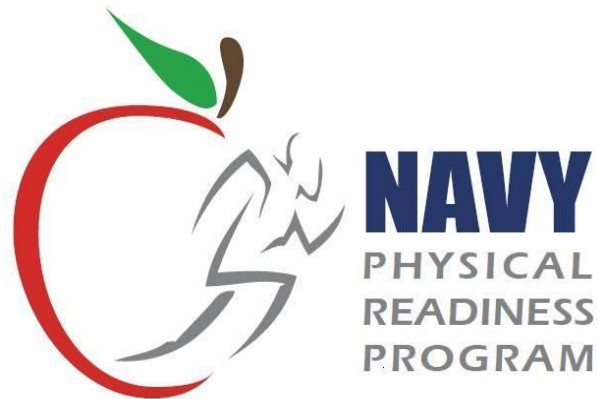




# ***Physical Readiness Program***

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***PRCO Conference***

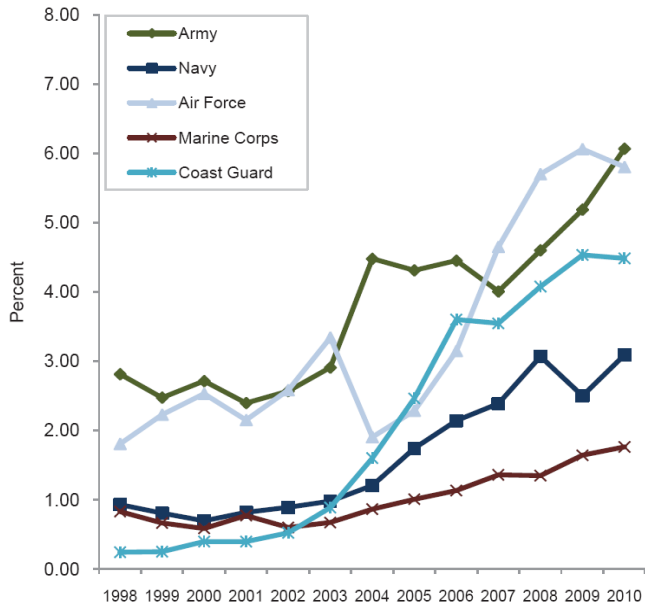
***7-9 May 2012***

***LCDR Jennifer Wallinger***



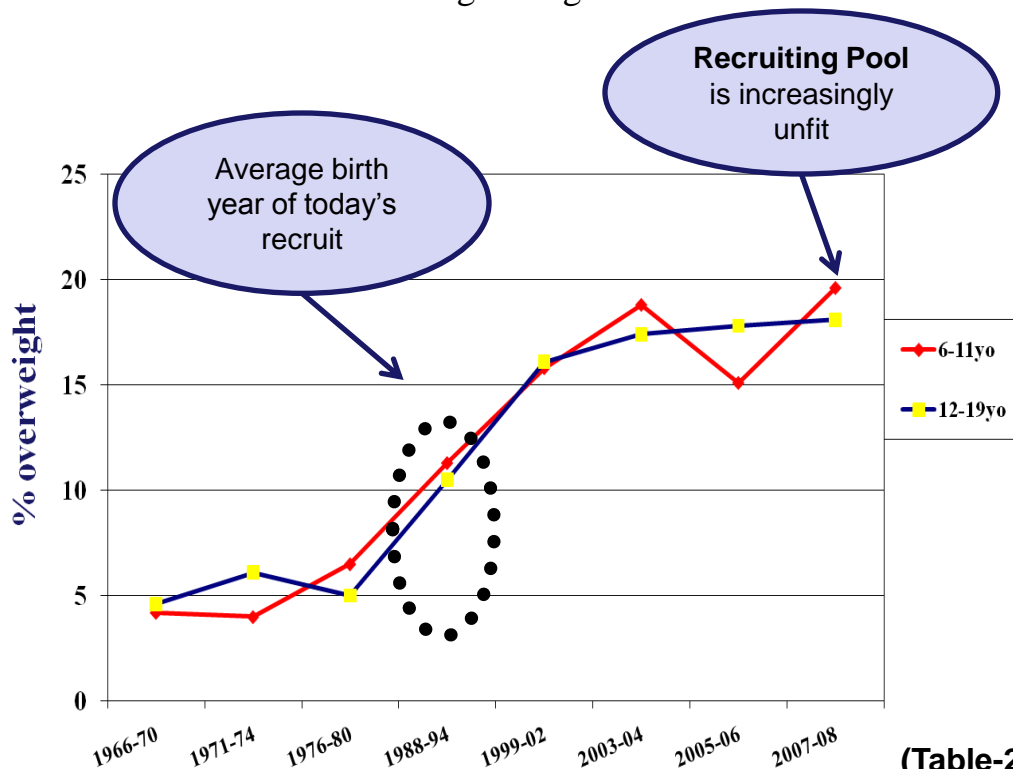
# Impact of Excess Calorie Consumption: Recruiting Pool and Armed Forces

20-29 years



(Table-1) From 1998 to 2010, the number and prevalence of active component members who received at least one overweight/obesity-related diagnosis more than tripled.

