



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

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From the Front Office

By Capt. Hoffman, NMCPHC, XO

So what does global public health look like?

It might look like mosquitoes that carry the Zika virus... or perfluorinated compounds in the water we drink... or deployed warfighters facing the threat of chemical warfare agents... or assorted environmental health issues in Guantanamo Bay and Naples... or assisting Navy leadership with the chronic abuse and misuse of prescription drugs... or changes to how we manage community health assessments, PHA, and physical training... or maybe the development of a behavioral health integration program.



And if these are the new or emerging face of global public health, the next question is – “What do they all have in common?”

The answer is simple.

They are just a few of many issues and areas involving the Navy and Marine Corps Public Health Center. *(cont. on page 2)*

ZIKA VIRUS: Everything You Need To Know at NMCPHC

Visit NMCPHC's Zika virus web page for up-to-date information on the Zika virus infection, including its symptoms and prevention, guidelines on surveillance and reporting, and information on vector control programs.

[Click here for information about Zika >>](#)



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For example, our Population Health and Preventive Medicine Directorates quickly sprang into action, responding to numerous inquiries for information and consultation resulting from an outbreak of the mosquito-borne Zika virus. Additionally, our Environmental Health Directorate provided key risk assessment and communication subject matter expertise to a variety of stakeholders in response to concerns over environmental contamination. Our Population Health Directorate has led the way with epidemiology, health analysis and health promotions and wellness support of many programs and initiatives improving the delivery of health care, identifying disease trends and providing information to build a healthy and fit force. And I would be remiss without mentioning the tremendous mission support provided by our Resource Management and Administration Directorates.

Throughout this edition of our newsletter, you will see many more examples of our world-class staff, both at headquarters and our field activities and detachments, delivering exceptional public health products and services contributing to our customer's success. THEY are the reason why we do what we do!



Lt. James Dunford and Chief Hospital Corpsman Jennifer Nolen, both assigned to Navy Environmental and Preventative Medicine Unit (NEPMU) Two, hang a carbon dioxide-emitting trap to monitor mosquito levels. (Photo by Mass Communication Specialist 2nd Class Nicholas S. Tenorio)

The Link Between Heart Disease and Diabetes

By Anthony Barkley, M.Ed., Public Health Educator, Health Promotion and Wellness Department, Navy and Marine Corps Public Health Center

Heart disease is the leading cause of adult death in the United States.¹ One in every four deaths is due to plaque build-up in the arteries which restricts blood flow causing a heart attack or stroke.¹

Approximately 610,000 lives are lost to heart disease each year¹ and many could have been prevented by managing risk factors.² One of the major controllable risk factors for heart disease is type 2 diabetes³, a medical condition that is on the rise in the United States. Nearly 30 million Americans have diabetes⁴ with about 95 percent of those having type 2 diabetes.⁵ Adults with diabetes are two to four times more likely to have heart disease compared to those without.³ That's because type 2 diabetes is a condition in which insulin is unable to work effectively. When the body is resistant to insulin, excess glucose (a form of sugar) collects in the bloodstream, which weakens arteries and may cause heart disease.⁶ Individuals with type 2 diabetes may also have other medical conditions such as high blood pressure, high cholesterol, and high triglycerides, which add to their risk of developing heart disease.³

The Navy and Marine Corps Public Health Center (NMCPHC) takes this risk factor for heart disease seriously. That's why we took a hard look at the diabetes-focused programs currently available to service members, retirees, and their families. What we found was a lack of diabetes self-management education (DSME) program guides and materials. To fill the gap, we launched the Diabetes Resource Collaboration Hub (DRCH). *(cont. on page 4)*



Resources available within the DRCH include:

- Diabetes education curriculum and tools
- American Diabetes Association and American Association of Diabetes Educators Diabetes Self-Management Education Program Development Guidance
- Program Guide for Developing and Maintaining a Diabetes Self-Management Program
- Recruitment, Recommendation, and Referral Guide
- Diabetes Self-Education Guides
- Post-Course Patient Workbook
- Marketing Toolkit for MTFs

(cont. from page 3)

The DRCH is an online community that connects diabetes educators to high-quality resources, promotes idea-sharing, and facilitates communication across the Military Health System (MHS). This includes NMCPHC, diabetes educators across the Department of Defense, and partners such as the Air Force Diabetes Center of Excellence. Our one-stop shop for collaboration enables diabetes educators to focus more time and effort on you, their patient, and less on developing education materials from scratch. Diabetes educators can use the materials to create a new DSME program or enhance an existing one.

