



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

March 2019



What's New in Public Health

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DRSi Newsletter: The Reporter

The Reporter is a monthly newsletter for military treatment facility (MTF) and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). Each issue highlights monthly trainings, department updates, guidance and news to ensure timely recognition and control of infectious diseases. [Click here to learn more >>](#)

Health Promotion and Wellness Healthy Eating Toolbox

March is the Academy of Nutrition and Dietetics National Nutrition Month®. In support, we are equipping public health educators with the resources they need to encourage healthy eating and "Savor the Flavor of Eating Right." Find posters, fact sheets, activity ideas and other resources in this toolbox to help Sailors, Marines, beneficiaries and DoD civilians improve their eating and exercise habits to achieve and maintain a healthy weight, reduce chronic disease and promote overall health. [Click here to learn more >>](#)

NMCPHC Update – winter 2018-2019 newsletter

This edition of the NMCPHC newsletter addresses a variety of public health topics and programs. Included articles:

- Three NMCPHC Officers Deploy on USNS Comfort to South and Central America
- A Look at the Past 10 Years of Health Analysis
- Industrial Hygiene Department Works to Bring 3D Printers onto Submarines
- ... and more public health news! [Click here to learn more >>](#)

Quick Hit – Workplace Safety? Say Eye!

Exposure to eye health hazards can happen anywhere, especially in the workplace, where you can be exposed to fire, intense light and debris. Damage to your eyes and vision can have a severe impact on mission readiness, as well as effects on life outside of work. Check out this month's Quick Hit to learn how to protect your sight! [Click here to learn more >>](#)



Public Health in the News

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DoD Recognizes Brain Injury Awareness Month, Promotes Warfighter Brain Health

Every year, the Defense Department (DoD) recognizes March as Brain Injury Awareness month to increase awareness of traumatic brain injury. Throughout the month, the Military Health System has provided tools and resources to educate the military community, and those who support them, about TBI. [Click here to read more >>](#)

Mobile App Aids ‘Truly Informed’ Contraception Conversations Between Patients, Providers

A new mobile application designed to help patients make informed decisions about their contraceptive options is now available. The Decide + Be Ready app provides information helpful for men and women, as well as civilian and servicewomen, and an Apple version of the app can now be downloaded free through the App Store, with an Android version available soon at Google Play. [Click here to read more >>](#)

Navy Environmental and Preventive Medicine Unit Five Kicks Off Sailor 360 Program

Sailor 360 is a leadership tool, launched in April 2018, designed to develop Sailors through self-guided and command supported learning environment with an all paygrade inclusive approach. It is a program modeled after previous programs, such as Chief Petty Officer (CPO) 365 Phase 1 and scenario-based studies like Chief’s Mess Training, which allow for commands to be creative and tailor existing source material to best fit their needs. As stated in “Laying the Keel: Developing the Backbone of Our Navy”, Sailor 360 sets the foundation for a series of formal courses to continue throughout one’s career. [Click here to read more >>](#)

New mobile-friendly electronic physical health assessment format makes annual assessment easier

Starting your electronic physical health assessment, or ePHA, just got a little easier with the completion of a mobile-friendly format. The new format became available February 2019 as a way to make starting the annual assessment accessible from mobile devices. The Navy, along with the other services, was required to fully implement the standardized DoD PHA by the end of December 2017, but like any broad change, there have been a few challenges along the way. [Click here to read more >>](#)



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Too Much Pressure: Hypertension a Leading Cause of Heart Disease

Air Force Lt. Col. Bryan White says he's passionate about educating people on hypertension, the clinical term for high blood pressure. "Forty percent of all heart disease can be attributed to hypertension," said White, a cardiologist at Nellis Air Force Base in Nevada, citing statistics from the American Heart Association, or AHA. "And lifestyle choices people make when they're younger may play a huge role in the development of high blood pressure later in life." [Click here to read more >>](#)



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DOEHRS-IH Training

DOEHRS-IH is a web-based application that is used to collect industrial hygiene (IH) survey information. This course is designed to teach military and civilian IH personnel, who will be actively entering data into the DOEHRS-IH application, to maneuver and organize data within their IH Program Office. [Click here to learn more >>](#)

April 22 – 26, 2019

Naval Dental Clinic Norfolk, Va.

May 6 – 10, 2019

Naval Hospital Sigonella, Italy

June 10 – 14, 2019

NH Bremerton Health and Edu. Center, Wash.

July 15 – 19, 2019

Naval Hospital Camp Pendleton, San Diego Calif.

July 29 – August 2, 2019

Naval Dental Clinic Norfolk, Va.