(Table-2) Depicts the increased percentage of overweight youth in the US and the direct impact on recruiting and maintaining warfighters.



(Table-2)



# Associated Costs to Navy

	Obesity	Alcohol	Tobacco
Medical	<b>348 million</b>	162 million	183 million
Non-Medical	<b>34 million</b>	145 million	22 million
Total Costs	<b>352 million</b>	297 million	205 million
Additional Cost per Beneficiary	<b>\$340</b>	\$157	\$177

\*Cost of Overweight and Obesity, High Alcohol Consumption, and Tobacco Use Within the TRICARE Prime Population, Summary Report for CONUS, FY 2008 (Navy), March 30, 2010  
Data includes all Tricare beneficiaries, Navy, CONUS



# ***What We Know***

- Servicemembers diets are
  - low in fruits, vegetables and whole grains and
  - high in refined carbohydrates & saturated fat
- 75% of medical costs are diet related
- 75% 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
- More low-fat and fat-free dairy products
- More low calorie beverages, 100% juices, low sodium juices, and water
- Fewer foods high in salt
- No synthetic trans fat
- 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



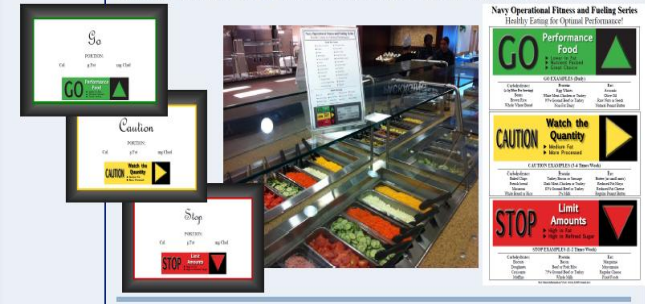
# What We're Doing

- Cradle to grave nutrition concept
  - Delayed Entry Program initiative
  - Nutrition Curriculum and initiatives for recruits
  - Nutrition information at training school
- In the Fleet now
  - Navy Operational Fueling card series
  - “Go Green” food identification system
  - Mission Nutrition course
- Goal
  - Healthier Recruits
  - Healthy Sailors
  - Healthy Retirees

## Naval Medical Center Portsmouth

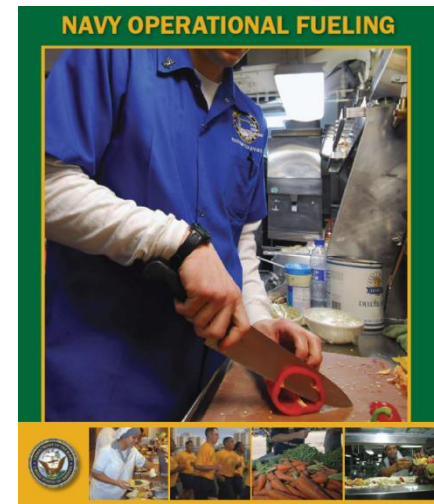
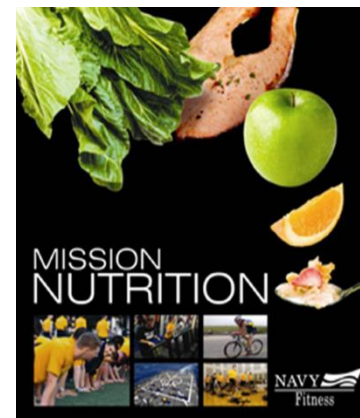
US Navy

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 Scott.



Navy Operational Fitness and Fueling Series  
Healthy Living & Optimal Performance

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







# Website Resource

## What's new

PRCO Training

## Contact Us

Commercial 901-874-2210

DSN 882-2210

Email: [mill PRIMS@navy.mil](mailto:mill PRIMS@navy.mil) or [NavyPRT@navy.mil](mailto:NavyPRT@navy.mil)

## [OPNAVINST 6110.1J](#)

### Physical Readiness Program Operating Guide

[Cover Letter](#)

[Introduction](#)

[Change Record](#)

[Guides](#)

#### Primary Objectives

Establish Navy standards for maintaining optimal health, physical, and mental stamina.

