



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. Maintaining a regular physical fitness routine which includes aerobic and strength training exercises is a great way to reduce the risk of certain chronic illnesses. Find tips on incorporating more physical activity into your life and learn about the benefits from the Navy and Marine Corps Public Health Center's Physical Fitness Month toolbox at go.usa.gov/xm3AG.
2. May 10-16 is National Prevention Week, an annual opportunity for communities to increase awareness and action around mental health and substance use disorders, foster partnership and collaboration and promote resources and education. Learn more about National Prevention Week at go.usa.gov/xm3sx.
3. If dealing with a mental health concern, help is always available. Call your medical provider or reach out to Military OneSource at 1-800-342-9647 for free and confidential non-medical counseling. The [Military Crisis Line](#) also provides free and confidential support 24/7 via live chat on their website, by phone at 1-800-273-8255 (Press 1) or via text at 838255.
4. Stay up to date on any changes occurring in the Navy Drug Detection and Deterrence program by checking out the website at www.ddd.navy.mil.

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

Lung Health and COVID-19 Risk

When stress and boredom set in during stay-at-home orders, individuals may turn to stress-relieving activities that, even under normal circumstances, are generally unhealthy and impact physical readiness. Some of these unhealthy behaviors — smoking in particular — can heighten not only susceptibility to contracting COVID-19 but also increase the likelihood of hospitalization or death.



Whether it's tobacco, marijuana or e-cigarettes, smoking weakens the immune system and compromises lung function. Inhaling anything other than fresh air can lead to inflammation and create an inviting environment for coronavirus. Additionally, smokers and e-cigarette users are typically more at risk for viruses and bacteria from touching cigarettes or vaping devices with unclean hands, putting these devices in their mouths or simply through bringing their hands close to their faces repeatedly.

Along with being more susceptible to contracting coronavirus in the first place, those who smoke and/or use e-cigarette have worse prognoses when diagnosed. A [study](#) of Chinese patients with COVID-19 found that smokers were twice as likely as non-smokers to have severe infections. Smoking was also a [factor](#) in determining who became ill with MERS, another coronavirus, in 2012. Other than the inflammation from inhaling smoke, both combustible and e-cigarette users may experience an [increase](#) in an enzyme called angiotensin-converting enzyme-2 (or ACE-2). Coronavirus appears to bind to ACE-2, and researchers believe that smokers become infected with more copies of the virus than non-smokers.

Quitting smoking has benefits in addition to improved lung health, including decreased risk of heart attack and stroke and saving up to \$1,500 a year. Quitting isn't easy, but by preparing mentally, finding support, gaining new habits and learning skills for coping, it can be easier.

For those who feel apprehensive about trying to completely quit right now, experts advise combining nicotine replacement therapies. For example, the nicotine patch can be used in addition to nicotine gum or lozenges to curb cravings, at least during this pandemic. For those ready to quit, there are several free support services available. Online resources are available at You Can Quit 2 (ycq2.org) or smokefree.gov. Phone support is available from 1-800-QUIT-NOW and 1-877-44U-QUIT. Text QUIT to 47848 for text support. Vapers can text DITCHJUUL to 88709, a service from Truth Initiative which reports improvement within two weeks for 60 percent of users. Mobile apps like MyQuitCoach, Kwit and Smoke Free offer techniques and motivations to assist.

Any time is a good time to stop smoking, but now is an even better time than ever. The tips and resources above can help make it happen.



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Boost your Health at Home

Exercise has positive effects on physical wellness—improving heart health and reducing risk of chronic illness — but it also boosts brain health and is a well-known **stress-reliever**. The COVID-19 pandemic is stress-inducing, causing us to miss out on time with friends and family, forego spring and summer vacation plans and spend the majority of our days stuck at home. May is Physical Fitness Month. Incorporating physical activity into our daily routines is important, however, a physical fitness regimen is particularly valuable now as a way to avoid the “Quarantine 15” and boost our mental health during these high stress times.

Stress releases hormones like cortisol and adrenaline throughout our bodies, and in response, our bodies create glucose which must be replenished after the stressor passes. We often crave foods high in carbohydrates, sugar and fats to give us that replenishment and a quick boost, but these comforting foods only provide a temporary sense of relief. When constantly consumed, they can have some of the same long-lasting negative health effects as chronic stress — weight gain and increased risk of chronic illness and mental health concerns.

Maintaining a healthy **balanced diet** while at home can help you maintain physical readiness and keep stress at a minimum. A very occasional treat of ice cream or potato chips isn't too bad, but it's important to drink lots of water, and consume a healthy mix of vegetables, fruits, complex carbohydrates such as whole grains, lean proteins and foods high in omega-3 fatty acids such as seafood, nuts and seeds the majority of the time. And, of course, be sure to pair that healthy diet with exercise to knock out some of the stress.

Gyms and fitness centers may be closed, but there are plenty of opportunities to work out at home, in your backyard or around the neighborhood. Go for a run or jog while maintaining a safe distance from others. Play outside with the kids to relieve some of *their* cabin fever and get *your* heart pumping. And remember that many fitness offerings — Zumba, yoga, aerobics and others — are now being offered online through video platforms such as Zoom or YouTube and on Facebook's and Instagram's “live” features. Many of these require little to **no equipment**, making them accessible even for those who are suffering as a result of the great kettlebell shortage of 2020.

Staying dedicated to physical wellness can make staying at home at least a little less stressful. A healthy diet and exercise are important for physical and mental health, but don't forget the importance of connection. Enjoying a healthy meal or working out at home can improve exponentially when you spend it with people you care about, whether they live with you or you can connect on a video call. We are all in this together. Use every possible opportunity to take care of your own physical and mental health and but also look out for your friends, family and shipmates.

Current and Upcoming Events

Due to the current COVID-19 outbreak, Navy Drug Detection and Deterrence webinars have been postponed until further notice.

Please check the web page for updates at www.ddd.navy.mil.

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 Physical Fitness Month
May
Find the toolbox at go.usa.gov/xm3AG.

National Prevention Week
May 10-16
Learn more at go.usa.gov/xm3sx.

National Military Appreciation Month
May

Upcoming DEFY Program Year

Drug Education For Youth (DEFY) is set to launch the 2020-2021 program this summer at 25 command-sponsored sites across the globe — up from 23 sites last year! DEFY is designed to strengthen youth's resistance to negative activities like bullying and substance use by increasing their awareness of drugs' harmful effects and enhance their leadership skills.

Commands can help provide necessary resources to local DEFY programs by recruiting volunteers and supporting the command staff who serve as mentors. The program relies heavily on these volunteers, who gain valuable experience in multiple areas including mentoring, tutoring, leadership and public speaking. Volunteers in non-residential programs are required to assist for up to ten hours each day for eight days, and residential programs require adults to be with the youth program participants around the clock for five days.

To learn more about the DEFY program, contact the program office by phone at (901) 874-3300 or by email at MILL_N17_DEFY@navy.mil, or visit them online at www.DEFY.navy.mil or on Facebook at facebook.com/HQDEFY.