

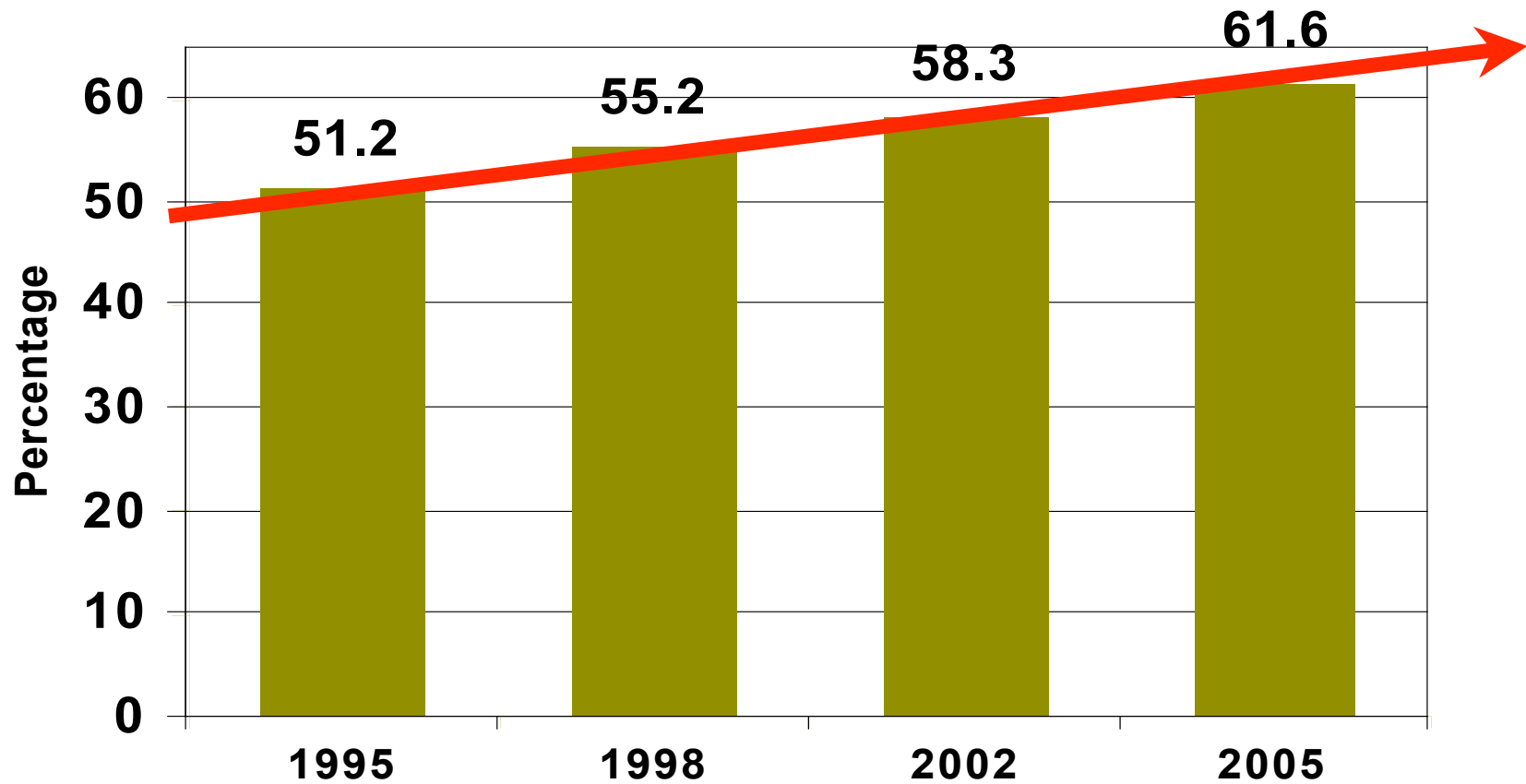
The Military Salutes Whole Grains



Lori Tubbs MS, RD, CSSD, CSCS
Naval Special Warfare/NEHC
Norfolk, VA



Overweight Epidemic: Active Duty Members Are Not Immune



Overweight AD over 20 years old
2005 DoD Health Behavior Survey

Poor Health...a normal response to our current environment??

“If people do not think about being successful at maintaining health in the current environment, most people are going to become unhealthy...poor health is a normal response to our current environment.”