Focus on Wellness of Sailors and their families by providing the skills and tools for fitness and nutrition.

\*\*\*CFL Course\*\*\*

#### Nutrition Resources

[Nutrition Resource Guide](#)

[NOFFS Nutrition](#)

[Help Change The Eating Environment](#)

[Good Nutrition Reading List](#)

[Choose Supplements Wisely](#)

[Navy Registered Dietitian Locator](#)

#### CFL Resources / CFL Seminar

[FY-12 CFL Briefs](#)

[Sample Workouts](#)

[Dynamic Warm-Up](#)

[Dynamic Warm-up Quick Reference Guide](#)

#### Commander's Nutrition Toolbox

[Military Nutrition Eating Environment](#)

[Human Performance Optimization](#)



# *m-NEAT*

- Tri-Service tool
- Coalition of community members to assess and address the eating environment
- Assessment areas include:
  - Dining Facility
  - On-Base Schools
  - Vending Machines
  - Commissary
  - On-Base Eating Establishments
  - Worksite Environment
- Available Online (web-tool)
  - Automatically scores and adjusts for fairness
- Action Plan





# Human Performance Resource Center

<a href="#">About HPRC</a>	<a href="#">Researchers</a>	<a href="#">Partners</a>	<a href="#">Terms of Use</a>	<a href="#">HPRC Blog</a>	<input type="text" value="Search Site"/>	<input type="button" value="Search"/>
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## HUMAN PERFORMANCE RESOURCE CENTER

A DoD initiative under the Force Health Protection and Readiness Program

<a href="#">HOME</a>	<a href="#">PHYSICAL FITNESS</a>	<a href="#">ENVIRONMENT</a>	<a href="#">NUTRITION</a>	<a href="#">DIETARY SUPPLEMENTS</a>	<a href="#">FAMILY &amp; RELATIONSHIPS</a>	<a href="#">MIND TACTICS</a>	<a href="#">TOTAL FORCE FITNESS</a>
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### THE EDGE YOU NEED FOR TOTAL FITNESS

HPRC's human performance optimization (HPO) website is for U.S. Warfighters, their families, and those in the field of HPO who support them. The goal is Total Force Fitness: Warfighters optimized to carry out their mission as safely and effectively as possible.

#### FEATURED UPDATES

**Strategically time your exercise to optimize sleep**

Exercising before bed could keep you up at night. To optimize your sleep, avoid exercising within three hours of bedtime.

[More...](#)

PHYSICAL FITNESS	ENVIRONMENT	NUTRITION	DIETARY SUPPLEMENTS	FAMILY & RELATIONSHIPS	MIND TACTICS	TOTAL FORCE FITNESS
------------------	-------------	-----------	---------------------	------------------------	--------------	---------------------

<b>ALERTS</b>
<p><a href="#">USADA Athletic Advisory: Methylhexanamine and dietary supplements</a></p> <p><a href="#">FDA Press Release: Vita smoked salmon may contain Listeria monocytogenes</a></p>
<p>Mini Band - Bent Knee Lateral Walk</p>
<b>ANNOUNCEMENTS</b>
<p><a href="#">2011 Sickle Cell Trait Conference</a></p>









# Nutrition Page

The exceptional demands placed on military personnel make good nutrition crucial. HPRC provides information on nutrition that is based on solid research. If you can't find the answer to your Nutrition question in our resources, click the button below.



**Nutrition Resources**

-  **Questions from the Field**  
Articles researched and written by HPRC on topics you asked about
-  **Interactive Tools**  
Calculate your body's nutritional needs with these tools.
-  **The Basics**  
From recommended daily allowances to the rules about ingredient labels, here's where you can find information about what to eat and how to know what's in it.
-  **Nutrition Alerts**  
A collection of our posts about nutrition alerts
-  **Nutrition Resources**  
How to eat for peak performance.
-  **Fighting Weight Strategies**

## Now on the homepage ...



**Why is vitamin C good for me?**  
Vitamin C is essential for your body to protect itself from various sources of damage, so make sure you get the recommend daily amounts.

[more...](#)

## NUTRITION NEWS

All
Op-Ed
Healthy Tips
Performance News

1 2 3 4 ... 24

[Next 5 items »](#)



**Why is vitamin C good for me?**  
Vitamin C is essential for your body to protect itself from various sources of damage, so make sure you get the recommend daily amounts.