Not all risk factors for heart disease can be avoided, but there are steps that we can all take such as eating healthy, exercising regularly, and quitting tobacco to help prevent diabetes and reduce the risk of heart disease.

For service members, retirees, and their families:

- Check out NMCPHC's [Health Promotion and Wellness Toolbox on Heart Health](#) for more information on ways to protect your heart and improve your overall health.

For Navy diabetes educators:

- Check out the Common Access Card (CAC) enabled [DRCH milBook group](#) within milSuite for more information on best practices and ways to engage in online discussions and collaboration events about DSME.



References:

¹ Centers for Disease Control and Prevention. U.S. Department of Health and Human Services. Heart Disease Facts. <http://www.cdc.gov/heartdisease/facts.htm>. Updated 10 August 2015. Accessed December 2015.

² Centers for Disease Control and Prevention. U.S. Department of Health and Human Services. Vital Signs: Preventable Deaths from Heart Disease & Stroke. http://www.cdc.gov/dhdsp/vital_signs.htm. Updated 13 March 2014. Accessed December 2015.

³ American Heart Association. Cardiovascular Disease and Diabetes.

http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp#.Vo2AD01IjIU. Reviewed August 2015. Accessed December 2015.

⁴ American Diabetes Association. Statistics About Diabetes. <http://www.diabetes.org/diabetes-basics/statistics/>. Updated 9 December 2015. Accessed December 2015.

⁵ Centers for Disease Control and Prevention. U.S. Department of Health and Human Services. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>. Published 2014. Accessed December 2015.

⁶ American Diabetes Association. Facts About Type 2. <http://www.diabetes.org/diabetes-basics/type-2/facts-about-type-2.html>. Updated 27 October 2015. Accessed December 2015.

The 2015-2020 Dietary Guidelines for Americans Support Healthy Food Choices and Overall Well-being

By NMCPHC Health Promotion and Wellness Staff

The U.S. Department of Health and Human Services and the U.S. Department of Agriculture released their 2015-2020 Dietary Guidelines¹, providing food, nutrition, and health-related policies for use by health promotion staff and health information disseminators.

The new Dietary Guidelines focuses on healthy eating patterns as a lifelong approach to wellness and weight management instead of dieting. The following five new guidelines and supporting recommendations can help you educate others on healthy food choices and enhancing overall well-being.

Follow a healthy eating pattern across the lifespan – be aware of eating patterns and make adjustments that best meet personal, cultural, traditional, and financial needs.

Focus on variety, nutrient density, and amount – strive to eat a variety of nutrient-dense foods which are loaded with essential vitamins and minerals, and dietary fiber. Always consult a health care provider before taking a dietary supplement.

Limit calories from added sugars and saturated fats, and reduce sodium intake – eat fewer sweets, processed foods, and salty snacks as part of a healthy eating pattern.

Shift to healthier food and beverage choices – follow an eating pattern that includes nutrient-dense snacks, whole fruit, whole grains, unsalted snacks, oil, and no sugar-added beverages.

Support healthy eating patterns for all – surround yourself with family, fellow service members, and friends who encourage you to make healthy lifestyle choices every day. Create supportive environments at home and work.

References

¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans 2015-2020. 8th Edition. <http://health.gov/dietaryguidelines/2015/guidelines/>. Published January 2016. Accessed February 2016.