Dr. James Hill
Center for Human Nutrition
University of Denver





**ADM John B. Nathman, Commander, U.S. Fleet Forces Command
Commander, U.S. Atlantic Fleet**

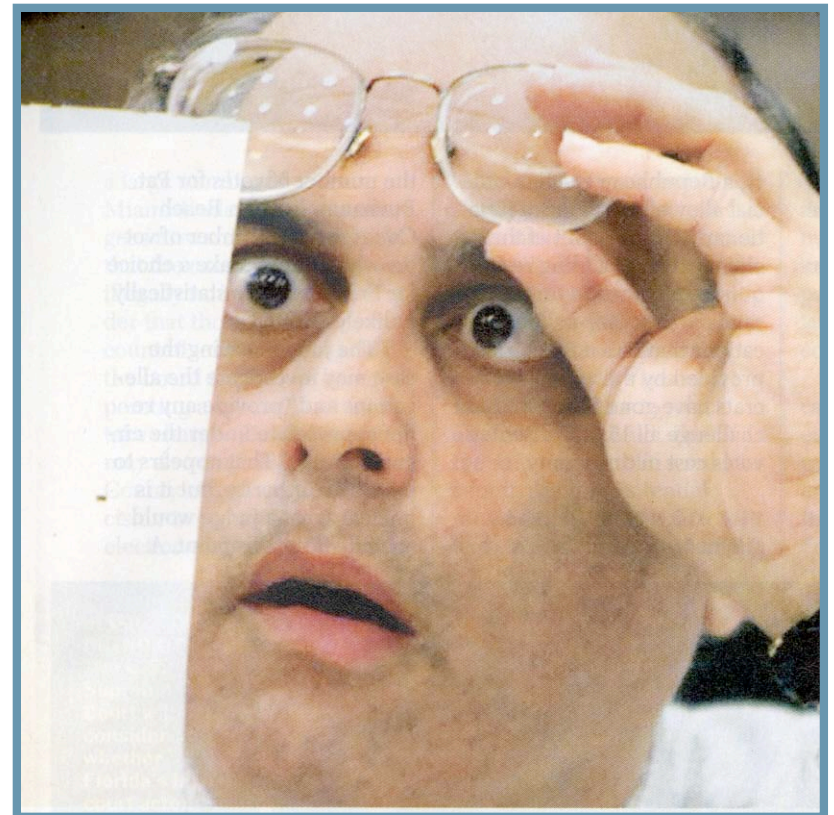
“THE DEMANDS OF OUR PROFESSION REQUIRE THAT EACH OF US BE PHYSICALLY FIT AND MENTALLY TOUGH AT ALL TIMES. THIS IS A PURE READINESS ISSUE, AND IT REQUIRES **COMMITMENT AT THE COMMAND LEVEL TO MAKE FITNESS A PRIORITY, TO PROVIDE HEALTHY FOOD CHOICES, AND TO MAKE EXERCISE TIME AVAILABLE.** THIS IS ALSO A LIFE-LONG INVESTMENT EACH OF US SHOULD MAKE FOR OUR FAMILIES AND OURSELVES.”



Changing the Environment For the Health of It

There are two basic approaches to changing our present environment to better promote health and well-being:

- **Defensive**
- **Offensive**





Nutrition Environment Partnerships



Defensive Approaches

- **Awareness Raising**
- Health Risk Appraisals
- Pedometers
- **Menu Modification**
- **Vending Machines**
- **Cafeterias**
- **Dishes**
- Portion Sizes
- Role Playing to Decline Prompting
- **Grocery Store Lists**
- **Social Support Networks**



Healthy Alternatives Vending

☒ **Criteria Established under guidelines of:
Institute Of Medicine (IOM), Washington
D.C. and National Acedemy Of Sciences
(NAS):**

☒ **Whole Grain Snacks**

☒ Baked Chips

☒ Tuna Packs

☒ Dried Fruits

☒ Trail Mixes

☒ Nuts/Seeds

☒ **Sports Bars**

☒ 100% Juices

☒ Low Fat Milk Products





DECA Shelf Talkers

Healthy Tips!

Try to limit added sugars such as high fructose corn syrup, sucrose & syrup. Look for high fiber & whole grains.

Top your cereal with fresh fruit!

Visit www.commissaries.com for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans



Healthy Choices
FOR LIFE



Healthy Tips!

Choose snacks lower in saturated & *trans* fats, cholesterol, and sodium.

Try whole grain cereals as a snack alternative!

Visit www.commissaries.com for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans



Healthy Choices
FOR LIFE



Healthy Tips!

Look for whole-grain ingredients (such as whole wheat, oats, rye, or oatmeal) listed first on the label; or wild or brown rice.

Try wheat flour or oatmeal when making cookies or other baked treats!

Visit www.commissaries.com for more healthy tips.

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Healthy Tips!

