



The National Academies of SCIENCES • ENGINEERING • MEDICINE

Understanding and Overcoming the Challenge of Obesity and Overweight in the Armed Forces: A Workshop

May 7, 2018

The National Academy of Sciences Building
2101 Constitution Avenue, NW Washington, DC
Lecture Room

Workshop Goals

The overall goals of the 1-day workshop are to examine the challenges posed by overweight and obesity in the armed forces and explore opportunities to overcome these challenges. The workshop will examine these issues as they affect service members (including active duty, guard, and reserve components), veterans, retirees, and their families and communities.

8:30 AM

WELCOME

Bill Purcell, Chair, Roundtable on Obesity Solutions

Bernadette Marriott, PhD, Professor and Director, Nutrition Section, Division of Gastroenterology and Hepatology, Department of Medicine and Military Division, Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina, Planning Committee Chair

SESSION 1: Defining the Problem of Obesity and Overweight and the Effects on Recruitment, Retention, Resilience, and Readiness

Session Chair: Esther Myers, PhD, RDN, FAND, CEO, EF Myers Consulting, Inc.

8:45 AM

The Prevalence of Adiposity/Obesity/Overweight, How it is Measured, and Trends in the Military

Karl Friedl, PhD, Senior Research Scientist, Physiology, US Army Research Institute of Environmental Medicine

9:00 AM

Recruitment

Tracey Smith, PhD, RD, Nutrition Scientist, US Army Research Institute of Environmental Medicine

9:15 AM

Retention

Jay Heaney, MA, Deputy, Warfighter Performance, Naval Health Research Center

9:30 AM

Resilience/Readiness/Deployment

Bruce H. Jones, MD, MPH, Chief, Injury Prevention Division, Army Public Health Center

9:45 AM

Families and Communities

Karen Hawkins, MA, RDN, Office of Military Family Readiness Policy, Military Community and Family Policy, Office of the Secretary of Defense

10:00 AM **Q&A**

10:30 AM **PHYSICAL ACTIVITY BREAK**

SESSION 2: Service-Specific Issues Related to Obesity and Overweight

Session Chair: LTC Renee Cole, PhD, RDN, Director, Healthy Eating Behavior Initiative, Deputy, Military Nutrition Division, US Army Research Institute of Environmental Medicine

10:45 AM *Margery J. Tamas, HBSE, MPH, Editorial Manager, Institute for Medical and Nursing Education*
CAPT Patricia K. McCafferty, Commanding Officer, Expeditionary Medical Facility Bethesda, Specialty Leader for Reserve Dietitian
Lt Col Heidi L. Clark, MS, RD, United States Air Force, Nutritional Medicine Flight, Commander, David Grant Medical Center, Travis AFB CA
MAJ Kayla O. Ramotar, MS, RDN, LD, CSSD, CSCS H2F Action Officer / Command Dietitian, Center for Initial Military Training, US Army Training & Doctrine Command
Brian J. McGuire, MS, ATC, CSCS, Deputy Director, Force Fitness Division, USMC Training and Education Command

11:35 AM **Q&A**

11:45 AM **LUNCH**

SESSION 3: Highlighting Innovative Strategies

Session Chair: Anne Utech, PhD, RDN, LD, Acting National Director, Nutrition and Food Service, US Department of Veterans Affairs

1:00 PM **Policy and Office of the Secretary of Defense Strategy**
CPT Andy T. Vu, DDS, Deputy Director, Joint Force Fitness, Operation Live Well, OUSD(P&R)/Personnel Risk & Resiliency

1:15 PM **Joint Nutrition Initiatives**

- *Military Nutrition Environment Tool (mNEAT) and Joint Buyers Guide*
Lt Col (ret) Tammy J. Lindberg MS, RDN, LD, FAND, HQ Air Force Medical Operations Agency (AFMOA) Health Promotion
- *Go for Green nutrition labeling system in military dining facilities*
Beth Moylan, RD, Director of Performance Nutrition, Consortium of Health and Military Performance, Uniformed Services University