[more...](#)



**Quaker Chewy Smashbar Graham Pretzel snack bars may contain undeclared milk allergen**  
Quaker Oats Smashbar Graham Pretzel Snack Bars recalled due to undeclared milk allergen.

[more...](#)





# Supplement Page

HOME | PHYSICAL FITNESS | ENVIRONMENT | NUTRITION | **DIETARY SUPPLEMENTS** | FAMILY & RELATIONSHIPS | MIND TACTICS | TOTAL FORCE FITNESS

Home > Dietary Supplements

## DIETARY SUPPLEMENTS

Warfighters often turn to dietary supplements because of the extreme demands of military performance. Making an informed decision about supplement use can be difficult, and a bad decision could adversely affect health. If you can't find the answer to your Dietary Supplements question in our resources, click the button below.

**ASK the expert**

### Dietary Supplements Resources

- Questions from the Field**  
Articles researched and written by HPRC on topics you asked about
- Supplement Alerts**  
Alerts on dietary supplements to keep you informed on recalls, market withdrawals, and safety alerts.
- Natural Medicines Comprehensive Database**  
Many warfighters use supplements to improve their health and performance, but getting good information isn't always easy. Check out resources from our partners at the Natural Medicines

### Now on the homepage ...

More on Jack3d and OxyElite Pro Jack3d and OxyElite Pro contain the ingredient DMAA, but recent findings do not support claims that it is a "natural" derivative from the geranium plant. It's another story of "buyer beware."

[more...](#)

### DIETARY SUPPLEMENTS NEWS

All
Op-Ed
Healthy Tips
Performance News

1 2 3 4 ... 17 [Next 5 items »](#)

### ALERTS

**USADA Athletic Advisory: Methylhexanamine and dietary supplements**

**FDA Press Release: Vita smoked salmon may contain Listeria monocytogenes**

### Movement OF THE DAY

Push-up - 1 Leg

### NATURAL MEDICINES COMPREHENSIVE DATABASE

**PRESCRIBER'S LETTER**

### ANNOUNCEMENTS

2011 Sickle Cell Trait Conference Uniformed Services University of the Health Sciences  
Monday, September 26, 2011 - Tuesday, September 27, 2011

2011 AMAA Sports Medicine Symposium at the Marine Corps

**Fighting Weight Strategies**  
The new "Fighting Weight





# ***OPNAVINST 6110.1J***

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- 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



Support & Services > Physical Readiness > **Guides**

## Guides

[Guide 1. Command Fitness Leader \(CFL\) Administrative Duties and Responsibilities](#)

[Guide 2. Command Inspection Self - Assessment Checklist](#)

[Guide 3. Physical Fitness Assessment \(PFA\) Checklist](#)

[Guide 4. Body Composition Assessment \(BCA\)](#)

[Guide 5. Physical Readiness Test \(PRT\)](#)

[Guide 6. PFA Medical Clearance/Waiver](#)

[Guide 7. PFA Administrative Actions/Administrative Separation](#)

[Guide 8. Managing PFA Records for Pregnant Servicewomen](#)

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

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

[Guide 11. Member's Responsibility](#)

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

[Guide 13. Forms](#)

[Command Fitness and Fitness Enhancement Program \(FEP\) Guide](#)

[Nutrition Resource Guide](#)





# ***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





# Member Acknowledgement

## Navy Nutrition Resource Guide

### Acknowledgment Form

Authority to request this information is derived from the most current OPNAVINST 6110.1. Purpose is to provide awareness, establish an individual intent to change, and document nutrition resource utilization for program analysis.

1. This Nutrition Resource Guide has been prepared for your information and understanding of the nutrition guidelines, resources, and best-practices for improving physical performance and/or body composition. Please read it carefully. Upon completion of your review of this guide, select a nutrition option, sign the statement below, and return it to your Command Fitness Leader within 14 days of counseling (page 13 or LON signing).

I, \_\_\_\_\_, have read a copy of Nutrition Resource Guide which outlines the resources, best practices and expectations of the nutrition component of FEP, as well as my responsibilities as a Navy Service member.

I have familiarized myself with the contents of this guide. By my signature below, I acknowledge, understand, accept and agree to comply with the information contained in the guide. I understand that it is my responsibility to take actions and seek out resources to improve my eating choices as necessary to assist in meeting readiness requirements.

I have selected the following nutrition option as outlined in the FEP guide:

\_\_\_ ShipShape Weight Management Course

\_\_\_ Registered Dietitian visits

\_\_\_ Self-directed Program

\_\_\_ Commercial weight loss program/center

2. Signed copy to be maintained for 5 years with command PFA records.

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
CFL Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date Received/Date



# *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





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**Thank you**