



NMCPHC UPDATE

Volume 10 Issue 5

From the Front Office

By Captain Robert J. Hawkins, Commander, NMCPHC

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Greetings Navy and Marine Corps Public Health Center (NMCPHC)

It's been nearly one year since COVID-19 personally and professionally "interrupted" our daily routines. As we entered the 2020 holiday season, COVID-19 continued to be a recurring priority for NMCPHC. Our team of public health professionals (to include our field activity staffs) has maintained a very steady "battle rhythm" responding to the constant influx of requests from Navy Medicine leadership, the Fleet, the Marine Corps, and other stakeholders. The difference now versus the start of the pandemic is that requestors are generally more knowledgeable about COVID-19 and asking well-informed and more detailed questions. So, in addition to providing our stakeholders with what we believe are more refined science-based answers to their questions, this has also helped our staff develop a greater repository of COVID-19 related information. Lessons learned through our processes will presumably help us better prepare for any future outbreaks or pandemics. As I believe any leader worth their salt will tell you, "lessons learned" are a vital by-product of an organization's efforts and an absolutely critical influencer for future planning. With respect to our COVID-19 experience, some of these "lessons learned" and our proactive work provided the catalyst necessary for changing the way that NMCPHC, BUMED, and the Navy now do business. Without a doubt, this was a "just-in-time" process improvement initiative that's reaped benefits for us as well as our customers. In terms of the taskers specific to COVID-19, testing, surveillance, and vaccination plans continue to make up a large portion of the requests from stakeholders. And as we've discovered, plans and policy approach may vary widely from platform to platform, shore-based installation, or operational event.



We've been heavily involved in the mass vaccine distribution processes as part of "Operation Warp Speed." Once the COVID-19 vaccines became available, we supported any opportunities for our workforce to get vaccinated, if they elected to do so, in order to protect their health and keep the workplace safe. Furthermore, we saw many new taskers come in regarding vaccine related questions, such as how to develop models about

herd immunity based on immunization rates, and on how the Navy's screening testing plans should adapt in the setting of rising immunization rates. As more and more DoD active duty and civilian employees become immunized for COVID-19, consideration will be given to approaching COVID-19's force health protection (FHP) measures in a similar manner to other respiratory viral illnesses such as influenza, where immunization rates drive FHP recommendations. The efficacy of the two currently available and safe COVID-19 vaccines are both 94% or greater, which is even higher than the seasonal influenza vaccine efficacy.

But even though the "day-to-day" COVID-19 related taskers are rapidly approaching the 500 mark (up from the 300 noted in my last newsletter update), NMCPHC continues to respond to the non-COVID-related taskers and public health consultations that have been an integral part of our mission for over 50 years (e.g., policy review, environmental health assessments for food, water, and housing issues, occupational exposures, audiology/audiometer calibration support, industrial hygiene consultations, epidemiology and health analysis projects, health promotion and wellness education and training, and drug screening, bloodborne infection, and radiation dosimetry support).

So what's in store for this New Year? As it pertains to the Public Health Center... lots! Distribution and administration of the COVID-19 vaccine is here, and 2021 is expected to see us make considerable head-way in the fight against COVID-19. How much head-way remains to be seen, but one thing's for certain, it will impact both the current and future NMCPHC Commander and Deputy Commander and our workforce team. This summer, CAPT DeLong and I will be passing the torch to CAPTs Feldman (Commander) and McLean (Deputy Commander.) "More to follow" on the new leadership, and when exactly the change of command will take place in July, but suffice it to say, it will be quite a turnover! Not to be forgotten is the National Defense Authorization Act (NDAA) and how it will impact public health delivery DoD-wide. I suspect that your new leadership will have NDAA as a top priority as we continue the fight against COVID-19. Regardless of whatever else 2021 has in store, I'm certain that the entire NMCPHC enterprise will rise to the challenge.

I'll close by saying "Thank You" once again to the staff here at NMCPHC and our field activities for their can-do attitude, and also to our stakeholders for their continued support and appreciation of our efforts. Until next time...

Did you know NMCPHC Logo just got a new look?



Make sure all your current and future documents, templates and other materials contain the new logo and branding.

To find the latest versions of all NMCPHC templates, click the link below:

<https://esportal.med.navy.mil/sites/nmcphc/Pages/NMCPHC-Intranet-Dashboard.aspx>

For more information Contact Hugh Cox at (757) 953-0969

Command Master Chief's Corner

By Command Master Chief Joseph V. Dennis, NMCPHC



Greetings Shipmates!

The year 2020 has been a year that at some points has felt like several years. As we enter the new year still in the midst of the COVID-19 pandemic, we continue to be resilient and effective as we accomplish the mission. Navy and Marine Corps Public Health Center and Field Activity personnel continue to be in the forefront on every facet of the pandemic. Many have been deployed several times and spent many days away from family, friends, and home supporting the prevention, testing, and treatment of our nation's deployed forces. Our thoughts and our thanks are always with deployed Sailors and with family members left behind to maintain some sense of normalcy at home. In addition to front line deployment work, NMCPHC and Field Activity Sailors and Civilian personnel are an integral part of the work behind the scenes. Many of the COVID-19

NAVADMINS, Standard Operating Procedures, and prevention/mitigation strategies implemented across the Fleet began as a work product within the NMCPHC enterprise. NMCPHC and Field Activities literally wrote the book on this and should be proud of the efforts of the team.

