Physical Readiness Program

PRCO Conference

26-27 September 2017

LT Pamela Gregory
Recent Articles FY16

- American’s Obesity Problem is a National Security Issue
- These are the Fattest and Fittest Cities in America
- The U.S. military has a huge problem with obesity and it's only getting worse
Health consequences

- cardiovascular diseases (mainly heart disease and stroke), which were the leading cause of death in 2012;
- diabetes;
- musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints);
- some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon).

http://www.who.int/mediacentre/factsheets/fs311/en/
High Cost of Poor Eating to Navy

- Deterioration of Mission Readiness (obese and non-obese)
  - Productivity
  - Mood
  - Cognition
  - Depression
  - Energy levels
  - ADSEP for PFA
  - Suicide ideation
  - Decreased morale
What We Know

- Servicemembers eating habits are
  - low in fruits, vegetables and whole grains and
  - high in refined carbohydrates, saturated fat and over abundance of energy drinks
- FY14 70% of PFA failures were BCA failures
- FY16 44% of PFA failures are BCA failures
- Mental well-being is linked to nutrients
- Many factors determine nutrition choices
- Changing the food environment leads to changes in individual behavior
Effective nutrition policy can address changes to the environment which help individuals take responsibility for improving their own nutrition

- Increasing access to healthy options
- Decreasing access to unhealthy options
- Increasing food labeling
- Promoting nutritious foods

Nutrition skill building is needed to choose, prepare and enjoy healthy foods
High Quality Defined

- More fruits and vegetables
- More whole grains—not just whole wheat
- More low-fat/fat-free dairy products
- More low calorie beverages, 100% juices, low sodium juices, and water
- Fewer foods high in salt
- More low sugar, non-artificially sweetened
- More seasonal, local, and organic options
21st Century Sailor Initiative

Readiness: Most Mentally Prepared Service Members and Family in Department History

The Objective

The 21st Century Sailor and Marine initiative is a set of objectives and policies, new and existing, across a spectrum of wellness that maximizes each Sailor’s and Marine’s personal readiness to form the most combat effective force in the history of the Department of the Navy (DoN).

We want to provide our Sailors, Marines...

Message from the Secretary

"Over the past decade, you in the Navy and Marine Corps Team have proven you can withstand sustained, high-operation tempo. The new Defense strategy will put increased responsibilities"

Blogs

Big Week For LCS Program
Friday, May 04, 2012

Pacific Partnership 2012: The Mission
Friday, May 04, 2012

Remembering Music on Iwo Jima (Features)
(Marines Uncovered)
Thursday, May 03, 2012
What We’re Doing

- Cradle to grave nutrition concept
  - Nutrition Curriculum and initiatives for recruits
  - Nutrition information at training school

- In the Fleet now
  - Navy Operational Fueling series
  - “Go for Green” food identification system
  - Mission Nutrition course

- Goal
  - Healthier Recruits
  - Healthy Sailors
  - Healthy Retirees
Website Resource

Our Mission
Set the foundation to install a Culture of Fitness that assists Sailors in developing their ability to complete tasks that supports the command mission and Navy operational readiness.

What's New
NAVADMIN 141/17
Hidden in Plain Sight
3 Step BCA Process - 14 Mar 17
Proxy Server Error Instructions
Holiday Eating Tips
19 Oct 16 - The Physical Readiness Information Management System (PRIMS) has been down for reprogramming to address new policy requirements and security concerns. CANES users have not been able to access PRIMS to date. SPAWAR and BOL were able to implement changes that made the application available to all users on
• Tri-Service tool
• Coalition of community members to assess and address the eating environment
• Assessment areas include:
  – Dining Facility-if applicable
  – Vending Machines
  – Commissary
  – On-Base Eating Establishments
  – Worksite Environment
• Available Online (web-tool)
  – Automatically scores and adjusts for fairness
• Action Plan
### m-NEAT Community Appraisal - Overall Rating:

<table>
<thead>
<tr>
<th>Category</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Center</td>
<td>N/A</td>
</tr>
<tr>
<td>Community</td>
<td>67%</td>
</tr>
<tr>
<td>DFAC (Training)</td>
<td>N/A</td>
</tr>
<tr>
<td>DFAC (Permanent Party)</td>
<td>N/A</td>
</tr>
<tr>
<td>Restaurant (Fast food)</td>
<td>96%</td>
</tr>
<tr>
<td>Restaurant (Sit-down)</td>
<td>26%</td>
</tr>
<tr>
<td>Snack Shop</td>
<td>N/A</td>
</tr>
<tr>
<td>Stores (DeCA: Commissary)</td>
<td>91%</td>
</tr>
<tr>
<td>Stores (Convenience)</td>
<td>5%</td>
</tr>
<tr>
<td>Vending (Non-Refrigerated)</td>
<td>0%</td>
</tr>
<tr>
<td>Vending (Refrigerated)</td>
<td>N/A</td>
</tr>
<tr>
<td>Worksite</td>
<td>33%</td>
</tr>
</tbody>
</table>

