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

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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
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
AC Program at NMCSD

• 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
RC

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