As it has been for the last year, the only constant is change. PCS waiver policies, advancement exams, HPCON levels, and gating criteria are just a few examples. It is important to remain flexible and informed. Stay connected to Navy Personnel Command on social media [MyNavy HR (Facebook), @USNPeople (Instagram) @MyNAVYHR (Twitter)] message traffic, or the web for the latest on PCS travel waivers and Restriction of Movement (ROM) requirements. For the latest on TAD or leave/liberty travel, see local NMCPHC policy. Continue to utilize local resources in Commander's update emails, all hands calls and local news and health department recommendations for individual areas.

As we reflect on the year 2020, there is much to be thankful for. Despite the pandemic, countless personal and professional goals have been achieved across the enterprise! Many of our active duty and civilian shipmates have been promoted or selected for promotion, earned college degrees, had their hard work published, graduated from service schools, selected for DUINS or other in-service program, or selected for Command, just to name a few. Others have welcomed the birth of children spent precious time with loved ones due to disease mitigation strategies and stay at home orders, or reached personal goals in fitness, finance, or learning. We have learned how to balance tele-work, tele-school, tele-shopping, and tele-everything else, whether we wanted to or not.

As we move into 2021, we have glimmers of hope. Many promising vaccines and treatments are in trials, and a couple have gained emergency use authorization by the FDA. As the vaccination program continues to roll out, we all must remain diligent in our prevention behaviors and efforts to slow the spread of disease. In addition, the Navy continues to make efforts towards inclusion and diversity, creating a culture of excellence, and exhibiting signature behaviors. There is much to look forward to.

We must continue to diligently look out for one another. Destructive behaviors know no rank or affiliation status, they can affect E1-O10, DoN civilians, or contractors. If you or someone you know is exhibiting red flags, get help or offer help. No one is alone, and no bystander should ever ignore a warning sign.

My family and I wish for everyone a happy, restful, and peaceful Holiday season.

Decision-Making at the Speed of a Virus: U.S. Navy Surgeon General visits Navy and Marine Corps Public Health Center

By Jennifer Zingalie, Navy and Marine Corps Public Health Center

The onset of a world-wide pandemic changed everything. Typically, the expectation for military decision-making is to exceed the speed of war, but what does that look like when fighting a virus?

U.S. Navy Rear Adm. Bruce Gillingham, the surgeon general of the Navy, learned that answer during his visit with the Navy and Marine Corps Public Health Center (NMCPHC), Oct. 22.

When meeting with staff, Gillingham shared his gratitude for the work they accomplished throughout COVID-19. He relayed the Secretary of the Navy and Chief of Naval Operations share these sentiments. “The one term Navy leadership has used most frequently when expressing their opinion of your response is ‘impressive,’” he said.

“The work this team has done, to help the Navy navigate this pandemic, and remain operational has been fundamental to our success.”

Gillingham also emphasized the future of Navy Medicine through his four priorities, people, platforms, performance and power. He summarized these through the idea that Navy Medicine provides well-trained medical experts, which operate as high performance teams, to project medical power, in support of naval superiority.

The mission of NMCPHC is to “maximize readiness through force health protection strategies and solutions for current and potential public health threats.” According to Capt. Robert Hawkins, NMCPHC’s Commander, the onset of COVID-19 drove home the importance of the need for the command to continue to affect policy but also be operational.

“We have to deliver products, services, and expertise, in a rapidly changing environment,” he said.

“The ability to translate policy into practice is vital to our longevity. The significance is it maintains, and creates those cutting edge skills and abilities, the admiral talks about, while it improves policy over time, and dictates that we are constantly innovating.”

During the pandemic one of NMCPHC’s capabilities that was enhanced was the use of modeling - a tool that uses information to attempt to prevent or reduce a particular illness or social problem in a population, by identifying risk indicators. Many times information is based on past and current events, pulled from various sources such as medical records or data bases. But for a contagious, and unknown virus like COVID-19, a concept known as predictive modeling became key to support the medical readiness of the warfighter.

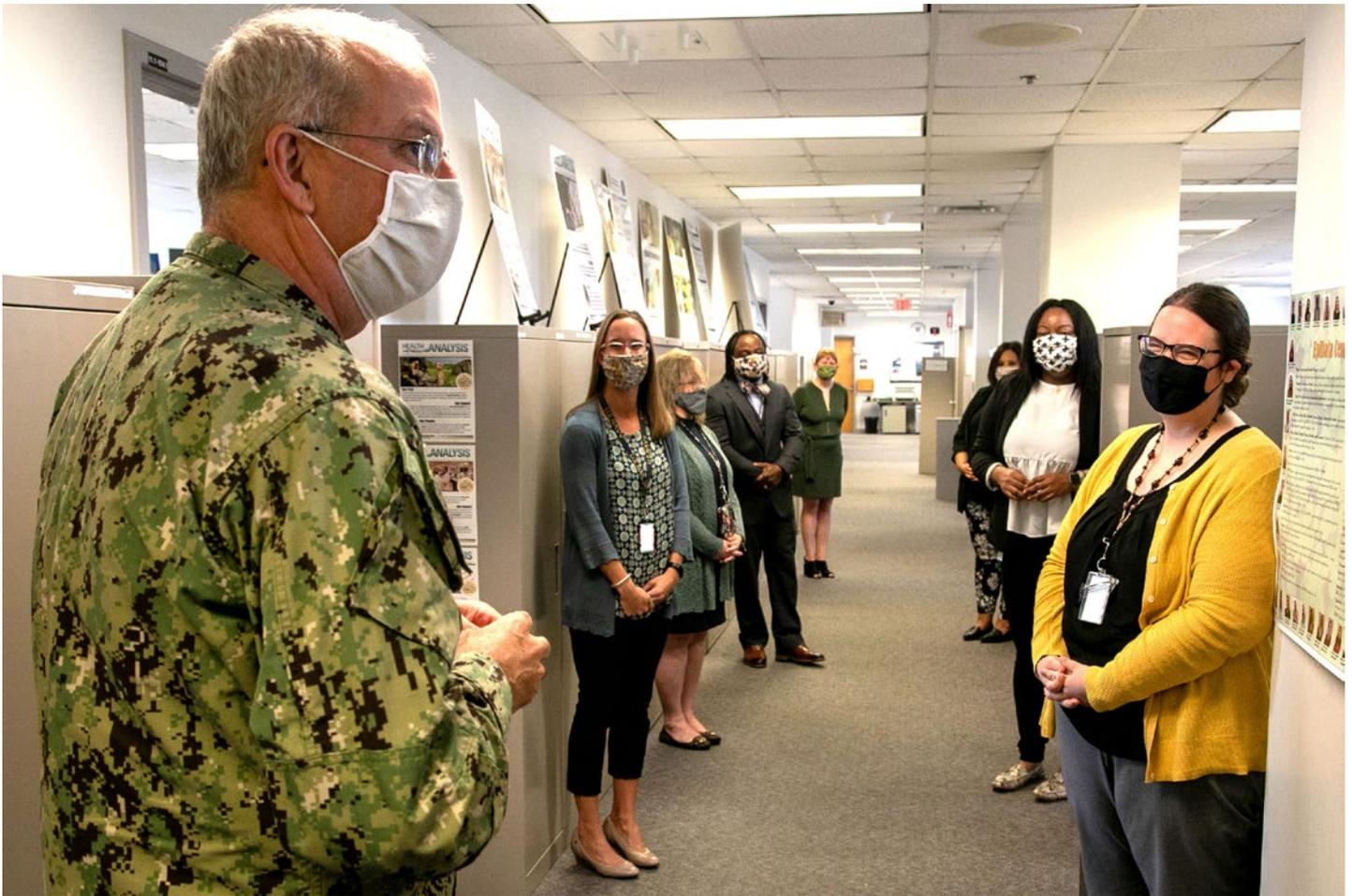
“When you look at our mission, [to ‘exceed the speed of a virus’] we need various sources of information that help us to understand the past, respond in the present, and navigate the future,” said Hawkins.

“Force Health Protection is probably the single most important national security product we have. Although, COVID-19 is a present day virus, it isn’t the first time our nation and military was challenged because of a public health issue,” he explained.

“In World War I, more American Soldiers and Sailors were killed by influenza and pneumonia than by enemy weapons, and that is just one of many examples.”

Hawkins added, for their role in Navy medicine, the success of the NMCPHC will be measured, not just in keeping Sailors medically ready, but in preventing the possible range of futures that exist.

“Leaders must be looking forward,” he said. “In an ever changing, global environment, with economic conditions linked to the rise of three main powers, all with the capability of chemical and biological warfare, we cannot afford to have an operational unit down because of a health-related issue.”



Tina Luse an Epidemiologist with the Navy and Marine Corps Public Health Center (NMCPHC) (Right) and other members of the NMCPHC Health Analysis department and Epidemiology Data Center, listen to remarks from U.S. Navy Rear Adm. Bruce Gillingham, the surgeon general of the Navy, during his visit, Oct. 22. Luse is one of the many subject matter experts who helped develop policy to assist Navy leader's decision-making during COVID. Some policies, which may extend deployments to quarantine crews, are successfully keeping Sailors and their families virus-free. However, Luse and her colleagues also track issues such as suicide, post-traumatic stress disorder (PTSD), alcohol abuse, adjustment disorder, and Traumatic Brain Injury (TBI) and provide regular reports to both Navy and Marine Corps leadership. Because of their efforts Gillingham has deployed mental health professionals to the Fleet to support the well-being of Sailors and Marines. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Jessica Dowell/Released)



U.S. Navy Rear Adm. Bruce Gillingham, the surgeon general of the Navy, discusses the future of Navy Medicine through his four priorities during a meeting with the Navy and Marine Corps Public Health Center (NMCPHC) board of directors, Oct. 22. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Jessica Dowell/Released)

Navy and Air Force Joint Tick-Collecting in the Land of the Midnight Sun

By Lt. Hanayo Arimoto, Navy Environmental and Preventive Medicine Unit Five (NEPMU-5)

Bear spray? Check. Mosquito repellent? Check. Tick drags? Double-check!



Lt. Hanayo Arimoto, Navy Environmental and Preventive Medicine Unit Five (NEPMU-5), sets up a passive tick trap using dry ice as a carbon dioxide (CO₂) source to attract ticks at Joint Base Elmendorf Richardson, Alaska, Aug. 20, 2020. Photo by Hugh Cox, Navy and Marine Corps Public Health Center

Members from the Navy Environmental Preventive Medicine Unit Five (NEPMU-5) completed a 2-week vector surveillance mission at Joint Base Elmendorf Richardson (JBER), in Anchorage, Alaska in support of an Armed Forces Health Surveillance Branch (AFHSB), Global Emerging Infection Surveillance (GEIS) project. Alaska is an area of U. S. Northern Command priority when surveying for public health threats.

“We feel fortunate to have the opportunity to work with the Air Force and base environmental on this surveillance effort as ticks and their diseases are the second most important vector threat to public health and our forces,” said Lt.

Hanayo Arimoto, entomologist, NEPMU-5.

The NEPMU-5 team coordinated their surveillance mission to JBER with their Air Force counterparts, who have been heading a long term tick surveillance effort on the installation via small-mammal trapping since 2017.

“Monitoring the tick species found on the small mammals is an easy way to monitor the training areas for introduction of invasive species and risks to military training, as well as gathering baseline information on the native ticks present within the habitats,” stated Ms. Colette Brandt, biologist, Natural Resource PM, 673 CES/CEIEC. “This project is a great opportunity to further pursue this work, and I’m happy to help contribute and excited to see additional interest and support to monitor JBER in this aspect.”