In addition to the main guidelines, the 2015 Dietary Guidelines offers guidance on the following:

Trans fats

Avoid trans fats as much as possible by limiting use of margarine and spreads, as well as pre-packaged foods such as cookies, cakes, and frozen pizza.



Alcohol

Drink in moderation and account for calories from alcohol in a healthy eating pattern. That means up to one drink per day for women and up to two drinks per day for men.



Cholesterol

Include approximately 100 to 300 mg of dietary cholesterol per day.



Physical activity

Engage in the recommended amount based on Physical Activity Guidelines for Americans².



For more information on the *Dietary Guidelines*, check out [NMCPHC HPW's fact sheet: Diets Are Out, Eating Patterns Are In](#), and talk with your local registered dietitian or medical staff.

² U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed February 2016.

Navy Environmental and Preventive Medicine Unit Seven Kicks Off New Year with Food Safety Course



By Hospital Corpsman 2nd Class Jay Cherluck, Navy Environmental and Preventive Medicine Unit Seven Public Affairs

Navy Environmental and Preventive Medicine Unit Seven (NEPMU-7) started the year off with food safety in mind by facilitating an 18 hour Food Safety Manager Course for seven military and civilian personnel, 26-27 January 2016.

The Catalog of Navy Training Course (CANTRAC) in food safety is a two day course required for any military member or civilian who works in a supervisory role at food service facilities. The course encompasses topics that include how to properly receive and store shipped food products, background on bacteria, viruses, protozoa, and fungi that can contaminate food and lead to food borne illness and the safe preparation, cooking, serving, and holding of food. Ultimately the course enables supervisors to teach a 4 hour course to their food service staff to help prevent food borne illness.

Attending the course were Navy, Army, and civilian personnel. Regardless of uniform, they are all dedicated professionals who have the same goal in common when it comes to food safety.

Culinary Specialist 1st Class Neidra Rogers attended the course in order to be certified to teach the 4 hour version of the food safety course, a responsibility she has as leading petty officer in U.S. Naval Hospital Rota's Health Promotions Department.

"At Naval Hospital Rota we conduct quite a few educational health fairs to teach the community what we offer. It is vital that our personnel preparing food know how to do so safely, and why it is so important," said Rogers. "Regardless if you are a manager or supervisor of a food service establishment or you are just hosting something as simple as a bake sale at your command, make sure to take the 4 hour food safety course to prevent food borne illnesses."

(cont. on page 7)



Instructors pose with students who have successfully completed the two day Food Safety Manager Course, January 26-27 aboard Naval Station Rota, Spain. (Photo by LCDR Connie Johnson)

Upcoming NMCPHC Trainings and Conferences



- 7 – 11 March: [Navy Health Promotion and Wellness Course](#)
- 29 March: Disease Surveillance Training Series – [Case Finding Module and Case Finding Approaches](#)
- 8 – 22 April: [DOEHRS-IH Training](#)



LCDR Veenhuis, center, Environmental Health Officer at NEPMU-7 addresses students on the importance of their role in being the first line of defense against food borne illnesses during the Food Safety Manager Course, January 26-27 held aboard Naval Station Rota, Spain. (Photo by LCDR Connie Johnson)

(cont. from page 6)

“It was a great experience to cross-train with different branches of the military during the Food Safety Manager Course,” said Sgt Keila Ortiz Cabrera, Veterinary Food Inspector with Public Health Command District, Southern Europe. “Training and education is very important and plays a key role in promoting food safety and proper hygiene in food service facilities.”

“The course was a huge success in large part due to our training petty officer HM2 Cherluck. He did an outstanding job facilitating this much needed and critical class with short fused notice and pulled together the support of our entire NEPMU-7

team,” said Lt. Cmdr. David Veenhuis, NEPMU-7 Environmental Health Officer. “Prevention through education is the key to public health safety. The food service manager and their employees are our first line of defense in preventing foodborne outbreaks. These students will take the knowledge from this course back to their jobs and make their facility even safer.”

