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# Health Promotion and Wellness ShipShape Weight Management e-News



## PREVALENCE OF OVERWEIGHT AND OBESITY AMONG DON BENEFICIARIES



Being overweight or obese has been linked to numerous medical conditions, soaring healthcare costs, decreased productivity, and decreased quality of life. The obesity epidemic has created a current crisis in population health.

Recent Navy data from outpatient encounters in primary care clinics identified one-third of the beneficiaries that were seen as being overweight and 42% as being obese.<sup>1</sup> Findings were consistent with other reports that showed significantly fewer active duty Marines compared with Sailors as being obese.

However, there was a strong correlation in every obesity category between age and both gender and service component; in other words, as they aged, greater percentages of male and female beneficiaries and members of both services were classified as obese. Approximately 45% of both Marine Corps and Navy retiree beneficiaries were obese.

These data reinforce the need to institute preventive strategies that foster healthy nutrition and physical activity among younger beneficiaries as well as more intensive programs that can assist overweight and obese individuals, especially among older beneficiaries. Ideally, ShipShape instructors at the MTF are offering this program to all beneficiaries that need an intensive weight loss program

## OVERVIEW OF PHYSICAL ACTIVITY RECOMMENDATIONS FOR WEIGHT MANAGEMENT



Theoretically, weight loss and maintenance can be achieved simply by decreasing calorie intake. However, there is ample evidence that adopting physical activity (PA) as a lifestyle behavior is an essential component for most individuals in order to achieve long-term weight loss success.<sup>2</sup> Sedentary individuals remain at risk for weight gain and it's very common for sedentary individuals who lose weight to regain it.

To achieve health benefits, individuals should plan for at least 150 hours of moderate intensity PA each week. Less than that may have some health benefit, but appears to result in no significant change in body weight compared to more sedentary individuals. In order to lose weight, 150-250 minutes per week are recommended, and to keep from regaining weight, individuals may need to participate in at least 250 minutes of PA each week. For long-term weight loss, greater amounts of PA appear to result in greater success.

Research does not support strength training as effective for weight loss, and there is limited evidence that it spares lean muscle mass when limiting calorie intake for weight loss. Both fat tissues and muscle tissue are decreased during dieting. However, strength training should be a component of any weight loss program in order to rebuild muscle mass that is lost in dieting, improve glucose tolerance and insulin sensitivity, and improve balance and function. With yo-yo dieting, individuals lose both fat and muscle mass, but only regain fat tissue if they don't engage in strength training. Thus, with subsequent dieting attempts, their actual percent of body fat keeps increasing.

In real life, individuals often overestimate the total time of PA each week, overestimate the intensity of their workouts, or fail to sustain their PA programs long-term. Varying the types of PA, participating with groups, and keeping PA logs are techniques that can motivate individuals to sustain viable PA programs.

## DIETS...DIETS...DIETS

As long as Americans struggle with their weight, they will most likely seek new approaches to achieving their goals. Weight loss experts realize that the basic premise of maintaining a healthy weight centers on consuming fewer calories, getting plenty of physical activity, and developing the personal and social skills to deal with environmental challenges.

Numerous popular diets promise great results and often attract a strong following. ShipShape facilitators must be aware of the science behind the various plans, including any pros and cons and be able to talk about popular diets with their participants. Specifically, facilitators must be aware of any evidence for short and long-term weight loss as well as whether popular diets provide all the nutrients we need. While we can acknowledge that some popular diets may indeed foster healthier eating and provide good weight loss results, we should maintain some healthy skepticism about extraordinary claims of success. US News has reviewed popular diets to assist consumers make informed health decisions. U.S. News has reviewed popular diets to assist consumers make informed health decisions.\* To view, copy and past the following url into your browser:

<http://health.usnews.com/best-diet/best-weight-loss-diets?page>

\* This does not constitute an endorsement of any particular commercial diet plan by the Navy & Marine Corps Public Health Center.