During their visit, the NEPMU-5 team also spent time training Air Force Public Health Technicians and Bioenvironmental Technicians on tick surveillance techniques.

“Air Force Public Health at JBER mostly focuses on mosquito surveillance, so for Airmen to engage and train with our Navy partners was a great opportunity,” said Capt. Dahlia Andreadis, public health officer, 673 AMDS/SGPM. “We not only learned about the Navy’s Vector Surveillance mission and projects, but we also discovered that Alaska does in fact have an increasing tick population; we will now be incorporating more tick surveillance in our routine vector surveillance mission on JBER!”

On their final day of collecting, the NEPMU-5 team even had a bear sneak up on them in the field. “We heard the crack of a branch and when I looked up there was a black bear sitting on its hind legs about 30 feet away from us, as a PMT, this is a different kind of occupational hazard from being on a ship,” said Hospital Corpsman 2nd Class Tanner Peralta, preventive medicine technician, NEPMU-5.

Data from ticks collected as part of this effort will be shared with multiple stakeholders including Dr. Micah Hahn, an Assistant Professor of Environmental Health at University of Alaska-Anchorage. Dr. Hahn is a partner of the Alaska Submit-A-Tick Program, an initiative that benefits the entire state.

“We are still learning about the kinds of ticks and tick-borne

pathogens that we have in Alaska,” said Hahn. “The Alaska Submit-A-Tick Program and our collaborations with biologists who are trapping wildlife is a key way we can extend our tick surveillance into hard to reach areas in the state, including military installations.”

“The GEIS-funded initiative to survey ticks and tick-borne diseases onboard DoD installations provides Commanders and Public Health officials a better understanding of the public health risk ticks pose to our military forces,” said Capt. Peter Obenauer, officer in charge, NEPMU-5. “Lyme disease (vectored by ticks) is a debilitating illness and remains the number one vector-borne transmitted disease in the United States. This joint collaborative project not only provides stakeholders with important information on tick ecology in different environments, but a critical understanding on

how we can control and prevent tick-borne diseases from threatening our active duty forces.”

For more news from Navy Environmental and Preventive Medicine Unit Five, visit <http://www.navy.mil/local/nepmu5> or follow NEPMU-5 on Facebook at www.facebook.com/nepmu5.

For more news from Navy and Marine Corps Public Health Center, visit <http://www.navy.mil/local/nmcphc/>.

<https://www.dvidshub.net/news/378392/navy-and-air-force-joint-tick-collecting-land-midnight-sun>



Hospital Corpsman 2nd Class Tanner Peralta collects and preserves tick specimens via small-mammal trapping at Joint Base Elmendorf Richardson, Alaska, Aug. 20, 2020. (Photo By Hugh Cox, Navy and Marine Corps Public Health Center).

Civil affairs, entomologist set mosquito traps at CADJ

By Tech. Sgt. Dana J. Cable, Combined Joint Task Force - Horn of Africa Dec 02, 2020

U.S. Navy Lt. Cmdr. James Harwood, Medical Entomologist and Head of the Vector Biology Research Program at Naval Medical Research Unit No. 3, collaborated with 443rd Civil Affairs Battalion to provide entomology training, supplies, and equipment to the Flight and Operational Medical Aid Station at Chabelley Airfield, Nov. 24, 2020.

U.S. Navy Lt. Cmdr. James Harwood, Medical Entomologist and Head of the Vector Biology Research Program at Naval Medical Research Unit No. 3, collaborated with 443rd Civil Affairs Battalion to provide entomology training, supplies, and equipment to the Flight and Operational Medical Aid Station at Chabelley Airfield, Nov. 24, 2020.

Chabelley will be tested for diseases at the NAMRU-3 Djibouti Research Laboratory on Camp Lemonnier, Djibouti and contribute to the ongoing NAMRU-3 entomology research collaborations with the Djibouti Ministry of Health and the Expeditionary Medical Facility at CLDJ.



<https://www.hoa.aficom.mil/article/23656/civil-affairs-entomologist-set-mosquito-traps-at-cadj>

Photo 1 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medic U.S. Air Force Tech. Sgt. Melan Davenport how to set up traps and identify where mosquitoes are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitoes that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)

“This support was in response to an increase in the number of personnel complaining of insect bites and to prepare the medical staff of Chabelley for the upcoming rainy season, when mosquito numbers are known to increase,” Harwood said.

The supplies and training will allow the aid station personnel to track the numbers of mosquitoes and other biting insects and support the NAMRU-3 entomology research mission in Djibouti, Africa, to better understand the risk of malaria, dengue, and other mosquito-transmitted diseases in East Africa, all of which that may affect U.S. and Partner Nation forces.

According to Harwood the mosquitoes collected in



Photo 2 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medics how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitoes that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 3 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medic U.S. Air Force Tech. Sgt. Melan Davenport how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitos that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 5 of 10: Aid station medics U.S. Army Sgt. Alexander Obanor and U.S. Air Force Staff Sgt. Allison Cope set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitos that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 4 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medic U.S. Air Force Tech. Sgt. Melan Davenport how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitos that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 6 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medic U.S. Air Force Tech. Sgt. Melan Davenport how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitos that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 7 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medics how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitoes that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 9 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medics how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitoes that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 8 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medics how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitoes that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)



Photo 10 of 10: Medical entomologist U.S. Navy Lt. Cmdr. James Harwood teaches aid station medics how to set up traps and identify where mosquitos are breeding Nov. 24th, 2020, at Chabelley Airfield, Djibouti. The traps are used to catch mosquitoes that may carry Malaria, dengue fever, yellow fever, as well as other diseases that pose a direct threat to service members. (U.S. Air Force photo by Senior Airman Cydnie Williams)

NAVY MEDICINE LIVE - Profiles in Medical Power Individuals Providing Medical Power for Naval Superiority

Official blog of the U.S. Navy Bureau of Medicine and Surgery

Dr. Francis Obuseh Epidemiologist/Public Health Educator



Dr. Francis A. Obuseh, a senior Epidemiologist and Public Health Educator poses for a photo at the Navy and Marine Corps Public Health Center in Portsmouth, Virginia.

PEOPLE

Dr. Francis Obuseh completed his doctorate in Public Health at the University of Alabama at Birmingham (UAB). He also earned a Master in Public Health (MPH) in Epidemiology and International Health from UAB and an M.S. in Human Nutrition from the University of Ibadan, Nigeria. Dr. Obuseh is a United States Air Force veteran and a prior recipient of the National Institute of Health (NIH)/Minority International Research Training and Fellowship in

Epidemiology in the UAB Cancer Prevention and Control Training Program, funded by the National Cancer Institute (NCI).

PLATFORMS

Dr. Francis A. Obuseh is a senior Epidemiologist/Public Health Educator. He is the Reproductive and Sexual Health lead at the Navy and Marine Corps Public Health Center (NMCPHC), Portsmouth,

Virginia and a subject matter expert in Public Health, Epidemiology, Infectious Disease, Tropical Medicine, and Preventive Medicine. Dr. Obuseh currently supports the NMCPHC COVID-19 Emergency Operating Center (EOC). He is also a consultant epidemiologist to the Navy Medicine COVID-19 scientific panel and provides expert support for COVID-19 pandemic and other public health concerns.

PERFORMANCE

Dr. Obuseh optimizes health promotion/disease prevention programs to facilitate readiness through force health protection strategies and solutions for current and potential public health threats. He provides health analysis, deliberate and contingency plans supporting the Navy Medicine, and NMCPHC objectives by developing mitigation strategies through the development of public health policies and expand global military prevention services and capabilities. He collaborates with other services and agencies to identify evidence-based efforts that demonstrate effectiveness.

POWER

Dr. Obuseh projects medical power by ensuring warfighters' readiness through education and analysis of medical and non-medical data. This helps determine the best course of action to minimize outbreaks amongst our sailors and marines and shore up potential vulnerabilities. By collaborating with

various teams across the force, he assists in creating user-friendly medical guides and provides subject matter expert support through contingency plans and other forward thinking scenarios. He continues to plan, provide, coordinate, and advise on disease prevention, assessment, and expert data analysis input on public health to deliver public health policies, assurance, and evidence-based training to meet all Navy command's varying needs.

<https://navymedicine.navylive.dodlive.mil/archives/13272>



Dr. Francis Obuseh works on an epidemiologic data analysis plan at the Navy and Marine Corps Public Health Center in Portsmouth, Virginia.

NAVY MEDICINE PRIORITIES

**TO ENSURE THE READINESS OF THE
FLEET AND FLEET MARINE FORCE,
NAVY MEDICINE PROVIDES WELL-TRAINED
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WORKING IN COHESIVE TEAMS ON OPTIMIZED
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NAVY MEDICINE LIVE - Profiles in Medical Power Individuals Providing Medical Power for Naval Superiority

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Lt. Cmdr. Harry Qui Assistant Director for Administration and Logistics Officer

PORTSMOUTH, Va. (Dec. 15, 2020) Lt. Cmdr. Harry Qui poses for a photo at Navy and Marine Corps Public Health Center in Portsmouth, Virginia. US Navy photo by Hugh Cox/Released.

PEOPLE

DR. Harry Qui received his degrees from University of Connecticut. He is a prior recipient of medical research training grant from National Institute of Health. He has published in numerous peer-reviewed journals and recently presented at an international scientific conference. He enhanced his career by attending the rigorous Navy Medical supply and finance course, FMMTC.

PLATFORMS

Dr. Francis A. Obuseh is a senior Epidemiologist/ Lt. Cmdr. Qui is currently assigned to Navy and Marine Corps Public Health Center in the Director for Administration, working as the Assistant Director for Administration and Logistics Officer.

PERFORMANCE

As the ADFA, he oversees administrative functions, HR – hiring and recruiting, plus critical IT infrastructures. He ensures the command receives appropriate support. As the logistics officer, he works closely with NEPMU/FDPMU on all their supply needs. This includes test gears for detecting COVID-19.

POWER

Lt. Cmdr. Qui uses his administrative skills to facilitate

commands daily administrative needs. He uses knowledge gained from his formal education when interacting with command's staff epidemiologists and medical professions in answering taskers and crafting guidance and policies. He ensures the Navy and Marine Corps Public Health Center and Navy Environmental and Preventive Medicine Units (NEPMUs) have the equipment, supplies and communications needed to provide support to warfighters.

<https://navymedicine.navylive.dodlive.mil/archives/13272>



Lt. Cmdr. Harry Qui working from his desk at the Navy and Marine Corps Public Health Center.

