m-NEAT Share Fair

July 17, 2014
Share Fair Objectives

- At the conclusion of this Share Fair, the participants will be able to:
  – Identify at least two strategies that can be implemented in utilizing the results of the m-NEAT to make healthier food options available for their community or worksite.

The views expressed in this briefing are those of the authors and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, nor the U. S. Government.
Presenters:

- **U.S. Air Force:**
  - Wendi Knowles RD/LD, Health & Wellness Center (HAWC), Tinker Air Force Base
  - Joel Urdang, MPH, CHES, CTTS, 71st Medical Group, Vance Air Force Base

- **U.S. Army:**
  - Alison F. Cuccia, MSPH, Program Evaluator, CACHE, Army Institute of Public Health
  - Amy Cowell, US ARMY MEDCOM, Public Health Command (PHC)

- **Office of Secretary of Defense (OSD):**
  - Karen Hawkins, RD, Military Community and Family Policy (MCFP), Community Food Projects (CFP), OSD

- **U.S. Navy:**
  - CDR Paul Allen, MSC, USN Naval Medical Center Portsmouth (NMCP)
  - Alice Fitzpatrick, RN, NMCP
  - LT Josh Halfpap, MSC, USN, Naval Medical Center San Diego
Webinar Courtesy

- Good afternoon and thank you for joining us!
- To listen to the presentation, use the dial in: (877) 885-1087 Code: 704 516 0523#
- We ask that all participants please mute your phone lines either by pressing *6 or the mute button on your phone.
- Please do not put your phone on hold at any point during the call.
- The slides and audio will be archived on the NMCPHC webpage at: http://www.med.navy.mil/sites/nmcpnc/health-promotion/Pages/webinars.aspx
72d Air Base Wing

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405-736-2169/DSN 884-2169

Tinker AFB Vending
# Tinker AFB Vending

## Population/Partners

<table>
<thead>
<tr>
<th>Tinker AFB</th>
<th>Types/Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>14,300 Civilians</td>
<td>Beverage</td>
</tr>
<tr>
<td>7,400 Military</td>
<td>AAFES -55</td>
</tr>
<tr>
<td>3,400 Contractors</td>
<td>ARAMARK -163</td>
</tr>
<tr>
<td><strong>25,100 Total</strong></td>
<td></td>
</tr>
</tbody>
</table>

## 2 Vending Partners

<table>
<thead>
<tr>
<th>AAFES &gt;50% Military</th>
<th>Snacks -Non Refrigerated</th>
</tr>
</thead>
<tbody>
<tr>
<td>AAFES = 3</td>
<td>AAFES - 4</td>
</tr>
<tr>
<td>ARAMARK &gt;50% Civilian</td>
<td>ARAMARK -5(1 Frozen)</td>
</tr>
</tbody>
</table>

**Count on Us!**
3 Types of Contracts

- **Primary Master Vending** requires 15% Fit Pick™ 1 with Labeling
  - Tinker currently at 30%

- **Secondary Dedicated Healthy** 100% Healthy
  - Tinker 3 machines

- **Short Term**
  - Used to evaluate vending relationship prior to Primary or Secondary
## Fit Pick™ Criteria

<table>
<thead>
<tr>
<th>Designation:</th>
<th>Fit Pick 1</th>
<th>Fit Pick 2</th>
<th>Fit Pick Select</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fat</strong></td>
<td>No more than 35% of total calories (exception: nuts, nut butter, seeds)</td>
<td>No more than 35% of total calories (exception: nuts, nut butter, seeds)</td>
<td>8 grams or less (≤35% of calories)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>No more than 10% of total calories</td>
<td>No more than 10% of total calories or less than 1 gram</td>
<td>2 grams or less (&lt;10% of calories)</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>No guideline</td>
<td>Zero trans fat</td>
<td>0 grams</td>
</tr>
<tr>
<td>Sugar</td>
<td>No more than 35% of total product weight</td>
<td>No more than 35% of total calories</td>
<td>18 g or less (≤35% of weight)</td>
</tr>
<tr>
<td>Sodium</td>
<td>No guideline</td>
<td>No more than 230 mg. (exception: Low or non-fat dairy products)</td>
<td>200 mg or less</td>
</tr>
<tr>
<td>Calories</td>
<td>No guideline</td>
<td>Middle school: No more than 180 calories/pkg&lt;br&gt;High school: No more than 200 kcal/pkg</td>
<td>200 or less</td>
</tr>
</tbody>
</table>

**Count on Us!**
# Fit Pick™ Plan-o-gram

<table>
<thead>
<tr>
<th>Shelf A:</th>
<th>Shelf B:</th>
<th>Shelf C:</th>
<th>Shelf D:</th>
<th>Shelf E:</th>
<th>Shelf F:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chips</td>
<td>Chips</td>
<td>Chips</td>
<td>Fit Pick Chip</td>
<td>Fit Pick Chip</td>
<td>Chips</td>
</tr>
<tr>
<td>Chips</td>
<td>Chips</td>
<td>Chips</td>
<td>Fit Pick Snack Item</td>
<td>Fit Pick Snack Item</td>
<td>Chips</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
<td>Cookies</td>
<td>Fit Pick Snack Item</td>
<td>Fit Pick Snack Item</td>
<td>Snack</td>
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<tr>
<td>Candy</td>
<td>Candy</td>
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<td>Candy</td>
</tr>
<tr>
<td>Large Size Candy</td>
<td>Pastry</td>
<td>Pastry</td>
<td>Fit Pick Item</td>
<td>Fit Pick Item</td>
<td>Large Size Candy</td>
</tr>
</tbody>
</table>