1:35 PM **Service Specific Initiatives**
MAJ Tamara E. Osgood, MS, RD, LD, Division Chief, Health Education and Applications, U.S. Army Public Health Center Performance Triad, Nutrition Lead
Lt Col Jennifer B. Harward, MS, RD, Deputy Chief, Air Force Health Promotion, Air Force Medical Support Agency
Brian J. McGuire, MS, ATC, CSCS, Deputy Director, Force Fitness Division, USMC Training and Education Command
James Sherrard, Head of Health Promotion and Wellness at Naval Hospital Pensacola

- 2:15 PM **Veterans Affairs Programs**
- MOVE! Weight Management Program for Veterans
Susan D. Raffa, PhD, National Program Director, Weight Management National Center for Health Promotion and Disease Prevention, Veterans Health Administration
 - Veterans Affairs Healthy Teaching Kitchen Program
Sean Walsh, RD, CSC (Certified Sous Chef), Co-Lead National Healthy Teaching Kitchens

2:35 PM **Q&A**

3:05 PM **PHYSICAL ACTIVITY BREAK**

SESSION 4: Additional Perspectives

Session Chair: LT Pamela Gregory, MS, RDN, Navy Nutrition Program Manager, Physical Readiness Program

- 3:20 PM *CAPT Heidi Michels Blanck, PhD, MS Chief, Obesity Branch, Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention*
- Marian Levy, DrPH, RD, FAND, Associate Dean, School of Public Health, University of Memphis*
- Jeanne Blankenship, MS, RDN, Vice President of Policy Initiatives and Advocacy, Academy of Nutrition and Dietetics*
- Jane M. Clary Loveless, PhD, RN, MS, MCHES, National Program Leader, Nutrition/Extension, US Department of Agriculture, National Institute of Food and Agriculture*

4:00 PM **Q&A**

SESSION 5: Future Opportunities

Bernadette Marriott, PhD, Professor and Director, Nutrition Section, Division of Gastroenterology and Hepatology, Department of Medicine and Military Division, Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina, Planning Committee Chair

- 4:15 PM *LT Pamela Gregory, MS, RDN, Navy Nutrition Program Manager, Physical Readiness Program*
- Anne Utech, PhD, RDN, LD, Acting National Director, Nutrition and Food Service, US Department of Veterans Affairs*
- LTC Renee Cole, PhD, RDN, Director, Healthy Eating Behavior Initiative, Deputy, Military Nutrition Division, US Army Research Institute of Environmental Medicine*
- Esther Myers, PhD, RDN, FAND, CEO, EF Myers Consulting, Inc.*

- 4:55 PM **Workshop Wrap Up**
- Bernadette Marriott, PhD, Professor and Director, Nutrition Section, Division of Gastroenterology and Hepatology, Department of Medicine and Military Division, Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina, Planning Committee Chair*

5:00 PM **ADJOURN**

Established in 2014, the Roundtable on Obesity Solutions engages leadership from multiple sectors to solve the obesity crisis. More than one third of adults and 17 percent of children and adolescents have obesity. Cautious estimates suggest that obesity now accounts for almost 10 percent of the national health care budget. Until the epidemic is reversed, obesity will continue to drive rates of chronic diseases and their associated medical costs. Through meetings, public workshops, background papers, and innovation collaboratives, the Roundtable fosters an ongoing dialogue on critical and emerging issues in obesity prevention, treatment, and weight maintenance. The Roundtable provides a trusted venue for enhancing and accelerating discussion, development, and implementation of multi-sector collaborations, and policy, environmental, and behavioral initiatives that will increase physical activity; reduce sedentary behavior; and improve the healthfulness of foods and beverages consumed to reduce the prevalence and adverse consequences of obesity and eliminate obesity-related health disparities.

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