Environmental Health Module DOEHRS-IH Training

DOEHRS-IH provides information needed by Occupational and Environmental Health (OEH) staff and command surgeons for reporting options to commanders regarding the reduction of health threats. [Click here to learn more >>](#)

PMA BUMED Drinking Water Course

April 1 – 5, 2019

Naval Hospital Bremerton, Wash.

June 17 – 21, 2019

Naval Hospital Naples, Italy

August 19 – 23

Naval Hospital Yokosuka, Japan

DOEHRS-EH & EH Professional Development Course

April 15 – 19, 2019

Naval Hospital Pearl Harbor, Hawaii

May 13 – 17, 2019

Naval Hospital Sigonella, Italy

August 12 – 16, 2019

Naval Hospital Yokosuka, Japan

September 16 – 19, 2019

Naval Medical Center Portsmouth, Portsmouth, Va.



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Health Promotion and Wellness Trainings

Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) education and training programs equip leaders, health promoters, health educators, technicians, and clinicians with the skills, knowledge, tools, and materials to deliver best-practice public health programs and interventions. [Click here to learn more >>](#)

Health Promotion Advanced Training

June 11, 2019

Camp Pendleton, Calif.

August 20, 2019

NEPMU-2, Norfolk, Va.

Tobacco Cessation Facilitator Training

April 30, 2019

NEPMU-2, Norfolk, Va.

May 9, 2019

Naval Health Clinic Hawaii

June 12, 2019

Camp Pendleton, Calif.

August 21, 2019

NEPMU-2, Norfolk, Va.

November 5, 2019

Norfolk Branch Health Clinic, Norfolk, Va.

ShipShape Program Facilitator Training

June 13, 2019

Camp Pendleton, Calif.

August 22, 2019

NEPMU-2, Norfolk, Va.

Navy and Marine Corps Public Health Conference

Registration for the annual Navy and Marine Corps Public Health Conference is now closed. Be sure to tune into our social media channels for updates and news regarding conference speakers, presentations, discussions and poster sessions. For more information on the conference visit the conference webpage. [Click here to learn more >>](#)

March 26 – 28, 2019

Hampton Roads Convention Center, Hampton, Va.



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Programs and Policy Support Training

The PPS Department is part of a Tri-service group that hosts monthly training sessions for MTF and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). Contact the DRSi helpdesk at usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-ndrs@mail.mil or 757-953-0954 to add your name to our email list to be informed about upcoming trainings. [Click here to learn more >>](#)

March 26, 2019: GI Illnesses/Norovirus

Webinar

April 30, 2019: Tick-borne Encephalitis

Webinar

May 28, 2019: Prevention Services for the STI Patient

Webinar

June 25, 2019: Outbreak Control

Webinar

Spirometry Training Course

The occupational and environmental medicine (OEM) department of NMCPHC sponsors a spirometry training course that has been approved by the National Institute for Occupational Safety and Health (NIOSH). The NMCPHC-sponsored spirometry training course is tailored to meet the occupational health needs of the Department of the Navy (DON) to include providing the course to commands inside the U.S. as well as abroad. [Click here to learn more >>](#)

March 19 – 21 (Basic Course), 22, 2019 (Refresher Course)

Pensacola, Fla.

April 1 – 3 (Basic Course), 4, 2019 (Refresher Course)

Yokosuka, Japan

June 25 (Refresher Course), 26 – 28, 2019 (Basic Course)

San Diego, Calif.

August 20 – 22 (Basic Course), 23, 2019 (Refresher Course)

Norfolk, Va.



NMCPHC Field Activity Education & Training

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Navy Entomology Center of Excellence (NECE)

NECE offers training to DoD pest management professionals to include pesticide applicator certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DoD pesticide applicator recertification; operational entomology training (preparing preventive medicine personnel to establish a public health pest management program); and shipboard pest management (NECE serves as the Navy program manager for shipboard pest control). [Click here to learn more >>](#)

NEPMU-2

The mission of the NEPMU-2 education and training department is to provide fleet and staff training, leadership and management to ensure that required professional certificates for occupational, environmental and preventive medicine professionals are met throughout the Navy and Marine Corps. [Click here to learn more >>](#)

NEPMU-5

The mission of NEPMU-5's education and training department is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying FDPMU teams in support of operational commanders worldwide. Services offered include CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit's area of responsibility (AOR), ashore and afloat. [Click here to learn more >>](#)

NEPMU-6

The education and training department of NEPMU-6 offers courses throughout the year including (but not limited to) food safety manager's course, laboratory identification of malaria training, DoD pesticide applicator certificate refresher course, shipboard pest management training and Navy ship sanitation certificate program. [Click here to learn more >>](#)

NEPMU-7

NEPMU-7 provides force health protection courses throughout the year including (but not limited to) operational entomology training, shipboard pest management and food safety manager's/supervisor's course. [Click here to learn more >>](#)