Tri-service m-NEAT Training

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The views expressed in this presentation are those of the authors and do not necessarily reflect the official policy or position of the Department of Defense, or the U. S. Government.”
Objectives:

1. Describe how to access the m-NEAT
2. List the three phases of m-NEAT implementation
3. Describe how to use the m-NEAT results
Agenda:

- What is the m-NEAT?
- Where do we find the assessment tools?
- How do we get started?
- How do we complete the m-NEAT scoring tool?
- How do we use the m-NEAT results?
What is the m-NEAT?

- Joint-service tool
- Designed to assist stakeholders in assessing the food environment
- m-NEAT surveys multiple venues to assess:
  - availability, pricing and promotion of healthy foods
  - policies and marketing of healthy eating

*A supportive environment will enhance healthy eating practices, prevent weight gain to meet mission requirements and deliver a fit and healthy force.*
Benefits:

- Engages community members and stakeholders
- Creates a community nutrition coalition to continually address issues on an on-going basis
- Gathers information about the community in relation to the food environment
- Supports the development of a strategic plan to address and monitor community assets and areas for improvement
What is a Healthy Food Environment?

“An environment where access to healthy food options is promoted and supported in the classroom, in the workplace, and in the community”

~Michigan Department of Community Health~
History of the m-NEAT

NAVY/USMC
CHOW
“Choosing Healthy Options for Wellness”

AIR FORCE
DINE
“Developed Improved Nutrition Environment”

ARMY
EATS
“Environment Assessment Tool of Subsistence”

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m-NEAT Criteria:

- Criteria are based on nationally recognized or DoD Nutrition and Menu Standards
- Assessment areas include:
  - Fitness Centers
  - Community Programs
  - Dining Facility (Training and Permanent Party)
  - Restaurant (Fast-Food and Sit-Down)
  - Snack Shop (Billeting/Lodging)
  - Stores (Convenience and Commissary)
  - Vending (Refrigerated and Non-Refrigerated)
  - Worksite Environment
m-NEAT Support Materials?

- Facilitator Instruction Guide
- Section Worksheets
- EXCEL Scoring Tool
  - Web-based tool under development
  - Local Action Plan
- Toolkits
  - Convenience Store
  - Snack Shop
  - Vending

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Where Can I find the m-NEAT?

Navy and Marine Corps Public Health Center:
http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx

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Getting Started:

m-NEAT has three phases:

- **Preparation**
- **Data collection** and deployment of the assessment
- **Creation and implementation of a Local Action Plan**
Phase I: Preparation
Preparation

- Refer to the Facilitator’s Instruction Guide
- Assemble a coalition team
- Determine areas to assess and complete all sections of the m-NEAT
  - If your installation/base has it, then assess it
  - Assess three sites with the largest headcount or highest volume of traffic
  - Determine location(s) and point of contact (POC)
- Team member assignments and provide worksheets
- Team members must:
  - Read and understand worksheets
  - Contact appropriate POC prior to site visit
Facilitator Instruction Guide

- Assists with preparation & assessment oversight
- Provides instruction on using the EXCEL Scoring Tool
- Provides guidance on developing a Local Action Plan
- Includes resources
Phase II:
Data Collection and Assessment Deployment
Section Worksheets

- Used to collect data
- Provides instructions and definitions
- Use a separate worksheet for each facility assessed
- Nine Worksheets
  - Snack Shop (billeting)
  - Worksite
  - Community
  - Convenience Stores
  - Fitness Center
  - DeCA (Commissary)
  - Restaurant (Fast-food and Sit-down)
  - Vending (Refrigerated. and Non-refrigerated)
  - DFAC (Permanent Party & Training)

- Useful in developing Local Action Plan
m-NEAT | Dining Facilities

The criteria in this section of the m-NEAT refer nutrition standards as set by the DoD Menu Standards and the 2010 Dietary Guidelines for Americans.

This assessment covers all day parts of the menu (breakfast, lunch and dinner) - the assessment will need to be done over two meal periods: breakfast and lunch or breakfast and dinner. Complete the assessment for the two meal periods on the same day.

Unless prior arrangements or authorizations have been made, inform the Installation Food Program Manager, Dining Facility (DFAC) Manager and/or applicable personnel of your assessment prior to your onsite visit.

Read each criterion thoroughly to become familiar with the specific nutrition parameters and food items. For each criterion listed:

a. Mark “YES” if the criteria are true - YES indicates the statement is true and verifiable through direct observation and/or administrative records (recipe cards, catalogues, product packaging, nutrition label, standard operating procedures, etc.)

b. Marking “NO” indicates the criteria/component is not available or verifiable.

c. “NA” will only be used if the criteria does not apply (i.e. you are assessing Permanent Party DFAC and criteria is for Initial Military Training DFACs.)

d. This data collection tool is used for both Permanent Party and Training DFACs. Most criteria are applicable to both except where annotated.

