood-feeding insects in the United States Pacific Command Area of Responsibility. NECE develops new technology to apply existing and novel insecticides and formulations thereby increasing the effectiveness of insect control programs, which results in a significant reduction of disease risk on the battlefield. NECE evaluates the technology and insecticides in an operational setting which allows NECE to adapt insect control programs and ensure maximum effectiveness in protecting deployed warfighters. The evaluation results also provide manufacturers with criteria and a way for products and technology to be approved by the Armed Forces Pest Management Board (AFPMB) for use by all services. This results in the standardization of equipment and application techniques based on the best possible technology.