Look for whole-grain ingredients (such as whole wheat, oats, rye, or oatmeal) listed first on the label; or wild or brown rice.

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Healthy Choices
FOR LIFE



Social Support Crews Into Shape

- 4 week challenge / every March
- Goal = establish daily habits: exercise, fruit/veggies, fluid intake
- Military workplace focus (Crews of 2 – 10 people)
- T-shirts to Top 3 Crews
- Web-based registration
- In 2006:
 - 3200 participants in 400 Crews
 - 56% met weight loss / weight gain goal
 - Most agreed the challenge helped establish new daily habits:
 - **Exercise (78%)**
 - **Fruit and Veggie intake (89%)**
 - **Fluid intake (86%)**
- http://www-nehc.med.navy.mil/hp/crews_into_shape/index.htm



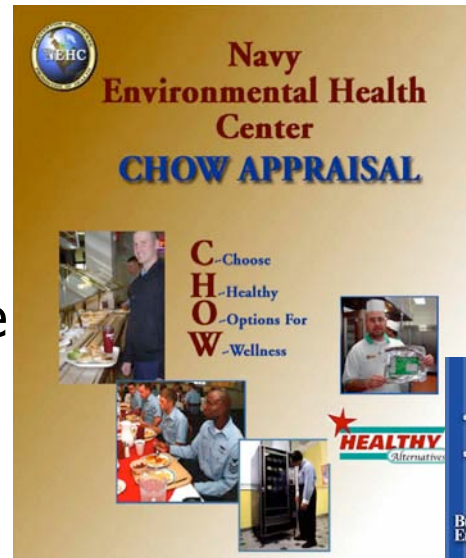
Social Support

Nutrition Environment Enhancement Team- NEET

- Working subgroup to the OASD Weight Management IPT
- Triservice partnership of dietitians and DoD food services
- Reported last to the IPT on a DoD vending criteria
- Currently working on the combination of the Air Force and Navy nutrition assessment tool and score card

Offensive Strategies

- **Comprehensive health risk assessments/nutrition appraisals**
- Elimination of fast food contracts in schools and on military bases
- Holistic approaches to change
- Packaging maximums
- **Nutritional labeling**
- Smart buildings
- Smart appliances
- Community construction
- Class action suits?
- New public policy



Nutrition and Overweight Objectives

Weight Status and Growth

- Healthy weight in adults ●
- Obesity in adults ●
- Overweight or obesity in children and adolescents ●
- Growth retardation in children ○

Food and Nutrient Consumption

- Fruit intake ○
- Vegetable intake ○
- Grain product intake ○
- Saturated fat intake ○
- Total fat intake ○
- Sodium intake
- Calcium intake

Iron Deficiency and Anemia

- Iron deficiency in young children and in females of childbearing age
- Anemia in low-income pregnant females ●
- Iron deficiency in pregnant females (dev.)

Schools, Worksites, and Nutrition Counseling

- Meals and snacks at worksites
- Worksite promotion of nutrition education and wt management
- Nutrition counseling for medical conditions

Food Security

- Food security ○

● Improving ● Getting worse ○ Little or no change Cannot assess (limited data)

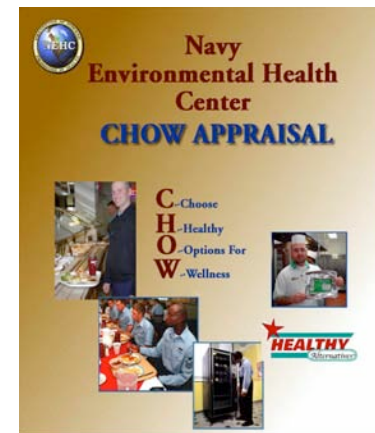
How Good is YOUR CHOW??

Two CHOW Assessment Tools

- Developed to help Navy and Marine Corps communities and commands assess their environment to find out if and how it supports healthy eating
- Based upon the Michigan Department of Community Health and Michigan Public Health Institute's assessment tool called NEAT
- On-line submissions are available on survey monkey through NEHC

Two Appraisals & Training

- Community
- Workplaces
 - Restaurants and galleys
 - Refrigerated and unrefrigerated vending machines
 - Convenient stores and mini marts
 - Commissaries
 - Schools & after school programs
 - Worksite promotion of healthy eating
- CHOW Training



Command Responses

- Navy Medical Center Portsmouth
- CVN 75 – USS Harry S. Truman
- ONI Washington DC
- Naval Hospital 29 Palms
- Naval Hospital Okinawa
- Naval Hospital San Diego
- Navy Personnel Command
- Wallops Island Surface Warfare Command