NAVY MEDICINE PRIORITIES

TO ENSURE THE READINESS OF THE
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NAVY MEDICINE PROVIDES WELL-TRAINED
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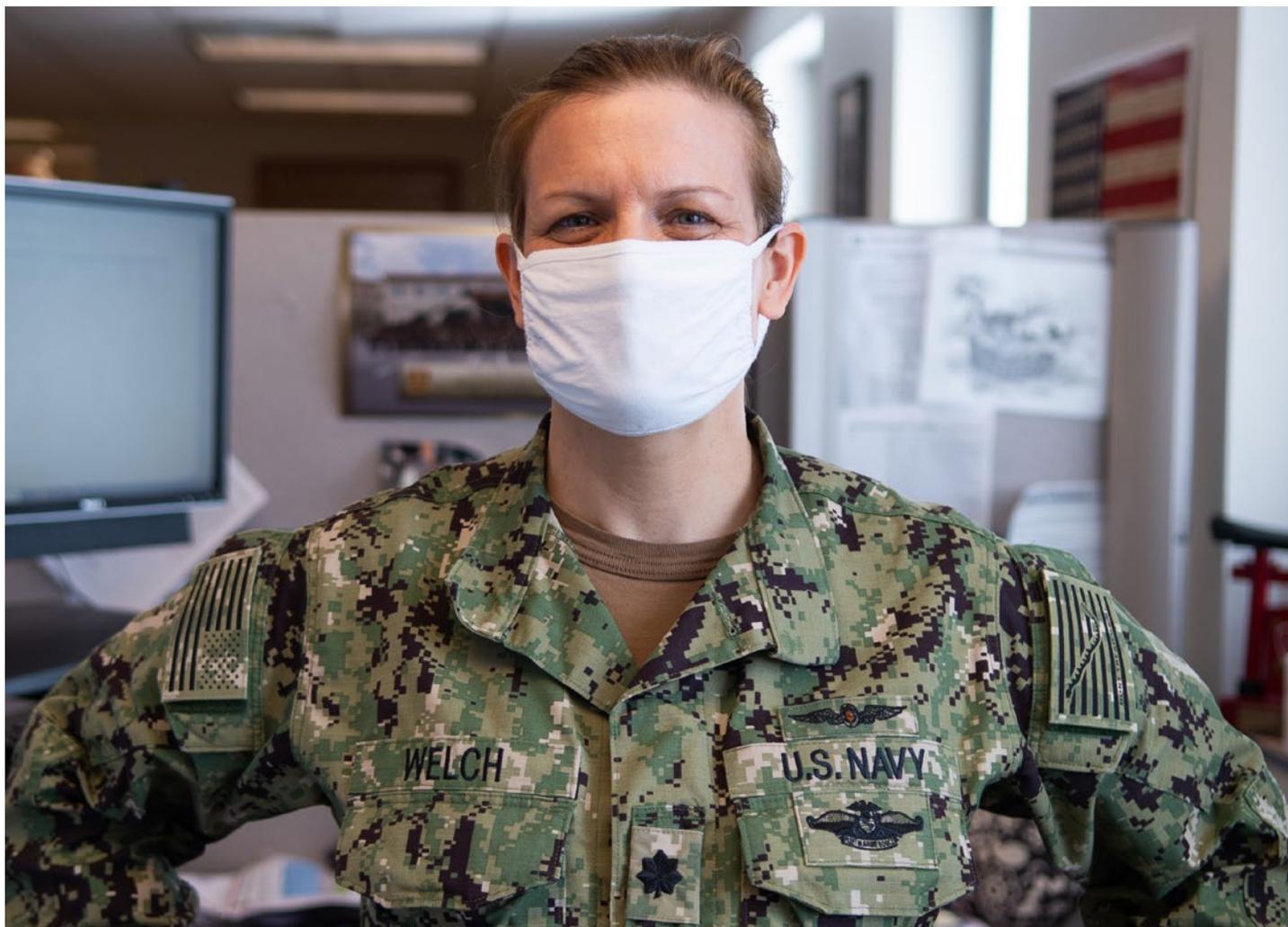


NAVY MEDICINE LIVE - Profiles in Medical Power Individuals Providing Medical Power for Naval Superiority

Official blog of the U.S. Navy Bureau of Medicine and Surgery

Cmdr. Rebecca Welch

Navy and Marine Corps Public Health Center Preventive Medicine Officer



Cmdr. Rebecca Welch, Programs and Policies Support Department Head at the Navy and Marine Corps Public Health Center. (US Navy Photo by Max Lonzanida/Released)

PEOPLE

Cmdr. Welch completed medical school at Des Moines University College of Osteopathic Medicine and Surgery in 2005, earning a Doctor of Osteopathy degree. Following an operational tour in Okinawa, Japan, she attended the Uniformed Services University of the Health Sciences (Preventive Medicine residency, Master of Public Health, and Certificate in Global Health), earning a Master of Public Health degree and completing a residency in

Preventive Medicine. She also earned a Master's degree in Exercise Physiology from the University of South Carolina, and is an alumnus of Clemson University, where she earned a Bachelor of Science in Biochemistry in 1997. In 2007, Cmdr. Welch attended flight school, earning wings as a Flight Surgeon, and in 2017, she became qualified as a Fleet Medical Force physician.

PLATFORMS

Currently assigned as Department Head of the Programs and Policy Support Department, within the Division of Preventive Medicine at the Navy and Marine Corps Public Health Center (NMCPHC) in Portsmouth, Virginia. Cmdr. Welch's platform supports readiness by providing subject matter expertise on communicable diseases and other public health issues and how they can best be managed aboard ships and submarines, as well as in garrison and field environments, maximizing warfighting capabilities.