Total number of categories scored (12 possible) = 7

**Average m-NEAT score:** 46%

Scores:
- 90-100 = Fully supportive (GREEN)
- 75-89 = Mostly supportive (YELLOW)
- 60-75 = Partially supportive (ORANGE)
- 0-59 = Not supportive (RED)
Code # 1: Green, Yellow, Red

**Green** = EAT OFTEN

**Yellow** = EAT OCCASIONALLY

**Red** = EAT RARELY
# Green, Yellow, Red Codes

<table>
<thead>
<tr>
<th></th>
<th><strong>GREEN</strong></th>
<th><strong>YELLOW</strong></th>
<th><strong>RED</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Processing</strong></td>
<td>Least-processed foods</td>
<td>Some processing</td>
<td>Most-processed foods</td>
</tr>
<tr>
<td><strong>Nutrients</strong></td>
<td>Whole foods, nutrient packed</td>
<td>Some healthful nutrients</td>
<td>Lowest-quality ingredients</td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>High in fiber</td>
<td>Lower in fiber</td>
<td>Minimal fiber</td>
</tr>
<tr>
<td><strong>Sugar</strong></td>
<td>Low in added sugar</td>
<td>Added sugar or artificial sweeteners</td>
<td>Added sugar or artificial sweeteners</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>Healthy fats</td>
<td>Poor-quality fats</td>
<td>Excess fats / Trans fats Fried foods</td>
</tr>
</tbody>
</table>
Code # 2: Sodium

- Code # 2 is sodium or salt content
- The amount of salt service members need varies from person to person
  - Too much can be bad
  - Too little can be bad
The exceptional demands placed on military personnel make good nutrition crucial. HPRC provides information that is based on solid research.
Operational Supplement Safety

LEAD WITH CONFIDENCE

Keep your military family safe. Know the risks of dietary supplement use and how to report adverse events.

Let OPSS be your partner.

https://www.opss.org/
Operation Live Well

Nutrition

Consuming a variety of nutritious foods and beverages keeps you performing and looking your best, whether you are 8, 18, or 80. Discover how to eat well and find some easy, great tasting, and great-for-you recipes by visiting the sites listed below:

Cookbooks
- Eat Well to Live Well
- Herbs
- Grill and Chill
- A to Z Guide of Cooking Tips
- Favorite Fall & Holiday Recipes

Featured Recipe
In support of Operation Live Well’s mission of keeping active duty military members, their families and civilians in the best shape, we’re pleased to share nutritious recipes from Guard Your Health—a resource for the Army National Guard Community.

For more inspiring ideas, visit Guard Your Health!

Celebrate summer with these tasty Fish Tacos with Peach Salsa!

https://health.mil/Military-Health-Topics/Operation-Live-Well/Focus-Areas/Nutrition
OPNAVINST 6110.1J

- Provides detailed Fitness Enhancement Program (FEP) and Command PT Guidelines

- Provides more fitness and nutrition resources to allow members to make informed decisions
Operating Guides

Guides

Navy Personnel Command > Support & Services > 21st Century Sailor > Physical Readiness > Guides

Diversity
Equal Opportunity
Family Advocacy
Full Speed Ahead
LGBT Resources
Life-Work Balance
NADAP
Navy Nutrition
OSC
Physical Readiness
Sample Workouts
PRP & NMCPHC
Newsletter

NAVADMINs

Guides

Guide 1. Command Fitness Leader (CFL) Administrative Duties and Responsibilities - UPDATED 10MAR16
Guide 2. Command Inspection Self - Assessment Checklist
Guide 3-PFA Checklist 2016
Guide 4. Body Composition Assessment (BCA)
Guide 6. PFA Medical Clearance/Waiver
Guide 7. PFA Administrative Actions/Administrative Separation - UPDATED 14MAR16
Guide 8. Managing PFA Records for Pregnant Service Women - UPDATED 19SEP17
Guide 10. Alternate Cardio Options Procedures
Guide 11- Member's Responsibilities 2016.pdf


Forms
Nutrition Resource Guide

- Nutrition Resources
  - National Guidelines – DGA and PA
  - Navy Nutrition Programs/Tools
  - Navy/DoD Websites
- Guide for Achieving a Healthy Weight
- Guide for Weight Gain
- Appendix
  - Goal Setting
  - Food Log
  - Acknowledgement Form
How Can You Help?

- Assist commands with nutrition options
- Support policy and environment changes
  - Command
  - Community
  - DoD
- Encourage m-NEAT utilization
- Share creative solution ideas