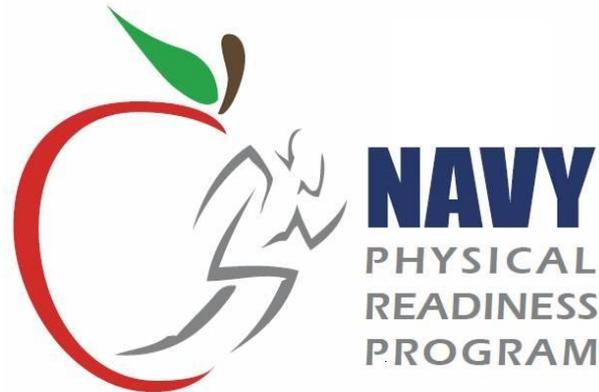




# ***Physical Readiness Program***

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***PRCO Conference***

***26-27 September 2017***

***LT Pamela Gregory***



## *Recent Articles FY16*

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- **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).



# *High Cost of Poor Eating to Navy*

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- 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



# *The Science and Literature*

- 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*

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- 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



# 21<sup>st</sup> Century Sailor Initiative

Friday, May 04, 2012



## 21<sup>st</sup> CENTURY SAILOR & MARINE



[Home](#) [About](#) [Readiness](#) [Safety](#) [Physical Fitness](#) [Inclusion](#) [Continuum of Service](#) [News & Media](#) [FAQs](#) [Contact Us](#)



**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 hone 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

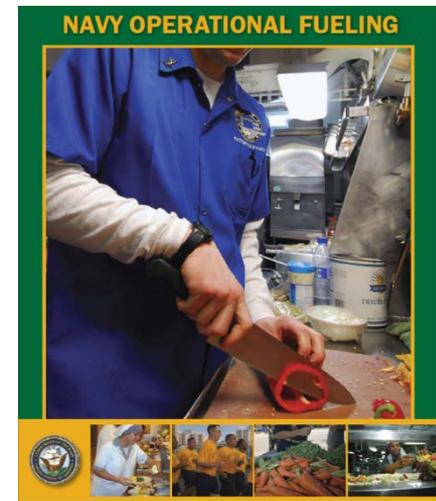
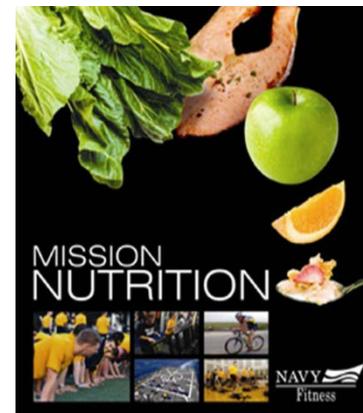
## Naval Medical Center Portsmouth

U S Navy

NMCP has incorporated the NOFFS fueling system in the menu items provided in the Galley. Customers can use the stoplight system to make more informed choices towards healthy meal options. If you'd like information on how this was implemented or for the templates please contact CDR ScottL.

Navy Operational Fitness and Fueling Series  
Healthy Eating for Optimal Performance

<b>GO</b> Performance Food	<b>CAUTION</b> Watch the Quantity	<b>STOP</b> Limit Amounts
-------------------------------	--------------------------------------	------------------------------





# Website Resource

The screenshot shows a web browser window displaying the Navy Physical Readiness Program website. The browser's address bar shows the URL: <http://www.public.navy.mil/bupers-npc/support/21>. The browser tabs include "Navy Taskers", "009001g - Navy Taskers", and "Navy Physical Readiness".

The website features a left-hand navigation menu with the following items:

- 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 13 Forms
- Forms
- Egrams
- SAPR
- Sponsorship & Indoc
- Suicide Prevention
- Total Sailor Fitness

The main content area features the "NAVY PHYSICAL READINESS PROGRAM" logo, which includes a stylized figure running inside a red apple shape. Below the logo is the "Our Mission" section:

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

The "What's New" section lists several updates:

- NAVADMIN 141/17**
- Hidden in Plain Sight**
- 3 Step BCA Process - 14 Mar 17**
- Proxy Server Error Instructions**
- Holiday Eating Tips**

A red text block at the bottom of the main content area reads: **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

The right-hand sidebar contains a "Nutrition Resources" section with the following links:

- [Navy Nutrition Program](#)
- [Navy Registered Dietitian Locator](#)
- [Hidden Sugar\(s\)](#)
- [Re-Think Your Drink](#)
- [Operation Live Well Nutrition](#)
- CFL Resources / CFL Seminar**
- [CFL Briefs](#)
- [Sample Workouts](#)
- [Dynamic Warm-Up](#)
- [Dynamic Warm-Up Quick Reference](#)
- [New Years Solutions](#)
- Commander's Nutrition Toolbox**
- [DoD Menu Standards](#)
- [Military Nutrition Eating Environment](#)
- [Human Performance Optimization](#)
- [Navy Operational Fueling](#)
- PRCO Training 2012**
- [Sample PRCO Designation Letter](#)
- [PRCO Handbook 2017](#)
- [PRCO Inspection](#)
- [PRCO Introduction 2012](#)
- [Nutrition Brief 2012](#)
- [Medical Waiver 2012](#)



