



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

***CAPT.
PATRICIA MCCAFFERTY
MS RD***

UNCLASSIFIED



Disclaimer

“ The views expressed in this presentation are those of the author and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, nor the US Government.”

UNCLASSIFIED



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
FEP**
- **Navy One source**

UNCLASSIFIED



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**