Old Logo

New Logo

Count on Us!
AAFES Dedicated Healthy Vending

Count on Us!
Gerrity Gym - Beverage

Original score = 0%
Current Score = 100%

Contract w/out healthy specifications
# Tinker Score History

<table>
<thead>
<tr>
<th>Survey Area</th>
<th>Original Score 2009</th>
<th>2013 New Survey</th>
<th>Goal 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mar-10</td>
<td>Sep-10</td>
<td>Jun-11</td>
</tr>
<tr>
<td>Non-refrigerated</td>
<td>39%</td>
<td>56%</td>
<td>56%</td>
</tr>
<tr>
<td>Refrigerated Food</td>
<td>0%</td>
<td>25%</td>
<td>33%</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>

*Count on Us!*
Resources

- http://www.healthyvending.com
- http://www.fitpick.org/nutctr
- https://schools.healthiergeneration.org
- http://www.vending.org (NAMA)
- http://www.vendingtimes.com
Vance Air Force Base

A Community Approach to Increasing Healthy Food Options

Joel Urdang, MPH, CHES, CTTS
Vance Air Force Base - 71 Medical Group
Joel.Urdang.1@us.af.mil
580-213-6420/ DSN 448-6420
Creating Active Communities and Health Environments

Alison Cuccia, Amy Cowell

17 July 2014
What is CACHE?

**m-NEAT**  
Military Nutrition Environment Assessment Tool  
Assesses an installation’s environment and policies towards healthy eating

**PAC**  
Promoting Active Communities  
Evaluates an installation’s built environment, policies, and programs related to physical activity

**QITS**  
Quantitative Indicators for Tobacco Systems  
Assesses an installation’s policies and environment promoting tobacco free living

**Supporting Documents**  
Presentation templates  
Factsheets  
Excel spreadsheet  
Facilitator’s Guide

**Online Tool**
CACHE Pilot and Scope

• Aim to be used at all military installations to improve food and built environment

• Piloting online toolkit at four installations in August 2014
  – Joint Base Lewis-McChord
  – Ft Sill (HBI)
  – Ft Bragg (HBI)
  – Eglin Air Force Base

• CACHE Pilot Evaluation
  – Was the tool useful?
  – Was the tool completed as intended?
  – Was the action plan completed?
  – Was the action plan useful?
  – Were sustainable changes made?
Karen Hawkins MA, RDN, LD, Military Community & Family Policy, Office of the Secretary of Defense (OSD)
Snack Attack

CDR Allen, RDN
Head, Nutrition Management Department
Alice Fitzpatrick, RN
Wellness Department
Naval Medical Center Portsmouth
**Issue:** Foods of minimal nutritional value in hospital vending machines

**Discussion:** Over 30 vending machines are located within the hospital buildings.

**Goal:** Improve the nutritional value of items in the hospital vending machines.
m-NEAT Results

* Issue: Vending machines (both food and beverage machines) did not fair well in NMCP’s m-NEAT survey
* Discussion: Hospitals are places for health and healing. The Healthy Base Initiative and the Healthier Hospital Initiative provide guidance on managing healthy options.
* Goal: Align vending machine offerings to hospital mission.
What did we do??!!??

* Had a meeting!
  * NEX District Vending Manager
  * NEX Area Vending Manager (Operator)
  * NMCPHC Nutrition Program Manager
  * NMCP Wellness Dept. Staff
  * NMCP Dietitian
Went in with high expectations

What we accomplished:

- Machine labeling – corrected/posted Fit Pick™ items
- Added a row of ‘Healthy Alternative’ options
- Added more water to beverage machines
- Built a relationship with NEX Vending Manager
Trust, but Verify

- What we do now:
  - Random survey of vending machines
  - Notify NEX Vending Manager if agreed terms are not being implemented
Long Range Goals

* Truly improve the overall nutrition environment of the hospital
* Still provide choice, just make it a bit harder to find low nutritional value foods or make people walk farther to purchase
Thank you!
LT Josh Halfpap, MSC, USN
Naval Medical Center San Diego
Discussion and Questions
Continuing Education Contact Hours (CECH)

- NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive 1 Category 1 CECH but only when viewed during the live webinar. If you are a CHES and you viewed the live webinar, E-mail your name and CHES number to: Melissa.cazaux@med.navy.mil

- If you have viewed the recorded version of the webinar online and would like to request Cat. II CECH, download the certificate for this webinar from the NMCPHC Webinar website, complete it and send it to the NCHEC, Inc. for 1 Cat. II CECH
The slides and audio will be archived on the NMCPHC webpage at: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx.

Thank you for joining us and if you have any questions, please e-mail Sally Vickers at Sally.Vickers@med.navy.mil.