What’s New in Public Health

Happy New Year! Click the links below to discover the latest news and updates from NMCPHC!

NMCPHC Updates

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Public Health in the News

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- 3-D Mapping Gets Service Members Back to Work after Heart Procedures – Science.dodlive.mil
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NMCPHC Upcoming Training & Conferences

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- February 2: Navy Tobacco Cessation Facilitator Training

NMCPHC Field Activity Education & Training

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Healthy Weight Toolbox

American adults are facing weight issues at an alarming rate. Since 2007, nearly 70 percent of those ages 20 and older are considered overweight or obese.\(^1\) The military population is facing similar concerns about excessive body weight. According to the 2014 Fleet and Marine Corps Health Risk Assessment Annual Report, 64 percent of Navy, Marine Corps and Coast Guard service members who completed the assessment were classified as overweight or obese based on self-reported criteria.\(^2\) Extra pounds can decrease quality of life and increase health problems such as heart disease, diabetes, stroke and some types of cancer.\(^3\) The Navy and Marine Corps Public Health Center (NMCPHC) is committed to providing Sailors, Marines, beneficiaries and Department of Defense (DoD) civilians with the tools they need to learn how to make healthier choices to achieve or maintain a healthy weight. In this toolbox, we provide a variety of resources and tools that will help positively change behaviors related to healthy eating, active living and psychological and emotional well-being. Click here to learn more >>

Quick Hit – Winter Has Come

The King in the North isn’t the only one who has to worry about winter. While it may be a wonderful time of year for many, some experience extreme cold; cold that brings more complications than just White Walkers. Learn how to keep yourself safe from the Night King’s icy wrath. Click here to read more >>

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 >>

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2017 Year in Review: A Look at the Inspiring Individuals Who Help Shape the MHS

Members of the Military Health System (MHS) family, spread across the country and overseas, have made a mark on the MHS this year. Here are few of these influential highlights. Click here to read more >>

3-D Mapping Gets Service Members Back to Work after Heart Procedures

Imagine being diagnosed with a heart rhythm condition, a fast or irregular heartbeat. For many in the military, these would be considered career-ending events. Cardiac electrophysiologists at Walter Reed National Military Medical Center are improving the futures of active duty service members with these heart rhythm conditions. Walter Reed Bethesda is using 3-D mapping to detect heart ailments that once required open heart surgery. Once these conditions are identified, cardiac electrophysiologists use a catheter to enter the patient’s leg near the groin area and reach all the way to the heart, correcting the problem. Click here to read more >>

Navy Medicine East, a Ready, Agile and Rapidly Responsive Medical Force

Navy Medicine East (NME) — comprised of more than 100 medical centers, hospitals and clinics spanning the eastern hemisphere and 10 global public health activities — achieved many milestones in 2017 in support of its mission as a ready, agile and rapidly responsive medical force that directly supports the Navy and Marine Corps, America’s premier expeditionary forces. Throughout the year, NME personnel provided mission support to U.S. Northern, Southern, European, Africa, Central and Pacific Commands. This included more than 40,000 cumulative days of deployment days by active-duty personnel in fiscal year 2017. Click here to read more >>

NEMTI Hosts Expeditionary Medical Facility Training

Naval medical personnel, both active duty and reservists from various bases, participated in Expeditionary Medical Facility Training at the Naval Expeditionary Medical Training Institute on Camp Pendleton from December 11 – 15, 2017. The training facility, constructed of tents, included a 50-bed field hospital with an intensive care unit, operating room and ambulatory care capabilities. Participants ran through scenarios and practiced treating "casualties" in a simulated combat environment. Click here to read more >>
**DOEHRS-IH Training**

**January 29 – February 2**

Naval Health Clinic Pearl Harbor, HI

The industrial hygiene (IH) module of the Defense Occupational Environmental and Health Readiness System (DOEHRS-IH) is a web-based application that is used to collect 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. There is no fee for this course. However, students and their commands are responsible for their own transportation, lodging and per diem arrangements and expenses. [Click here to learn more >>](#)

**Navy Tobacco Cessation Facilitator Training**

**February 2**

Walter Reed National Military Medical Center Bethesda, MD

Tobacco cessation courses are offered at a variety of locations including ashore and afloat commands as well as MTFs. The Tobacco Cessation Facilitator Training course equips individuals with the knowledge and skills required to become tobacco cessation facilitators at their local command in order to assist others with quitting tobacco. The course will familiarize attendees with individual and group treatment program approaches as well as the counseling skills and knowledge to effectively help tobacco users quit their addiction. In this course, attendees will learn the components of the American Cancer Society’s Freshstart® tobacco cessation program as well as additional topics useful for conducting tobacco cessation, such as facilitation skills and behavior change. Attendees will also receive materials and guidance to execute tobacco cessation programming at the local level. [Click here to learn more >>](#)
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 Navy Environmental Preventive Medicine Unit Two’s (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 Forward Deployable Preventive Medicine Unit (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 >>]