PERFORMANCE

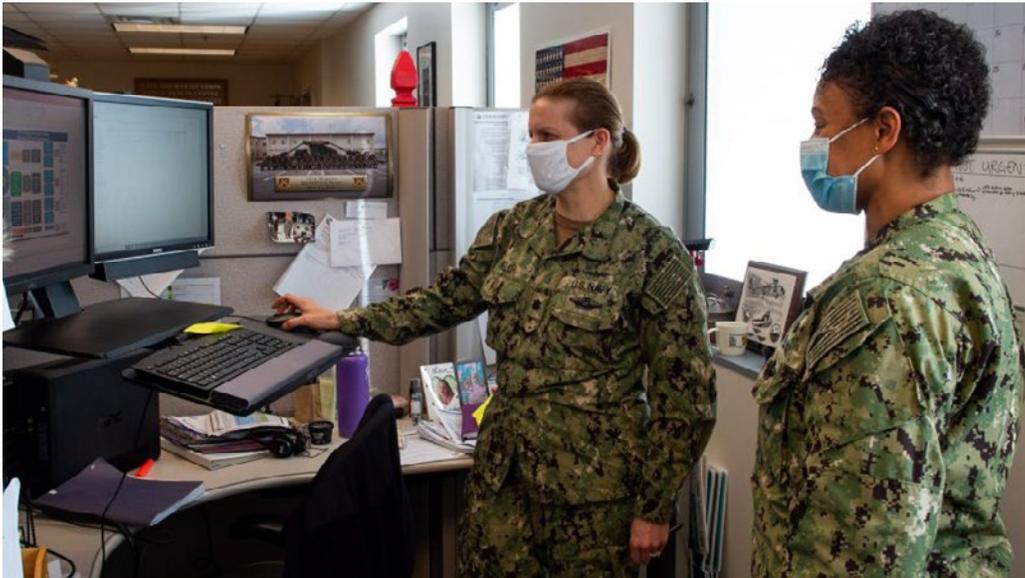
Cmdr. Welch enhances productivity of the team by integrating well with other departments and

directorates, and she makes her own performance better by striving to continually read and regularly consult with her peers throughout the Fleet. Cmdr. Welch helps others perform better by encouraging their efforts and through recognition of their hard work.

POWER

Cmdr. Welch ensures that warfighters are ready to fight by providing carefully developed plans for mitigating communicable disease on ships, subs, and within garrison environments. When warfighters are healthy and well, they can focus on the mission.

<https://navymedicine.navylive.dodlive.mil/archives/13336>



Cmdr. Rebecca Welch and Chief Hospital Corpsman Delita Shields collaborate on a presentation at the Navy and Marine Corps Public Health Center in Portsmouth, VA. (US Navy Photo by Max Lonzanida/Released)

NAVY MEDICINE PRIORITIES

TO ENSURE THE READINESS OF THE
FLEET AND FLEET MARINE FORCE,
NAVY MEDICINE PROVIDES WELL-TRAINED
PEOPLE,
WORKING IN COHESIVE TEAMS ON OPTIMIZED
PLATFORMS,
DEMONSTRATING HIGH VELOCITY
PERFORMANCE,
TO PROJECT MEDICAL
POWER
IN SUPPORT OF **US NAVAL SUPERIORITY.**



BUMED Transition to Navy Enterprise Resource Planning Affects Funds Users: Transition to be Complete by October 2021

By Jennifer Zingalie, Navy and Marine Corps Public Health Center



(Graphic by Abraham Essenmacher, Navy and Marine Corps Public Health Center)

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The Bureau of Medicine and Surgery (BUMED) is transitioning non-medical treatment commands, from The Standard Accounting and Reporting System, Field Level (STARS-FL) to the Navy Enterprise Resource Planning (ERP) by October of this year.

Navy ERP consolidates critical business functions, such as financial reporting, payroll, timekeeping, and budgeting into one integrated system. According to BUMED's Navy ERP (M82) Office, approximately 50 percent of the Navy's current budget is executed in Navy ERP. Additionally, multiple Budget Submitting Offices (SBO's) have already migrated or have plans to migrate the next few years

The migration is a collaborated effort that starts at the highest levels. Leading the transition for the Navy and Marine Corps Public Health Center (NMCPHC) is the Resource and Materials Management Department, designated as the Command Migration Team (CMT).

Who will see the most impact? Initially, personnel who perform Accounting and Budgeting, Travel, Procurement, Auditing, Payroll/Labor and Purchase Cards will see the most change, and will be provided

training and support. According to Joe McDonough, Senior Financial Management Analyst for NMCPHC, the goal is to conduct a seamless transition.

"For now, there is no major change for the end-user," he said. "They should however, notice a smoother, and speedier process for things such as travel claims."

During the months of January and February the CMT will be ramping up their transition efforts by completing tasks such as data mapping and validation, and specified training.

Navy ERP supports the Navy's notion to be a "Global Force for Good." According to the Assistant Secretary of the Navy for Research, Development, and Acquisition, Navy ERP:

- Minimizes redundant, multimillion-dollar IT systems to reduce costs and increase business efficiency
- Increases access to accurate data across the Navy enterprise worldwide, updated in real-time
- Reliably produces auditable financial statements
- Navigation is highly intuitive
- Reduces errors and user rework
- Is a career investment that equips you with highly transferrable skills

- Drives productivity by cultivating transferable ERP skills at the staff level

“Outdated business practices and systems... drain scarce resources and impede our ability to anticipate and adapt... improving accountability and management functions are not ‘nice to haves’ — they are operational imperatives,” DON Business Operations Plan: Agility & Accountability Version 1.2

The NMCPHC CMT will continue to provide the latest updates on the Navy ERP transition as well as notify employees of any changes or affects they may see due to the migration to the new system. Please stay tuned. [Submit questions concerns to: usn.hampton-roads.navmcpubhlthcenpors.list.nmcpHC-pao@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcpHC-pao@mail.mil)

Attention!

