



## **Captain Jessica S. Worst**

Commander

U.S. Coast Guard Forces Micronesia/Sector Guam

Captain Jessica Worst assumed command of U.S. Coast Guard Forces Micronesia/Sector Guam and U.S. Coast Guard Captain of the Port Guam Zone in October 2024, placing her at the helm of the Service's largest and most remote sector, overseeing extensive operations across the western Blue Pacific.

Prior to this role, she served as chief of the Current Operations Division at U.S. Northern Command, leading 85 joint force personnel and directing operations and synchronizing operational component effects through extensive coordination with other combatant commands, interagency partners, and partner nations to meet shared goals.

Her more recent service includes tenure as the executive officer of USCGC Healy (WAGB 20), the nation's largest icebreaker, which notably circumnavigated North America in 2021. Preceding this she was a federal executive fellow at the Brookings Institution, honing her strategic acumen.

Previous staff assignments include crafting significant portions of the Service's annual budget request as a program reviewer and budget coordinator in the U.S. Coast Guard Headquarters Office of Budget and Programs. Her operational experience is extensive, with time on multiple cutters, including in Oceania as commanding officer of USCGC Sequoia (WLB 215) in Guam.

A native of Ledyard, Connecticut, she is a 2000 graduate of the U.S. Coast Guard Academy, earning a bachelor's degree in marine and environmental science. Her graduate education was at the University of Rhode Island achieving a master's degree in oceanography in 2011.

Her dedication to service is reflected in her numerous awards, which include the Defense Superior Service Medal and Joint Service Commendation Medal, the Meritorious Service Medal (2), Coast Guard Commendation Medal (5), Coast Guard Achievement Medal (2), and a host of unit and team awards. She earned her Permanent Cutterman's Insignia in 2008.

She is navigating her journey alongside her husband, Aaron Parker.



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