



Military Nutrition Environment Assessment Tool (m-NEAT)

Fact Sheet

The m-NEAT assesses environmental factors and policies at the community level that support healthy eating. The tool was developed to help health promotion professionals, commanding officers, and others in the DoD community measure accessibility to healthy food options. The criteria for the m-NEAT are based upon current, evidence-based recommendations for a healthy eating environment for the military community.

The m-NEAT Appraisal can help:

- Create a community nutrition coalition or committee to continually address issues on an ongoing basis.
- Gather information about the community in relation to the nutrition environment.
- Engage community members and stakeholders in the project.
- Develop a strategic plan to address and monitor community assets and deficits.

Components of the m-NEAT include:

- 1) An EXCEL and web-based version of the criteria that assesses the following:
 - a. Installation Community Programs
 - b. Dining Facility (Permanent Party)
 - c. Dining Facility (Training Commands)
 - d. Fitness Center
 - e. Restaurant (Fast Food)
 - f. Restaurant (Sit-down)
 - g. Snack Shop
 - h. Stores (Convenience/Shoppette)
 - i. Commissary
 - j. Vending (Refrigerated)
 - k. Vending (Non-refrigerated)
 - l. Worksite
- 2) Final Score-provides feedback on the level of community support for healthy food options, ranging from Not Supportive to Fully Supportive.
- 3) Action Plan-allows community members to use the results of the m-NEAT to identify areas where they can make improvements to increase the accessibility of healthy food.



- 4) NEW! Toolkits are currently being developed for each area of the m-NEAT to give community members resources and tools needed to support implementation of strategies for improvement based on areas of highest priority identified on the completed Action Plan.

For more information and to access the m-NEAT, go to:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx>