



March – National Nutrition Month®

A Message for Commanding Officers

Just as high octane fuel is important for Navy jets, healthy eating is just as important when it comes to fueling the human body. To ensure optimal physical performance, fitness and health, Sailors and Marines must maintain a healthy body weight and proper body fat percentage.

Results from the 2011 DoD Survey of Health Related Behaviors among Military Personnel indicated that 51.3 percent of Navy active-duty personnel are overweight and 15.8 percent are obese. The Navy is reporting the highest percentages in both categories when compared with the other branches of service and the entire DoD (51.6 percent and 10.8 percent respectively). Additionally, among all military personnel only 23.4 percent and 12.9 percent have reported eating at least two servings of fruits and three servings of vegetables daily respectively, as compared with the nation's 2020 objectives of 75 percent and 50 percent respectively.

You can find out how your own command compares to these numbers by having at least 50 percent of your military personnel complete the Navy and Marine Corps Health Risk Assessment (NMCHRA), available on the NMCPHC website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx> and then having your NMCHRA Command Administrator create a Commanding Officer's Report for your review. In addition to reviewing the percent of individuals at your command who are at risk for having a high BMI, you will also be able to determine the percent of your command's personnel who are at risk for eating too much high fat foods and too little fruits and vegetables daily.

March is National Nutrition Month® (NNM). NNM is an annual nutrition education and information campaign created and sponsored by the Academy of Nutrition and Dietetics. Join our efforts to promote the National Nutrition Month® theme, *"Enjoy the Taste of EATING RIGHT"*, which encourages consumers to find the balance between choosing the foods they like with those that provide the nutrients their bodies need by directing your command Health Promotion Coordinator to use the resources from this month's Toolbox. You can play an important part in ensuring that personnel at your command are given the opportunity to gain the knowledge and receive the tools they need to make healthy food choices. Your leadership in encouraging your command personnel to make healthy food choices benefits not only the individual, but the entire military population.