



# **OBESITY AND OVERWEIGHT IN THE ARMED FORCES US NAVY AND US NAVY RESERVES**

**CAPT.**

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# Disclaimer

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# RC struggles

- Balance military and civilian careers
- Family needs
- Finding time to maintain physical fitness
- Dieting right before PRT/PFA
- Stress of two jobs or more
- Older population with mix of centennials and millennials

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# AC Struggles

- Balance of work and physical fitness
- Family needs
- Finding time to exercise
- Long work hours and on duty
- Evening shifts
- Mix of millennials

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# AC Program at NMCS

- **Successful program run by RD's at Naval Medical Center San Diego**
- **Incorporates individualized meal plan and exercise prescription focus on losing fat mass and limit lean body mass**
- **Full phase of assessment includes patient FU with PCM and referral to specialty clinics**



# Navy Reserve Success

- RC has Health Promotion Programs at every detachment
- Unit command CFL
- NOSC Navy Operational Support Centers
- HRA ( Health risk assessments ) from the PHA
- Unit Physical Fitness assessment PFA

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**RC**

- **Crews into Shape**
- **Soar into Shape**
- **Ship shape program**
- **Monthly mandatory PRT sessions**
- **Navy Fitness Enhancement program**  
**FEP**
- **Navy One source**

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# Future Navy and Navy Reserve

- **Wireless activity trackers**
- **Create fleet friendly PRIMS how to guide**
- **Improve strategic communications blogs, Facebook , twitter, Navy news and medic**
- **Create culture of lifelong fitness**
- **Ultimately we SUPPORT the warfighter and the warfighter needs to be fit**

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