m-NEAT Share Fair

July 17, 2014

Share Fair Objectives

- At the conclusion of this Share Fair, the participants will be able to:
  - Identify at least two strategies that can be implemented in utilizing the results of the m-NEAT to make healthier food options available for their community or worksite.

The views expressed in this briefing are those of the authors and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, nor the U. S. Government

Presenters:

- U.S. Air Force:
  - Wendi Knowles RD/LD, Health & Wellness Center (HAWC), Tinker Air Force Base
  - Joel Urdang, MPH,CHES, CTTS, 71st Medical Group, Vance Air Force Base
- U.S. Army:
  - Alison F. Cuccia, MSPH, Program Evaluator, CACHE, Army Institute of Public Health
  - Amy Cowell, US ARMY MEDCOM, Public Health Command (PHC)
- Office of Secretary of Defense (OSD)
  - Karen Hawkins, RD, Military Community and Family Policy (MCFP), Community Food Projects (CFP), OSD
- U.S. Navy
  - CDR Paul Allen, MSC, USN Naval Medical Center Portsmouth (NMCP)
  - Alice Fitzpatrick, RN, NMCP
  - LT Josh Halfpap, MSC, USN, Naval Medical Center San Diego

Webinar Courtesy

- Good afternoon and thank you for joining us!
- To listen to the presentation, use the dial in: (877) 885- 1087 Code: 704 516 0523#
- We ask that all participants please mute your phone lines either by pressing *6 or the mute button on your phone.
- Please do not put your phone on hold at any point during the call.
- The slides and audio will be archived on the NMCPHC webpage at: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx

72d Air Base Wing

Tinker AFB Vending

Wendi Knowles, RDN/LD
Health Promotions
Wendi.Knowles.1@us.af.mil
405-736-2169/DSN 884-2169

U.S. AIR FORCE

Tinker AFB Vending

Population/Partners

- **Tinker AFB**
  - **14,300 Civilians**
  - **7,400 Military**
  - **3,400 Contractors**
    - ***25,100 Total***
- **2 Vending Partners**
  - **AAFES >50% Military**
  - **ARAMARK >50% Civilian**

Types/Numbers

- **Beverage**
  - **AAFES -55**
  - **ARAMARK -163**
- **Snacks -Non Refrigerated**
  - **AAFES -17**
  - **ARAMARK -76**
- **Cold Foods-Refrigerated**
  - **AAFES - 4**
  - **ARAMARK -5(1 Frozen)**
- **Dedicated Healthy**
  - **AAFES = 3**

AAFES

3 Types of Contracts

- **Primary Master Vending requires 15% Fit Pick™ 1 with Labeling**
  - **Tinker currently at 30%**
- **Secondary Dedicated Healthy 100% Healthy**
  - **Tinker 3 machines**
- **Short Term**
  - **Used to evaluate vending relationship prior to Primary or Secondary**

Fit Pick™ Criteria

Designation:	Fit Pick 1	Fit Pick 2	Fit Pick Select
Fat	No more than 35% of total calories (exception: nuts, nut butter, seeds)	No more than 35% of total calories (exception: nuts, nut butter, seeds)	8 grams or less (≤35% of calories)
Saturated Fat	No more than 10% of total calories	No more than 10% of total calories or less than 1 gram	2 grams or less (<10% of calories)
Trans Fat	No guideline	Zero trans fat	0 grams
Sugar	No more than 35% of total product weight	No more than 35% of total calories	18 g or less (≤35% of weight)
Sodium	No guideline	No more than 230 mg. (exception: Low or non-fat dairy products)	200 mg or less
Calories	No guideline	Middle school: No more than 180 calories/pkg High school: No more than 200 kcal/pkg	200 or less