1. Type of DFAC: ○ Permanent Party ○ Initial Military Training

   DFAC Name: __________________________ Location: __________________________ Phone: __________________________

   DFAC Manager: __________________________ e-mail: __________________________

2. Hours of Operation:

   Monday-Friday: ○ B: _______________ ○ L: _______________ ○ D: _______________

   Saturday-Sunday: ○ B: _______________ ○ L: _______________ ○ D: _______________

3. Assessment completed during the following meal periods: ○ Breakfast and Lunch ○ Breakfast and Dinner

4. Data Source: ○ Site Visit ○ Cycle Menu ○ DFAC Menu ○ Interview ○ Other: __________________________

   Pg. 1

29 May 2012

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4. Are there more than two (2) varieties of any brand of hot or cold healthier cereal available?  ○ yes  ○ no
5. Healthier cereals are priced lower than sugary versions?  ○ yes  ○ no

**Definition of a Healthier Cereal:**
- **Sugar:** <10 grams of Sugar
- **Whole-grain:** ≥16 grams or listed as first ingredient
- **Dietary Fiber:** ≥ 3 grams

**Instructions:**
- ✓ Mark “yes” if the Healthier version is available and “no” if unavailable.
- ✓ Record the price for both the Healthier and Sugary version of the cereal. Leave blank, if sugary version is not available. Refer to products that are single-serving (individual cups, packets, etc), same size and of the same brand when possible.

---

**Chart C: Grain – Breakfast Cereals**

<table>
<thead>
<tr>
<th>Breakfast Cereals</th>
<th>Healthier version available</th>
<th>Price Healthier version</th>
<th>Price Sugary version</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
<td>○ yes ○ no</td>
<td>$</td>
<td>$</td>
<td>Compare with flavored oatmeal</td>
</tr>
<tr>
<td>Grits or Cream of Wheat</td>
<td>○ yes ○ no</td>
<td>$</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Plain toasted oats</td>
<td>○ yes ○ no</td>
<td>$</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Bran flakes (with or without raisins)</td>
<td>○ yes ○ no</td>
<td>$</td>
<td>$</td>
<td>Compare with Frosted Corn Flakes. Keep in mind that Bran Flakes with Raisins will have more sugar.</td>
</tr>
<tr>
<td>Shredded wheat</td>
<td>○ yes ○ no</td>
<td>$</td>
<td>$</td>
<td>Compare with Frosted Shredded Wheat</td>
</tr>
<tr>
<td>Other:</td>
<td>○ yes ○ no</td>
<td>$</td>
<td>$</td>
<td></td>
</tr>
</tbody>
</table>
EXCEL Scoring Tool

- Each section is accessible via the bottom Tabs
- Horizontally scroll thru the entire spreadsheet
- There are 17 total Tabs
Completing Each Section

- Do NOT use the EXCEL Scoring Tool as a checklist for the on-site assessment
- Vertically scroll through each section – some sections are long
- Some questions may have additional instructions
  - Pay attention to detail
  - Incorrect answers may skew the score

<table>
<thead>
<tr>
<th>FACILITATOR</th>
<th>Site 1</th>
<th>Site 2</th>
<th>Site 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>15. Staff members are trained/familiar with menu (portion sizes, ingredients and preparation methods)</td>
<td>YES</td>
<td>NO</td>
<td>NO</td>
</tr>
<tr>
<td>16. Does the Restaurant have a menu posted on their website?</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>If &quot;NO&quot;, Answer &quot;NA&quot; for questions 17 and 18.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. The internet menu provides nutrition information.</td>
<td>NA</td>
<td>NO</td>
<td>NO</td>
</tr>
<tr>
<td>Answer key: &quot;Yes&quot; &quot;No&quot; or &quot;NA&quot; = no internet menu</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. The internet menu identifies healthy menu options.</td>
<td>NA</td>
<td>NA</td>
<td>NO</td>
</tr>
<tr>
<td>Answer Key: &quot;Yes&quot; &quot;No&quot; or &quot;NA&quot; = no internet menu</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Using the Scoring Tool

- Enter answers manually or use drop down boxes
- Some answer options are more than “YES” or “NO”
- An “Invalid Answer” error message will pop-up when you enter an answer that is not an option

```
<table>
<thead>
<tr>
<th>Availability of Healthful Option</th>
<th>2 - 4 choices</th>
<th>1 healthy choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Are there healthy salad entrees and/or a salad bar?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>3. How many low-fat or fat-free salad dressings are available?</td>
<td>2 or more choices</td>
<td>None</td>
</tr>
<tr>
<td>4. Fruit is available.</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>5. Healthy sides are available.</td>
<td>Unhealthy</td>
<td></td>
</tr>
<tr>
<td>6. Whole-grain bread is available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. 100% fruit juice is available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. 1% or skim (fat-free) milk is available.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
```
Error Alerts