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

Conference

Postponed Until 2022

Stay tuned for more information on the dates and times



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

Navy Surgeon General Awards 2019 Health and Wellness Award

Courtesy Story Navy and Marine Corps Public Health Center

In Case You Missed It



Ms. Jenni Osborne, Navy and Marine Corps Public Health Center (NMCPHC) Navy Blue-H Project Manager, presents the 2019 Blue-H flag to U.S. Navy Rear Adm. Bruce Gillingham, the surgeon general of the Navy, during his visit. A record-breaking 506 Navy and Marine Corps commands were awarded the Navy Surgeon General's Health and Wellness Award (Blue H) for 2019. The award recognizes those commands that focus on prevention efforts to minimize preventable injuries and absences in order to keep overall readiness high. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Jessica Dowell/Released)

PORTSMOUTH, VA, UNITED STATES - 10.22.2020

A record-breaking 506 Navy and Marine Corps commands were awarded the Navy Surgeon General's Health and Wellness Award (Blue H) for 2019. The award recognizes those commands that focus on prevention efforts to minimize preventable injuries and absences in order to keep overall readiness high.

The 2019 winners highlighted in the Navy Surgeon General's message include 16 U.S. Navy aircraft carriers, 79 Navy flying squadrons, 54 surface ships/surface forces units, 89 Shore Based Command, 80 Navy medical treatment facilities, 10 USMC Semper Fit Centers, 82 Marine Corps commands and 96 Navy Reserve Operational Support Centers.

All Navy and Marine Corps commands can apply for the award. The award is earned at three levels: Gold Star, Silver Eagle and Bronze Anchor.

The goal of the Blue H, which is managed by the Navy and Marine Corps Public Health Center (NMCPHC), is to encourage and reward primary prevention efforts in Navy and Marine Corps workplaces, communities and medical treatment facilities. These commands are critical to maintaining a fit and ready force. Helping Sailors and Marines improve health behaviors also helps their quality of life and lowers long-term health care costs. Health topics covered by award criteria include responsible drinking, injury and violence-free living, healthy eating, active living, psychological health, sexual health, tobacco-free living and weight management.

“These efforts can also positively affect organizational morale,” said Jenni Osborne, Blue H Project Manager.

“The Blue H criteria provide a cookbook for activities, materials, policies and target objectives for health promotion programs. This ready-to-use format is especially helpful for collateral-duty health promotion coordinators.”

View the complete list of 2019 Blue H winners and criteria for the 2020 Blue H Award at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/blue-h.aspx>

Follow the Navy and Marine Corps Public Health Center on Facebook for the latest news and updates on health promotion and wellness.

For more news from Navy and Marine Corps Public Health Center, visit: www.navy.mil/local/nmcpHC/.

WE'RE ON INSTAGRAM, FACEBOOK AND TWITTER FOLLOW US @NMCPHC

TO STAY ON
TOP OF THE
LATEST
TRENDS IN
NAVY PUBLIC
HEALTH AND
COVID-19



Jan/Feb HPW Newsletter

NEW!

Health Promotion & Wellness

January/February 2021

January is Healthy Weight Month

Start 2021 Off Right With Healthier Eating Habits

Okay, 2020 was a bit of a tough year and it is now officially behind us! Let's spend 2021 focusing on improving our food choices and our relationship with food. Instead of thinking about all of the foods that we shouldn't eat, or thinking that healthy foods can't taste great, let's focus on how much better we feel when we make healthier choices. These choices don't have to be impossible. Keep it simple:

- Eat more fruits and vegetables. Aim for 5-10 servings of fruits and vegetables every day. Eat more non-starchy vegetables than starchy vegetables. Eat more vegetables than fruit.
- Drink water! Adding 1-2 glasses before each meal may help you eat less. Aim for a daily goal of half your body weight in ounces.
- Catch some zzzs! Adults need 7-9 hours of sleep each night to keep our brain working at peak levels. People who consistently get the recommended sleep each night have better control over their weight.
- Get moving. Standing burns twice the calories that sitting does, so add frequent standing breaks. Better yet, add a few walking breaks to get more steps in each day. We feel better when we move more.
- Socialize. Even if it's virtually, stay connected to friends and family. Supportive relationships are critical to staying mentally strong.
- Chances are pretty good that 2021 is going to be a way better year than 2020. Let's get the new year started off strong!

For more Healthy Weight month resources, review the [NMCPHC HPW Toolbox](#).

Need ideas for how to plan your meals? Use the resources available in the [MyPlate Plan](#).

Click [here](#) to check out which [Fruits and Veggies](#) are in season, then head to the Commissary's [website](#) for recipe ideas.

Check out our New Logo!

Here is the new Navy and Marine Corps Public Health Center Logo! You will see many of our handouts, webpages, etc getting this update and more in coming months. This logo was updated to reflect changes happening in Navy Medicine.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION



NMCPHC Trainings and Conferences

DOEHRs-IH Training

Upcoming 2021 Course Dates TBD.

Disease Reporting System internet (DRSi) Webinars

February 23, 2021:

Times: 0900ET, 1500ET, 1700ET

If they need 2021 CME/CNE credits they can register here: <http://go.usa.gov/xx2XV>

Note: It is still co-hosted by the same groups noted in your previous posting (the Army and Air Force groups you noted below). It is held via DCS: <https://conference.apps.mil/webconf/monthlysurveillancetraining2021>

Occupational and Environmental Medicine

(OEM) Fundamentals Course

Upcoming 2021 Course Dates TBD.

Spirometry Training Course

Upcoming 2021 Course Dates TBD.

Tobacco Cessation Facilitator Training

February 24-25 2021: HP Advanced Online Training, Microsoft Teams Online,
For more information email usn.hampton-roads.navmcpublthcenpors.list.nmcpHC-hpw-training@mail.mil