Preventive Medicine Unit Supports Humanitarian Assistance Course



By Lt. Paula Volk, Navy Environmental and Preventive Medicine Unit Two Public Affairs

Navy Environmental and Preventive Medicine Unit Two (NEPMU-2) played a key role in facilitating a preventive medicine (PM) brief for humanitarian operations during the Military Medical Humanitarian Course, Jan. 27-28.

The course was co-hosted by Naval Medical Center Portsmouth and the Center for Disaster and Humanitarian Assistance Medicine, which is affiliated with Uniformed Services University of the Health Sciences.

The two-day course trained military health care providers in preparing for and executing appropriate medical care to civilian populations in austere humanitarian emergency and disaster relief settings. Personnel at NEPMU-2 addressed PM functions such as disease surveillance and principles of sanitation, hygiene and disease vector control.

Course content focused on understanding this unique health environment as well as recognizing and managing those conditions consistently associated with high mortality among the most vulnerable populations in emergency and disaster relief settings.

The trainings allowed clinicians to significantly contribute to the Department of Defense (DoD) goal of protecting health and preventing unnecessary loss of life when tasked with responding to disasters and humanitarian emergencies.

“Navy Medicine is fortunate to have physicians with a wealth of experience working in a variety of government and non-government jobs in the area of global health engagement,” said Lt. Cmdr. Patrick McKenna, PM officer of NEPMU-2 and PM course co-instructor. “It’s a real privilege to be able to interact with them in this course and to discuss the public health, population-based perspective in responding to humanitarian emergencies.”

For more information regarding NEPMU-2, visit www.med.navy.mil/sites/nepmu2/Pages/default.aspx

From Around the Fleet

Two Entomologist staff from NEPMU-7 supported NAVFAC and Smithsonian Bird/Animal Anti Strike Hazard (BASH) airfield efforts in Djibouti from 11 - 24 February.

The Fleet Health Integration Panel’s training integration working group met at NEPMU2 from 8 - 10 February.



NEPMU-7 Entomologist staff supporting NAVFAC and BASH

Commander, U.S. Naval Activities Spain Names Senior Enlisted Leader of the Year

By Lt. Cmdr. Connie Johnson, Navy Environmental and Preventive Medicine Unit Seven Public Affairs

When Chief Hospital Corpsman Crystal Ingram reported to Navy Environmental and Preventive Medicine Unit Seven (NEPMU-7), she had one goal in mind: to help Sailors under her charge excel personally and professionally.

In recognition of her hard work and dedication Crystal Ingram, leading chief petty officer (LCPO) for NEPMU-7, was selected as the 2015 Commander, U.S. Naval Activities (COMNAVACT) Spain Senior Enlisted Leader of the Year (SELY) Jan. 29. The award recognizes Sailors, Soldiers, Airmen and Marines assigned to COMNAVACT Spain and the National Support Elements for excellence in performance, leadership, self-improvement, community involvement and military appearance.

LCPO Ingram was selected from among 216 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.

“It is a humbling yet motivating feeling to be selected for such a title,” said Ingram. “It is hard to believe that I could be recognized and awarded for doing what I love and what is expected of me as leader and a chief.”

According to Capt. Juliann Althoff, NEPMU-7’s officer-in-charge, Ingram is a true deckplate leader and one of the best CPOs she has ever served with.

“Her performance is exemplary; she flawlessly balances the tasks of being the unit’s LCPO with service to the community at large,” said Althoff. “She is not only an exemplary representative of NEPMU-7, but also the Navy and Marine Corps Public Health Center (NMCPHC) and Navy Medicine at large.”

Capt. Eric R. Hoffman, NMCPHC executive officer echoed those sentiments adding his



congratulations to NEPMU-7 leadership for being a shining example of how to develop and reward personnel.

“Clearly, this award not only acknowledges Chief Ingram’s exceptional performance and commitment to her Shipmates and the community, but reflects positively on the entire NEPMU-7 staff for pursuing excellence in all that they do,” said Hoffman. “Without question, the entire NMCPHC enterprise is very proud of Chief Ingram’s accomplishment and values the tremendous leadership she displays every day.”