- Does NOT indicate a “Correct” or “Incorrect Answer”

- **RED** indicates answer is:
  - Missing
  - Unacceptable

- **GREEN** indicates answer is:
  - Not required
  - Accepted

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**Scoring**

- **Self-scoring**
- Score is not available until all questions are answered
- Vertically scroll thru entire section – ensure Error Alerts are GREEN
- **#N/A** = unanswered questioned or no site assessment

### Section 6: RESTAURANT (Sit-Down)

1. After completing the m-NEAT data collection section worksheet indicate whether the following conditions are true or are routinely available.
2. Do NOT use this scorecard as a checklist for the onsite assessment.
3. Please select answer (or type) by clicking on the Answer Box.

<table>
<thead>
<tr>
<th>Question</th>
<th>Club</th>
<th>Top of Bay</th>
<th>Site 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>32. There is an assigned healthy side.</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>33. An unhealthy dessert is automatically included.</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>34. Healthy desserts are available.</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35. Unhealthy eating promotion exists.</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>36. Healthy eating promotion exists.</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Total Points for each sit-down restaurant:                              | 14     | 11         | #N/A   |
| Maximum Possible Points:                                                | 28     | 21         | 30     |
| Score for each sit-down restaurant:                                    | 50%    | 52%        | #N/A   |
| Overall Score:                                                         | 51%    |            |        |
Scoring (continued)

- Maximum possible scores may vary for each site
- Questions are weighted – it is possible to lose points

### Section 11: VENDING (Refrigerated Beverage and/or Food)

<table>
<thead>
<tr>
<th>BEVERAGE VENDING</th>
<th>1. After completing the m-NEAT data collection (instruction) sheet indicate whether the following conditions are true or are available routinely.</th>
<th>Site 1</th>
<th>Site 2</th>
<th>Site 3</th>
<th>Site 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. Please type (select) &quot;yes&quot; or &quot;no&quot; (or as indicated) by clicking on the Answer Box.</td>
<td>Answer YES or NO</td>
<td>Error Alert</td>
<td>Answer YES or NO</td>
<td>Error Alert</td>
</tr>
<tr>
<td>5. Beverages with more than 40 calories/serving are only offered in servings of less than 12 oz.</td>
<td>NO</td>
<td></td>
<td>NO</td>
<td>YES</td>
<td></td>
</tr>
<tr>
<td>6. Available milk is 1%, skim or non-fat milk. (Answer &quot;NA&quot; only if milk is not available)</td>
<td>YES</td>
<td></td>
<td>NO</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>7. Available non-dairy calcium fortified beverage meets defined specifications for sugar, protein, calcium and fat. (Answer &quot;NA&quot; only if a non-dairy calcium fortified beverage is not available)</td>
<td>YES</td>
<td></td>
<td>NO</td>
<td>YES</td>
<td></td>
</tr>
<tr>
<td>8. Available juice has at least one that is 100% fruit juice with no added caloric sweeteners. (Answer &quot;NA&quot; only if juice is not available)</td>
<td>NA</td>
<td></td>
<td>NO</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>9. Available vegetable juice has a sodium content of: Answer Key: &quot;&lt;140 mg&quot;, &quot;&lt;260 mg&quot;, &quot;$231 mg&quot;, &quot;NA&quot; = vegetable juice is not available.</td>
<td>≤230 mg</td>
<td></td>
<td>≥231 mg</td>
<td>≥231 mg</td>
<td></td>
</tr>
</tbody>
</table>

### Scoring Details

<table>
<thead>
<tr>
<th>TOTAL SCORE</th>
<th>Total Points for each Refrigerated Vending</th>
<th>Maximum Possible Points</th>
<th>Score for each Refrigerated Vending</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5</td>
<td>8</td>
<td>63%</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>6</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td>-1</td>
<td>6</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>15</td>
<td>27%</td>
</tr>
</tbody>
</table>

Overall Score: 31%
Scoring (Continued)

- DFAC questions are not weighted
- Criteria that is *italicized in bold purple font* are non-scored

### Section 3: Military DFAC (Training)

Military Dining Facilities (DFAC) that serve Service-members in initial military training

<table>
<thead>
<tr>
<th>Question</th>
<th>Raider DFAC</th>
<th>Bldg 430</th>
<th>Site 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>55. Flavored no-sugar beverage base, diet teas, carbohydrate electrolyte beverages are available.</td>
<td>YES</td>
<td>YES</td>
<td></td>
</tr>
<tr>
<td>Promotion of Healthy Eating</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>56. Menu approved by dietitian (local or corporate) or dietitian provided advice on nutritional aspects.</td>
<td>YES</td>
<td>YES</td>
<td></td>
</tr>
<tr>
<td>57. Customer nutrition awareness: Training and healthy eating promotional materials are strategically placed.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>58. Staff training on food items and preparation techniques that support health and nutrition goals.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
</tbody>
</table>