US Navy photo by Mass Communication Specialist 2nd Class Nardelito Gervacio/Released

## IMPORTANCE OF NUTRIENT DENSE FOODS AND MANAGING WEIGHT DURING SICKNESS AND INJURY

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Achieving balanced nutrition and a healthy weight is very important for all Sailors and Marines in order to maintain optimal performance. However, healthy nutrition is especially important during sickness and injury. Research has shown that Wounded Ill and Injured (WII) service members are extremely vulnerable to developing acute and chronic health problems if they do not obtain good nutrition or fail to maintain their weight.

In addition to consuming high-energy foods and snacks, limitation on physical activity during a recovery period can contribute to weight gain. The healthcare literature also documents an increased risk for infection after surgery as well as prolonged healing and recovery time for overweight individuals. WII members who have lost limbs may also experience difficulties with the fit of their prostheses and participation in physical activity if their weight fluctuates. Excess body weight may also contribute to frequency of repairs on lower-limb prostheses. Members also have an increased risk over the general population for developing cardiovascular disease years after leg amputation.

The Navy and Marine Corps Public Health Center encourages members to adopt healthy behaviors and skills towards nutrition and physical activity. Weight maintenance is critical to WII members' health careers and overall well-being. The key to maintaining weight includes limiting foods that are high in fats, sugar and sodium; remaining active; avoiding snacks and beverages that are high in calories; and eating at scheduled times so as to maintain energy levels and avoid becoming famished.

By Cindy Richards-Myles, M.S. HCA, CHES, Public Health Educator

## SHIPSHAPE TRAINING ABOARD THE USS ROOSEVELT (CVN-71)

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NMCPHC was pleased to recently train more individuals aboard the USS Theodore Roosevelt to facilitate the ShipShape program. They are committed to helping their shipmates get back into standards and stay there through healthy nutrition, physical activity, and mental focus.

ShipShape is the key to helping sailors onboard USS Theodore Roosevelt get into and stay within Body Composition Assessment (BCA) standards. The Navy-approved weight-loss course is designed with active-duty sailors and their lifestyles in mind. Augmenting the current Fitness Enhancement Program (FEP) with ShipShape allows the TR to take a comprehensive approach to fitness. Nutrition and fitness depend on one another to be successful and with full participation and support, ShipShape is increasing crew readiness and morale.

Qualified ShipShape instructors meet with FEP sailors one hour a week for eight weeks to facilitate the lessons. Sailors must commit to the eight-week program by signing a PG-13 and have two opportunities to attend each week's lesson. Each instructor provides individual support to no more than 15 sailors through counseling sessions. Sailors receive additional support through each other during group sessions. This eight-week program will be facilitated twice before the next PRT.

Turning the focus onto nutrition helps FEP sailors realize how their food choices affect their fitness choices. The ShipShape program breaks nutrition into a formula: calories in minus calories out. Teaching this principal shows sailors how to eat right and allows the hard work from FEP sessions to pay off. USS Theodore Roosevelt is working hard to return the ship back to operational status. Together, the chain of command and TR command fitness team is bringing FEP members back to ship shape!

Written by: IC3(SW/AW) Laura Auer, Assistant Command Fitness Leader

USS Theodore Roosevelt, CVN-71





### **Semi-Annual Reports Due**

Many of you have already submitted 6-month outcome reports for ShipShape groups that finished between July 1st and December 31st, 2012. Any remaining reports for this date range are due by July 1st, so if you were intending to submit results, please do so ASAP. Results will be consolidated into the semi-annual report that is forwarded to each of the Medical Regions and BUMED. Please contact NMCPHC if you have any questions.

### **ShipShape Instructor Training Schedule for the 4th Quarter**

9 August	NEPMU5 San Diego CA
13 August	NEPMU2 Norfolk VA
10 September	NH Naples
17 September	NH Rota
(TBA~September)	NH Yokosuka

1. Kwamin M. Prevalence of weight status among Department of Navy TRICARE Prime enrollees, 2011. Epi Data Center: Navy and Marine Corps Public Health Center; No date. Unpublished.

2. Donnelly JE, Blair SN, Jakicic JM, Manore MM, Rankin JW, Smith BK. Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. *Medicine & Science in Sports & Exercise*: February 2009 - Volume 41 - Issue 2 - pp 459-471.