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Navy Drug Screening Lab Maintains Warfighter Readiness

By Julie M. Lucas, NAS Jacksonville Public Affairs

Drug testing in the Navy began in the early 1980s following the crash on USS Nimitz, in which numerous firefighters tested positive for illegal drugs.

Today, Navy Drug Screening Laboratory (NDSL) Jacksonville performs testing of Navy and Marine Corps units from bases along the East Coast, Europe, Africa, Middle East and South America.

NDSL Jacksonville also tests U.S. Army samples from Redstone Arsenal in Huntsville, Ala., Fort Benning, Ga., and recently, Army National Guard personnel in the Southeastern region of the U.S.

“Our job is to test urine samples of military members for the presence of illicit drugs, including recreational and prescription drugs,” said Lt. Neal Goebel, NDSL deputy director of operations.

Testing is conducted through random screening, command directed or probable cause urinalysis. Each command assigns a trained urinalysis coordinator responsible for obtaining samples and ensuring specimens are documented, labeled and sealed properly. The coordinator then delivers the



Quality Control Lead Technician checks the controls for testing at NDSL at NAS Jax (Photo by Julie M. Lucas)

samples to NDSL Jacksonville in person, via mail or other shipping services.

“We are currently testing for THC (the primary psychoactive component in marijuana), cocaine, opiates such as codeine and morphine; synthetic opiates such as oxycodone (Oxycontin and Percocet), and hydrocodone (Vicodin); heroin, amphetamines and methamphetamine; ecstasy and benzodiazepines such as Valium and Xanax,” said Goebel. “We also currently screen for several synthetic cannabinoids, sometimes referred to as spice.”

[Read the full article here >>](#)

Preventive Medicine Unit Collaborates with Old Dominion University on Tick Research



By LT Matthew Yans, Navy Environmental and Preventive Medicine Unit Two, Entomologist

The Navy Environmental and Preventive Medicine Unit Two (NEPMU-2) began collaboration Nov. 17-20, with Old Dominion University (ODU) on a study to assess threats posed by various tick species in Virginia.

NEPMU-2 personnel assisted in the surveillance and trapping of small mammals at Langley Air Force Base, Virginia. Mammals were retrieved daily and observed for ticks; the ticks were removed and cataloged for further analysis. The mammals were released unharmed and well groomed.

“It’s surprising to see how many ticks we found on a single specimen,” said Hospital Corpsman Seaman Derek Galvao, NEPMU-2 Preventive Medicine Technician. “This underscores the importance knowing of what’s out there and the potential risk to humans.”

The study began in 2009 at ODU to determine the ecology of ticks in Virginia. Which species are present? What pathogens do they carry? How does seasonality influence population and pathogen prevalence? These are a few of the questions researchers are asking.

During the four day period of this evolution personnel set out 120 traps. The total number of mammals and ticks found were 26 and 80 respectively. The ticks will be identified to species and will have their DNA extracted and tested for presence of pathogens which can cause diseases such as Lyme disease, Rocky Mountain spotted fever and Southern Tick Associated Rash Illness (STARI). The data will be used as a model to determine entomological risk and tick/pathogen interaction.

“Understanding how ticks interact with their hosts and the environment is critical in developing models which can predict potential for pathogen transmission,” said Dr. Holly Gaff, Professor at ODU and the study’s principle investigator. “The study will assist in developing new strategies and methodologies to reduce the threat of tick-borne disease.”

2016 Crews Into Shape Challenge

Register by March 5, 2016

- 1) Register online via the Crews Into Shape web-tool (CAC Card needed):
<https://nmcpeh-hpwebsvr.med.navy.mil/crews/Index.aspx>
- 2) Email your **Crew Worksheet** with the top portion filled out to: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-crewsintoshape@mail.mil

It’s not too late to sign up!

