

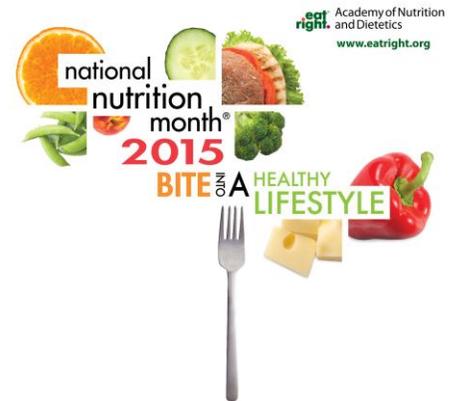


March Health Promotion Toolbox

Healthy Eating Month

“Bite into a Healthy Lifestyle”

March is National Nutrition Month®, an annual public education campaign created and sponsored by the Academy of Nutrition and Dietetics. This year’s theme is “Bite into a Healthy Lifestyle,” which encourages the public to improve their diet and exercise habits to maintain a healthy weight and promote overall health. Healthier eating and physical activity plans focus on consuming fewer calories, making informed foods choices, and exercising daily. During National Nutrition Month®, help your Sailors, Marines, family members, retirees, and DoD civilian staff “Bite into a Healthy Lifestyle” so they learn how to maintain a healthy weight, reduce the risk of chronic disease, promote overall health, and improve mission readiness.



Activity Ideas

As a health information disseminator, we know you are always looking for new ways to provide compelling and relevant information about healthy eating to your Sailors, Marines, family members, retirees, and DoD civilian staff. Information that is also easy to understand and follow will give your audience the best chance of developing healthier lifestyle behaviors. Below are a few ideas you can use to encourage them to “Bite into a Healthy Lifestyle” throughout the month. Click on the hyperlinked blue, underlined text to access resources.

Provide materials with nutritional information

- **Implement these activity ideas from the Academy of Nutrition and Dietetics:**
 - [Interactive Games, Quiz, and Videos](#)
 - [Event Ideas for Schools, Workplaces, or Grocery Stores](#)
 - [What an RDN Can Do For You](#)
- **Develop a Healthy Lifestyle rack of materials or set up a Healthy Lifestyle display.** Pack the rack with materials and resources from the NMCPHC HPW [Healthy Eating](#), [Active Living](#), and [Weight Management](#) Web pages, and the [Academy of Nutrition and Dietetics](#) to include fact sheets, brochures, and handouts. Display materials high traffic



and visibility areas such as entrances, heads, gyms, offices, and waiting areas. Resources are also available from the [Centers for Disease Control and Prevention](#), [Navy Nutrition](#), [Navy Fitness](#), [Operation Live Well](#), [the Human Performance Resource Center](#), and [Semper Fit](#).

- Use these materials to promote healthy eating by including command level support in your event.
- Ask your medical or nutrition departments to participate by having a medical provider or dietitian there to answer questions.
- Have your health promotion staff provide information on healthy eating and local nutrition or exercise related programs.
- **Display posters and send out [Plan of the Week](#) notes.** You can find posters that promote healthy eating on the Healthy Eating Month [Toolbox](#).
- **Complete the [Military Nutrition Environment Assessment Tool \(m-NEAT\)](#)** to help your command determine the accessibility of making healthy food options available in your community.
- **Use the Department of the Navy's "[Be a Savvy Food Shopper](#)"** video to promote grocery store strategies that will result in healthier eating habits.
- **Conduct the "[Eat Healthy • Be Active Community Workshops](#)"** developed by the U.S. Dept. of Health and Human Services. The series of six workshops are based on the Dietary Guidelines for Americans 2010 and the 2008 Physical Activity Guidelines for Americans. [Find information on how to conduct the workshops](#).
- **Get the facts on nutrition by attending the [Choose Healthy Options for Wellness \(CHOW\) Course](#)** – a full-day training on basic and advance nutrition topics. The course will be offered in Norfolk, VA. [View the schedule](#) or contact the HPW Training Department via email at NMCPHC-HPW-Training@med.navy.mil or by phone at (757) 953-0956.
- **Use the Department of Navy's "[Fruits and Veggies-More DOES Matter](#)"** video to promote consuming more fruits and vegetables. Obtain a copy by sending an email to Nutrition@med.navy.mil or by phone at (757) 953-0956.

Recognize those who are adopting better nutrition habits

- **Develop a Wall of Fame** with pictures of Sailors, Marines, and civilian personnel who have started eating healthier and incorporating exercise into their daily routine.
- **Encourage a nutritious competition.** Encourage Sailors, Marines, family members, retirees, and DoD civilian staff to complete the [30-Day Fruit and Veggie Challenge](#), and



at the end of the month recognize those who successfully complete it. Have them share what they learned by participating in the challenge.

- **Register Sailors, Marines, family members, retirees, and DoD civilian staff for the [Crews into Shape Challenge](#)**, taking place 1-28 March, 2015. The deadline to register a crew is 28 February. Be sure to recognize those who successfully complete the challenge, and encourage them to share what they learned!
- **Encourage Sailors and Marines to utilize [NOFFS: Navy Operational Fitness & Fueling System](#)**. Activities including building their own meal plan using the [Meal Builder](#) based on gender, current weight, and body weight goals. Ask them to share their lessons learned at the end of the month.

For more information about healthy eating please visit [March Healthy Eating Month Toolbox](#).

References

¹ National Nutrition Month®. Academy of Nutrition and Dietetics. EatRight.org. <http://www.eatright.org/NNM/default.aspx>. Accessed December 2014.

² Navy Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2013. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA2013-annual-report.pdf>. Published 2014. Accessed December 2014.