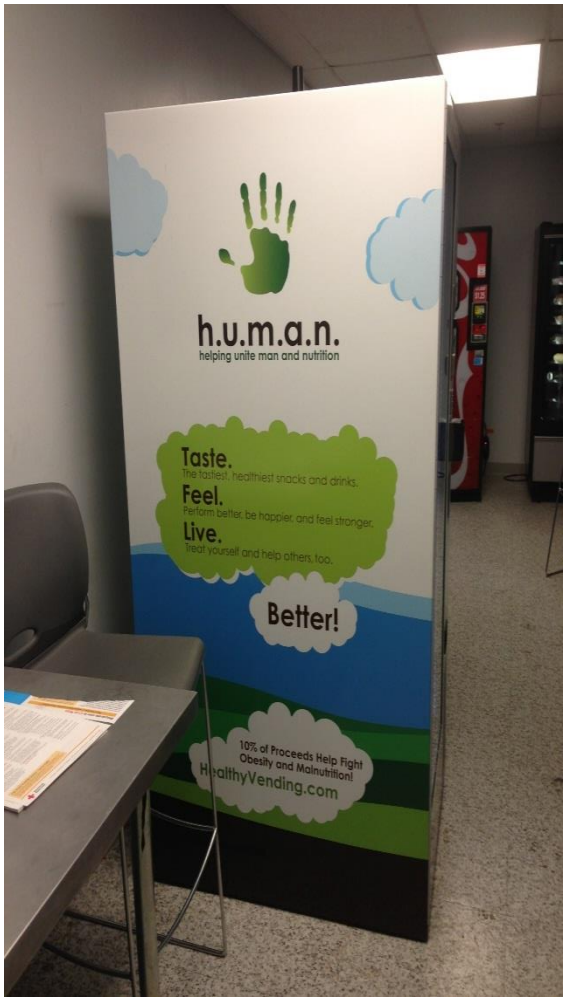
Fit Pick™ Plan-o-gram

Shelf A:	Chips		Chips		Chips		Fit Pick Chip		Fit Pick Chip	
Shelf B:	Chips		Chips		Chips		Fit Pick Snack Item		Fit Pick Snack Item	
Shelf C:	Snack		Snack		Cookies		Fit Pick Snack Item		Fit Pick Snack Item	
Shelf D:	Candy	Candy	Candy	Candy	Candy	Candy	Candy	Fit Pick	Fit Pick	Fit Pick
Shelf E:	Candy	Candy	Candy	Candy	Candy	Candy	Candy	Fit Pick	Fit Pick	Fit Pick
Shelf F:	Large Size Candy		Pastry		Pastry		Fit Pick Item		Fit Pick Item	

Old Logo

New Logo

AAFES Dedicated Healthy Vending



HEALTHY VENDING

Count on Us!

ARAMARK

Gerrity Gym - Beverage

Original score = 0%

Current Score = 100%

Contract w/out healthy specifications

Tinker Score History

Survey Area	Original Score 2009	Mar-10	Sep-10	Jun-11	Mar-12	2013 New Survey	Mar-14	Goal 2015
Non-refrigerated	**39%**	**56%**	**56%**	**81%**	**86%**	**67%**	**67%**	**83%**
Refrigerated Food	**0%**	**25%**	**33%**	**30%**	**53%**	**26%**	**42%**	**53%**
Fitness Center	**n/a**	**n/a**	**n/a**	**n/a**	**n/a**	**0%**	**100%**	**100%**

Resources

- http://www.healthyvending.com
- http://www.fitpick.org/nutctr
- https://schools.healthiergeneration.org
- http://www.vending.org (NAMA)
- http://www.vendingtimes.com

Vance Air Force Base

A Community Approach to Increasing Healthy Food Options

Joel Urdang, MPH, CHES, CTTS
Vance Air Force Base - 71 Medical Group
Joel.Urdang.1@us.af.mil
580-213-6420/ DSN 448-6420

Creating Active Communities and Health Environments

USAPHC

U.S. ARMY PUBLIC HEALTH COMMAND

Alison Cuccia, Amy Cowell

17 July 2014

What is CACHE?

CACHE

m-NEAT
Military Nutrition Environment Assessment Tool

Assesses an installation's environment and policies towards healthy eating

+

PAC
Promoting Active Communities

Evaluates an installation's built environment, policies, and programs related to physical activity

+

QITS
Quantitative Indicators for Tobacco Systems

Assesses an installation's policies and environment promoting tobacco free living

+

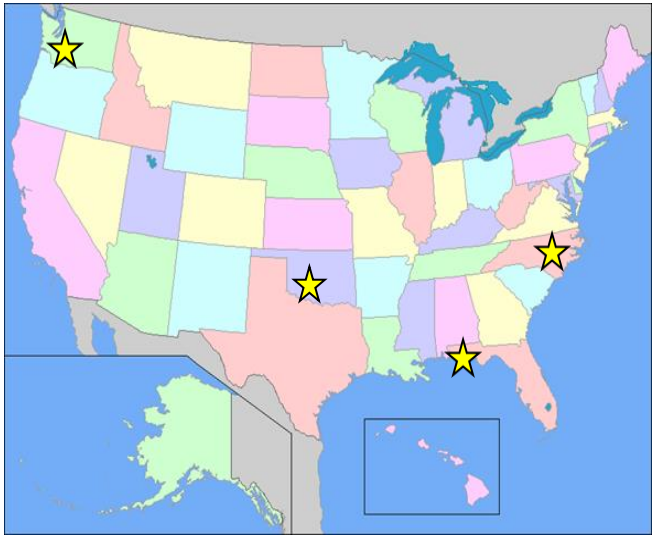
Supporting Documents

Presentation templates
Factsheets
Excel spreadsheet
Facilitator's Guide

Online Tool

CACHE Pilot and Scope

- **Aim to be used at all military installations to improve food and built environment**
- **Piloting online toolkit at four installations in August 2014**
  - **Joint Base Lewis-McChord**
  - **Ft Sill (HBI)**
  - **Ft Bragg (HBI)**
  - **Eglin Air Force Base**
- **CACHE Pilot Evaluation**
  - **Was the tool useful?**
  - **Was the tool completed as intended?**
  - **Was the action plan completed?**
  - **Was the action plan useful?**
  - **Were sustainable changes made?**



Karen Hawkins MA, RDN, LD ,
Military Community & Family Policy,
Office of the Secretary of Defense (OSD)

Snack Attack

CDR Allen, RDN

Head, Nutrition Management Department

Alice Fitzpatrick, RN

Wellness Department

Naval Medical Center Portsmouth

Vending Machines

* Issue: Foods of minimal nutritional value in hospital vending machines
* Discussion: Over 30 vending machines are located within the hospital buildings.
* Goal: Improve the nutritional value of items in the hospital vending machines.

m-NEAT Results

* Issue: Vending machines (both food and beverage machines) did not fair well in NMCP's m-NEAT survey
* Discussion: Hospitals are places for health and healing. The Healthy Base Initiative and the Healthier Hospital Initiative provide guidance on managing healthy options.
* Goal: Align vending machine offerings to hospital mission.

What did we do??!!??

* Had a meeting!
  * NEX District Vending Manager
  * NEX Area Vending Manager (Operator)
  * NMCPHC Nutrition Program Manager
  * NMCP Wellness Dept. Staff
  * NMCP Dietitian

Outcome

* Went in with high expectations
* What we accomplished:
  * Machine labeling – corrected/posted Fit Pick™ items
  * Added a row of 'Healthy Alternative' options
  * Added more water to beverage machines
  * Built a relationship with NEX Vending Manager

Trust, but Verify

* What we do now:
  * Random survey of vending machines
  * Notify NEX Vending Manager if agreed terms are not being implemented

Long Range Goals

* Truly improve the overall nutrition environment of the hospital
* Still provide choice, just make it a bit harder to find low nutritional value foods or make people walk farther to purchase

Thank you!

NEW SCHOOL SNACKS
YO MOM!-- TELL ME YOU PACKED MY LUNCH TODAY--
HAGGIS
TOFU Juice
BROCCOLI BITES
LENTIL BARS

LT Josh Halfpap, MSC, USN
Naval Medical Center San Diego

Discussion and Questions

Continuing Education Contact Hours (CECH)

- **NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive 1 Category 1 CECH but only when viewed during the live webinar. If you are a CHES and you viewed the live webinar, E-mail your name and CHES number to: Melissa.cazaux@med.navy.mil**

- **If you have viewed the recorded version of the webinar online and would like to request Cat. II CECH, download the certificate for this webinar from the NMCPHC Webinar website, complete it and send it to the NCHEC, Inc. for 1 Cat. II CECH**

- **The slides and audio will be archived on the NMCPHC webpage at: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx**

- **Thank you for joining us and if you have any questions, please e-mail Sally Vickers at Sally.Vickers@med.navy.mil .**