Chow Overall Assessment Score Card

	CHOW Score (0-11)	Example CHOW SCORE
<p>1.1 Quality Assurance (Customer care average score 4.00) is met (More than 50% positive assessment)</p> <p>#10.11 points: Fully supportive = 2 points #11.11 points: Mostly supportive = 2 points #12.11 points: Partially supportive = 1 point #13.11 points: Not at all supportive = 0 points</p> <p>No customer ratings = full</p>		10.4 (10.4 points of 11 possible)
<p>1.2 Help score (more items available)</p> <p>#11.12 points: Fully supportive = 2 points #12.12 points: Mostly supportive = 2 points #13.12 points: Partially supportive = 1 point #14.12 points: Not at all supportive = 0 points</p> <p>No customer ratings = full</p>		1 (1 point of 11 possible)
<p>1.3 Average time to resolve customer issues (see average score 4.00) is met (More than 50% positive assessment)</p> <p>#11.13 points: Fully supportive = 2 points #12.13 points: Mostly supportive = 2 points #13.13 points: Partially supportive = 1 point #14.13 points: Not at all supportive = 0 points</p> <p>No customer ratings = full</p>		1 (1 point of 11 possible)
<p>1.4 Anticipating customer needs (see average score 4.00) is met (More than 50% positive assessment)</p> <p>#11.14 points: Fully supportive = 2 points #12.14 points: Mostly supportive = 2 points #13.14 points: Partially supportive = 1 point #14.14 points: Not at all supportive = 0 points</p> <p>No customer ratings = full</p>		1 (1 point of 11 possible)
<p>1.5 Promoting Healthy Eating</p> <p>#11.15 points: Fully supportive = 2 points #12.15 points: Mostly supportive = 2 points #13.15 points: Partially supportive = 1 point #14.15 points: Not at all supportive = 0 points</p> <p>No customer ratings = full</p>		1 (1 point of 11 possible)
<p>Average CHOW score 100 (not include those that did not rate)</p> <p>Overall Rating</p> <p>Req. 1 = Fully supportive Req. 2 to 2.5 = Mostly supportive Req. 3 to 3.5 = Partially supportive Req. 4 to 4 = Not at all supportive</p>		10.4 10.4 points of 11 possible
		"Mostly Supportive"

CHOW Results

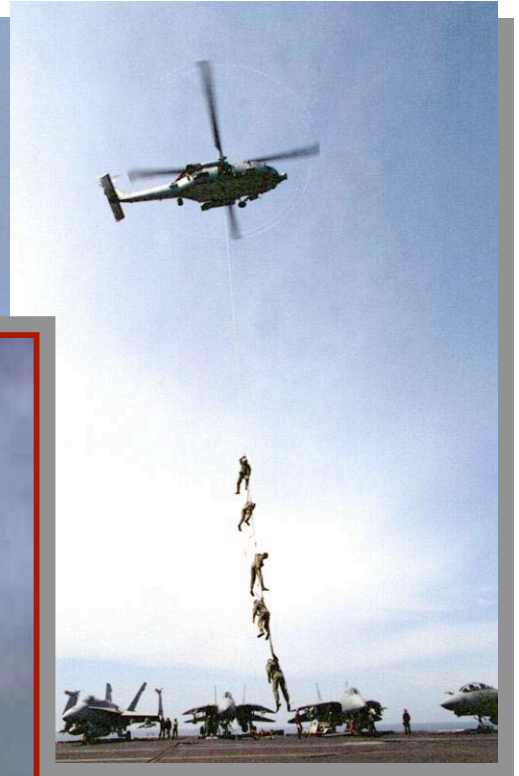
- Galley rated highest among the commands rating between “Mostly to “Fully Supportive”
- Ship’s stores/mini marts rated “Partially to “Mostly Supportive”
- Vending machines (refrigerated and non-refrigerated) rated “Partially to Mostly Supportive”
- Overall CHOW scores averaged “Partially to Mostly Supportive”

Current Nutrition Environmental Initiatives

- NEXCOM Healthy Alternatives Program
- DECA/Tricare Healthy Lifestyles Program
- NSW Meal Recovery Program
- NAVSUP Healthy Cycle Menu/DoD Standards
- Mid-Atlantic Food Services Healthy Alternative Program
- MWR Collaboration in Healthy Alternative concepts and initiatives

Future Health Promotion Efforts & Innovations

- DoD CHOW Appraisal
- Incentives for Healthy Communities & Worksites
- Commander's Report Cards
- Health Promotion Ribbons and Medals
- Full time billets for Health Promotion leadership to assist in improving base communities and worksites
- Base health promotion coalitions to work with city and town community leaders
- Command Awards



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