



Spring, 2013



CONTENT:

• Editor's Corner: New York City's Debate Over Soda Consumption

• ShipShape Program Highlights

• Administrative Information

[Website](#)

[Contact Us](#)

Health Promotion and Wellness

ShipShape Weight Management e-News



EDITOR'S CORNER: NEW YORK CITY'S DEBATE OVER SODA CONSUMPTION



U.S. Navy photo by Ensign Alexis F. Steele/Released

You've probably all been following the battle between New York City Mayor Michael Bloomberg and businesses that sell sugary beverages. The proposed law would prohibit the sale of soda and other sugary beverages in containers bigger than 16 ounces.

There is little controversy about the cause of obesity-related diseases and disability, with sugar-added beverages being a major contributor to excess calorie intake.¹ For example, a large soft drink (32 oz) contains about 360 empty calories.

While government regulations can be very effective in affecting health behavior change (e.g., smoking policies), just having this debate has elevated the public's awareness of both individual risk of weight-related illnesses and an awareness of the broader strain on our healthcare system.

The epidemic of overweight and obesity remains today's most important public health challenge. Each of you is in a great position to promote healthy weight within your communities.

1.) Malik VS, Schulze MB, and Hu FB. Intake of sugar-sweetened beverages and weight gain: a systematic review 1'2'3. Am J Clin Nutr. 2006;8(2):274-288.

SHIPSHAPE PROGRAM HIGHLIGHTS

The ShipShape Program at Naval Hospital Jacksonville's Wellness Center took the program to various commands this year as part of an effort to make Shipshape more accessible to Sailors. AOC Nathan Welch, VP-16's CFL was a key component of realizing the importance of having the program taught at their facility. Several of the students at VP-16 who finished the eight week program had positive comments about the program:

"ShipShape for me was a real eye opener. I realized that I had horrible eating habits and I was digging myself into an early grave. I want to thank the ladies who helped me realize that I needed to change." - AO3(AW/SW) Johnson, VP-16 W/C 230

"Since starting Shipshape I have lost two pant sizes. I believe it's only the beginning and I hope and know by July1 I will be down to my goal weight and size." - AT3 (AW)Amanda Aselin

"The best thing about Shipshape is actually learning about portion sizes and how to set up each meal." - T.W. Wheeley AM1/E-6

"Shipshape has helped me realize how to eat right and gave me the motivation to do so. It is a great way to learn how to read food labels and to decide what is good and not so good for you." - AZ 2 Weiland

"Shipshape was great. It helped me keep on track with the food I ate and to lose weight. I really like the cook book." - A.A. Machell

"Shipshape has helped me watch what I eat and has helped me to pick what is healthy and what is not. Also, it taught me how to read labels. I truly want to change the unhealthy habits." - ADAN Edington

"Shipshape helped with portion control and made me realize a lot of myths and things commonly said about weight loss were false." - AD2 Jonathan Haggard

"I feel like Shipshape helped me learn how to live a healthier lifestyle." AD3 (AW) Tyler Dorsey

"Tons of useful information." - AM1 Sean Ritchie

ADMINISTRATIVE INFORMATION

Many of you have helped make Navy Medicine's ShipShape program a model of best practices. Reporting of the data is one component of any quality program. Participant rosters need to be sent to NMCPHC upon completion of the eight sessions so we can track over two years via PRIMIS how well participants remain within weight standards. To assist our data managers, we will be providing all ShipShape instructors with a new reporting template for sending these rosters. Remember to continue to encrypt these rosters when you send them in.

Remember also that monthly follow up with your participants can help them maintain their motivation and continued weight loss. The outcome template should be completed and sent to NMCPHC six months after the final session, but not later than June 30th or December 31st, for inclusion in the BUMED Summary Report.



"ShipShape for me was a real eye opener. I realized that I had horrible eating habits and I was digging myself into an early grave. I want to thank the ladies who helped me realize that I needed to change."

"ShipShape helped with portion control and made me realize a lot of myths and things commonly said about weight loss were false."

"I feel like ShipShape helped me learn how to live a healthier lifestyle."