

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.**



Largest Impact Attributed to the Program?

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- **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**



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Success and Challenges

- **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

