



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Physical activity and nutritious whole foods have a much higher impact on health than any dietary supplement ever could. March is Navy and Marine Corps Public Health Center's Healthy Eating Month. Learn more about proper nutrition's role in a healthy lifestyle at go.usa.gov/xE9G8.
2. MyNavy Family is a useful source of information for Navy spouses and families all consolidated into one convenient mobile app. Find official info on education, employment, transition and retirement and other services on the app at go.usa.gov/xdV8S, or look for it in your app store.
3. Between 1999 and 2016, prescription and illicit opioids caused the deaths of almost 9000 children and adolescents in the United States, and the pediatric mortality rate from opioid poisoning increased more than twofold. Safe storage of prescription drugs and other potentially harmful items can help protect children from poisoning. Remember 1-800-222-1222, the phone number for the National Poison Control Center.
4. Supplements labeled as "military grade" or sold on base are not always 100 percent safe for service members. The DoD's Operation Supplement Safety website has information about dietary supplements and which ones are prohibited by DoD. Learn more at opss.org.

For help with a substance or alcohol use issue, contact your local DAPA , or call 1-866-U-ASK-NPC.

Supplements and Drug Testing

Meeting the demands of duty and combat is an important part of military service, but maintaining physical readiness can sometimes be a challenge. Dietary supplements promising to increase muscle mass, strength, stamina or testosterone levels are widely available online and in vitamin stores, sometimes marketed specifically towards service members with phrases such as "military grade."



Sailors should exercise caution when taking any supplement as there is risk of testing positive for banned substances. Additionally, body-building products that contain selective androgen receptor modulators (SARMs) are associated with life-threatening reactions such as liver damage, sudden heart attack or stroke. Some "prohormones" (steroid-like substances found in some nutritional supplements that resemble testosterone or exert an anabolic or androgenic action similar to testosterone) will be detectable in urine within three days and remain detectable for as long as 60 days or more. Some of the most common ingredients to watch out for in supplements include ephedrine, pseudoephedrine, androstenedione, human chorionic gonadotropin (HCG) and human growth hormone (HGH).

Some supplements contain ingredients that are not declared on the label, either deliberately added or inadvertently contaminated. The consumer may also be unaware that labeled ingredients contain banned substances. For example, Ma-huang, a traditional Chinese medicinal herb, contains ephedrine. Studies have shown that supplements inaccurately label ingredient concentration or contain dangerous additives. An [analysis](#) of 16 commercial DHEA products in 2000 showed that concentrations varied from 0 to 150% of the stated content. A 2010 Consumer Reports [investigation](#) found that many samples of protein powder, including Muscle Milk and EAS Myoplex, contained heavy metals including arsenic, cadmium, mercury and lead.

Instead of using supplements, many experts recommend eating a balanced diet and obtaining protein through whole foods. The top protein-rich food choices include eggs, salmon, chicken breast, Greek yogurt, tuna, beans, cottage cheese, peanuts, tofu and almonds. In addition to protein and muscle-building amino acids, these foods contain vitamins and minerals your body needs to operate at its best. Supplements are not necessary and could even cost you your career. Regular exercise and a healthy diet are safer and healthier ways to reach fitness goals and maintain physical readiness.

For more information regarding dietary supplements and ingredients prohibited by the Department of Defense, visit opss.org.



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FY20 Discrepancy Codes

As of January 1, 2020, specimens received with social security number (SSN) instead of DoD ID and not granted exemptions are no longer tested and are assigned "IN—SSN Received as DoD ID, not tested." There are limited situations in which tested individuals are not assigned a DoD ID and the SSN is authorized.

The table below shows discrepancy codes assigned to samples received in FY20 from October 2019 through January 2020.

Discrepancy Codes are as follows: **BB**—bottle leaked in shipment, not tested; **BC**—bottle leaked in shipment, quantity not sufficient to test; **BK**—specimen leaked in shipment, tested; **GG**—form listed specimen, no bottle received; **IN**—SSN received as DODID, not tested; **IT**—SSN received as DODID, tested; **PH**—leakage noted; **PI**—improperly packaged container, tested; **PL**—package leakage noted, not tested.

The majority of these samples were assigned "IT" indicating that the sample was received with SSN instead of the DoD ID but still tested; however, 114 samples were assigned "IN—SSN Received as DoD ID, not tested."

Commands concerned about these discrepancies may call the Navy Drug Screening Program (NDSP) Help Desk at 901-874-4204 or DSN 312-882-4204 or email MILL_NDSP@navy.mil with questions.

Code	OCT	NOV	DEC	JAN	Total
BB	0	0	0	0	0
BC	62	38	34	21	155
BK	0	30	19	21	70
GG	1138	1361	1232	858	4589
IN	N/A	N/A	N/A	114	114
IT	3158	1100	988	485	5731
PH	0	85	138	71	294
PI	0	88	63	58	209
PL	0	0	0	0	0

Current and Upcoming Events

March DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

4 – IFTDTL Reports and New Portal Update
18 – Adjudication of Drug Positives
To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at my.navy.mil.

NMCPHC Healthy Eating Month March

Find the toolkit go.usa.gov/xE9G8.

National Sleep Foundation Sleep Awareness Week March 8-14

Learn more at sleepfoundation.org.

National Poison Prevention Week March 15-21

Learn more at poisonhelp.hrsa.gov.

2020 DEFY Train-the-Trainer

The Drug Education for Youth (DEFY) program conducted its annual Train-the-Trainer (TTT) January 28-30, 2020 at Naval Air Station Pensacola. The TTT event allows local program staff from DEFY sites to network and provides essential training to ensure local programs are safely and efficiently operated. Some of the key topics discussed included program updates and development/execution of the DEFY program.

A total of 43 people from 24 DEFY sites attended the TTT, including 41 military and civilian attendees representing Navy and Marine Corps DEFY sites and two civilian personnel representing the Air Force.

Three DEFY sites received the Length of Service Award Program (LOSAP), awarded for three, five and ten years, and then every five consecutive years thereafter to DEFY sites that have administered the program for a minimum of three consecutive years. This year's recognized sites were NAVSUBASE New London (Five-Year), NATTC Pensacola (15-year) and COMSTRATCOMWING ONE Tinker AFB (15-year). Bravo Zulu to them!