- 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 report

## m-NEAT Community Appraisal - Overall Rating:

	COMMUNITY
1 - Fitness Center	#N/A
2 - Community	67%
3 - DFAC (Training)	#N/A
4 - DFAC (Permanent Party)	#N/A
5 - Restaurant (Fast food)	96%
6 - Restaurant (Sit-down)	26%
7 - Snack Shop	#N/A
8 - Stores (DeCA: Commissary)	91%
9 - Stores (Convenience)	5%
10 - Vending (Non-Refrigerated)	0%
11 - Vending (Refrigerated)	#N/A
12 - Worksite	33%
Total number of categories scored (12 possible)	7
<b>Average m-NEAT score:</b>	<b>46%</b>

**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

	<b>GREEN</b> 	<b>YELLOW</b> 	<b>RED</b> 
<b>Processing</b>	Least-processed foods	Some processing	Most-processed foods
<b>Nutrients</b>	Whole foods, nutrient packed	Some healthful nutrients	Lowest-quality ingredients
<b>Fiber</b>	High in fiber	Lower in fiber	Minimal fiber
<b>Sugar</b>	Low in added sugar	Added sugar or artificial sweeteners	Added sugar or artificial sweeteners
<b>Fat</b>	Healthy fats	Poor-quality fats	Excess fats / Trans fats Fried foods



## 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



**LOW**



**MODERATE**



**HIGH**



# Human Performance Resource Center



[Home](#) [About HPRC](#) [Ask The Expert](#)

[Search](#)



[Home](#) [Total Force Fitness](#) [Physical Fitness](#) **[Nutrition](#)** [Family & Relationships](#) [Mental Fitness](#) [Environment](#)

## Nutrition

The exceptional demands placed on military personnel make good nutrition crucial. HPRC provides information that is based on solid research.



[Home](#) » [Nutrition](#)

- [ABCs of Nutrition](#)
- [Performance Nutrition](#)
- [Family Nutrition](#)
- [Fighting Weight Strategies](#)
- [Warfighter Nutrition Guide](#)
- [Combat Rations Database \(ComRaD\)](#)
- [Articles](#)
- [Multimedia](#)
- [FAQs](#)



<https://www.hprc-online.org/>



# Nutrition Page

## Articles

- ABCs of Nutrition
- Performance Nutrition
- Family Nutrition
- Fighting Weight Strategies
- Warfighter Nutrition Guide
- Combat Rations Database (ComRaD)
- **Articles**
- Multimedia
- FAQs



Summertime food safety



Watch out for "hidden" sugars



Event-day nutrition strategies to excel



The scoop on probiotic and prebiotic foods



To salt or not to salt?



Understanding nutrition's "alphabet soup"



# Operational Supplement Safety

[ASK THE EXPERT](#)

[REPORT ADVERSE EVENTS](#)

[ARTICLES](#)

[FAQS](#)

[MULTIMEDIA](#)



OPERATION SUPPLEMENT SAFETY

Search



## 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.

[OPSS FOR WARFIGHTERS & FAMILIES](#)

[OPSS FOR PROVIDERS & LEADERS](#)

[FITNESS & PERFORMANCE](#)

[DIETARY SUPPLEMENT INGREDIENTS](#)

[WEIGHT LOSS](#)

[GENERAL/HEALTH](#)

<https://www.opss.org/>



# Operation Live Well



## Health.mil

The official website of the Military Health System and the Defense Health Agency

Contact Us | FAQs | Gallery | TRICARE

Search



- Home
- Topics
- Training
- Policies
- Reference Center
- News & Gallery
- About Us
- I am a...

MHS Home > Military Health Topics > Operation Live Well > Nutrition

[Need larger text?](#)

### Operation Live Well

#### Focus Areas

- Integrative Wellness
- Mental Wellness
- Nutrition**
- Featured Recipes
- Physical Activity
- Sleep
- Tobacco-Free Living

#### Preventive Health

#### Health Tools

#### Outreach Materials

## 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!](#)



### Connect With Us



### Related Links

- [Operation Live Well Meal Planner](#)
- [Army Public Health Command – Nutrition](#)
- [Navy and Marine Corps Public Health Center – Health Promotion and Wellness – Healthy Eating](#)
- [Navy Fitness – Nutrition](#)
- [Air Force FitFamily – Family Nutrition & Health](#)
- [Human Performance Resource Center – Nutrition](#)
- [Human Performance Resource Center - Go for Green @](#)
- [Defense Commissary Agency: Healthy Living](#)
- [Operation Supplement Safety](#)
- [ChooseMyPlate](#)
- [NHLBI's Deliciously Healthy](#)



# 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**



2016

Guide 14

Nutrition Resource Guide



# Operating Guides

## ▸ Guides

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

Boards ▾ Career Info ▾ Officer ▾ Enlisted ▾ Support & Services ▾ Organization ▾ Reference Library ▾

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 13 Forms

Forms

Egrams

SAPR

Sponsorship & Indoc

Outside Presentations

[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 5- Physical Readiness Test 2016](#)

[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 9. Managing PFA Records for IA/OSA/GSA/PEP/Mobilized Reservist](#)

[Guide 10. Alternate Cardio Options Procedures](#)

[Guide 11- Member's Responsibilities 2016.pdf](#)

[Guide 12. Glossary of Physical Readiness Program Related Terms](#)

[Guide 13. Command Fitness and Fitness Enhancement Program \(FEP\) Guide - 21 MAR 16](#)

[Guide 14. Nutrition Resource Guide](#)

[Forms](#)



# ***Nutrition Resource Guide***

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- 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



