

Headquarters U.S. Air Force

Integrity - Service - Excellence

DoD Nutrition Environment Strategy



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DoD Military Nutrition Environment Assessment Tool (mNEAT) 1.0 and Joint Buyer's Guide

- Environmental and policy interventions are some of the most promising strategies for creating population-wide improvements in eating, physical activity, and weight status.
- The military nutrition environment assessment tool (m-NEAT) assesses environmental factors and policies at the community level that support healthy eating.
- The Joint Buyer's Guide establishes subsistence quality baseline for all food purchases.



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Largest Impact Attributed to the Program?

- Change in the culture
- Change in the stakeholders
 - Defense Commissary Agency (DeCA)
 - Army Air Force Exchange Service (AAFES)
 - Defense Logistics Agency (DLA) Troop Support
 - Service specific dining halls/Food contracts
 - Healthy vending/micro markets
- Availability of healthier options
- Use of commanders' leadership and service members' feedback to drive positive solutions



Success and Challenges

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- **Policy that follows the components of a Community Obesity Assessment and Surveillance Plan**
- **Changing the business model—health and performance priority**
- **Establish rewards for the sales of healthier items**
- **Ensure nutrition/physical activity education is coupled with introduction of new items**
- **Coordination with partners off the installations**
- **Consolidated specifications for all Services**
- **Joint Services Buyer's Guide excellent tool to transparently implement specific dietary guidelines/requirements into all services across the globe**



Why is mNEAT and Joint Buyer's Guide Successful?

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- DoD Working Groups and agreements between all services
- Standardization of implementation--written policy
- Installation design
- Shared stakeholders
- Change of culture and tradition driven by Millennial influence
- Shift in healthcare to prevention and health
- Prioritizing support to service member; communicating DoD requirements to industry
- Ensuring policy guidelines are reflected within purchasing guide



mNEAT 1.0 Outcomes (Air Force)

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- Data shows a significant positive correlation at the .05 level for healthy weight and consuming 5 or more daily fruit/veggies
- Significant inverse association at the .01 level between obesity and consuming 5 or more daily fruit/veggies
- Higher levels of healthy weight associated with higher levels of consuming 5+ fruit/veggies, concluding that increased levels of obesity are highly associated with lower levels of consuming 5+ fruit/veggies
- Correlation of increased overweight/obesity rates with Airmen reporting less than 7 hours of sleep.



Future Initiatives Driven by mNEAT 1.0

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- mNEAT 2.0 includes *Food Service Guidelines for Federal Facilities* recommendations:
 - Placement and Layout
 - Product Innovations and Defaults
 - Pricing and Promotion
 - Tableware, Information
 - Organizational Policy
- DoD Joint Buyer's Guide
 - Phase One complete and signed 19 Sept 2017—meats, meat extenders
- Air Force Smart Fueling Initiative (AFSFI) and Healthy Army Communities (HAC)



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Additional Slides

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DoD Nutrition Committee