**DFAC (Training) Points for each facility**
- Raider DFAC: 41
- Bldg 430: 39
- Site 3: #N/A

- Maximum possible points: 50
- Individual DFAC (Training) Score: 82%
- Overall Score (all facilities): 80%
m-NEAT Community Appraisal – Overall Rating

<table>
<thead>
<tr>
<th>Community</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Center</td>
<td>64%</td>
</tr>
<tr>
<td>Community</td>
<td>N/A</td>
</tr>
<tr>
<td>DFAC (Training)</td>
<td>N/A</td>
</tr>
<tr>
<td>DFAC (Permanent Party)</td>
<td>100%</td>
</tr>
<tr>
<td>Restaurant (Fast food)</td>
<td>12%</td>
</tr>
<tr>
<td>Restaurant (Sit-down)</td>
<td>48%</td>
</tr>
<tr>
<td>Snack Shop</td>
<td>13%</td>
</tr>
<tr>
<td>Stores (DeCA: Commissary)</td>
<td>79%</td>
</tr>
<tr>
<td>Stores (Convenience)</td>
<td>37%</td>
</tr>
<tr>
<td>Vending (Non-Refrigerated)</td>
<td>0%</td>
</tr>
<tr>
<td>Vending (Refrigerated)</td>
<td>50%</td>
</tr>
<tr>
<td>Worksite</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Total number of categories scored</strong></td>
<td><strong>9</strong></td>
</tr>
<tr>
<td><strong>Average m-NEAT score:</strong></td>
<td><strong>45%</strong></td>
</tr>
</tbody>
</table>

90-100 = Fully supportive (GREEN)
75-89 = Mostly supportive (YELLOW)
60-75 = Partially supportive (ORANGE)
0-59 = Not supportive (RED)
Phase III: Local Action Plan: Creation and Implementation
Local Action Plan

Step 1: Review Final Scores & Ranking with Committee

Step 2: Score each assessment area on:
   a) Cost
   b) Time
   c) Support
   d) Importance

Step 3: Prioritize your actions as Low or High
## Local Action Plan

<table>
<thead>
<tr>
<th>Recommended Actions</th>
<th>Relevant m-NEAT Indicator</th>
<th>check here if n/a</th>
<th>Cost</th>
<th>Time</th>
<th>Support</th>
<th>Importance</th>
<th>Total Points</th>
<th>Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implement Farmers Market</td>
<td>Community Programs (17%)</td>
<td></td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>8</td>
<td>High</td>
</tr>
<tr>
<td>Low-Fat Pastry Breakfast</td>
<td>DFAC (82%)</td>
<td></td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>4</td>
<td>Low</td>
</tr>
<tr>
<td>Nutrition Posting Up-to-date</td>
<td>Fitness Center (0%)</td>
<td></td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>11</td>
<td>High</td>
</tr>
</tbody>
</table>

- **Cost**: How expensive would it be to plan and implement the action?
- **Time**: Long = >6 months; Moderate = >30 days; Brief = <30 days
- **Support**: How much support exists to plan & implement the action?
- **Importance**: Importance/impact on the community?
Implementing the Action Plan

Step 4:

- Assign action item to person(s)
- Set deadline for each action item
- Set date for next meeting

<table>
<thead>
<tr>
<th>Recommended Actions</th>
<th>Relevant m-NEAT indicator</th>
<th>Responsible Party</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Center: <strong>Action Item 1</strong>: Q1: Education material put up in all three gyms. Karen Blackwell has additional racks if needed. Gerrity has rack that material can be put into in the child center. Bulletin boards available for posting.</td>
<td>Fitness Centers</td>
<td>Wendi Knowles Pat Griffin</td>
<td>6/15/13</td>
</tr>
<tr>
<td>Fitness Center: <strong>Action Item 2</strong>: Q13 Scott will work with vending company to determine if 0 or 40 calorie beverages can be increased. Currently on 2 -need 5 to meet 75%</td>
<td>Fitness Centers</td>
<td>Scott Kelly Aramark Vending</td>
<td>10/01/13</td>
</tr>
<tr>
<td>DFAC: Q8, Q15, Q29, Q33, and Q35 are completed - YES answers for the next survey.</td>
<td>DFAC</td>
<td>Mr. Rodriguez</td>
<td>5/30/13</td>
</tr>
</tbody>
</table>
Brief Action Plan

**Step Five**: Brief Leadership on score, action items and results

**Step Six**: Determine next date for the m-NEAT assessment
Feedback:

- After the m-NEAT is complete, take time to provide us feedback!
  - Complete the m-NEAT Community Appraisal Feedback Form
  - Find the form in the m-NEAT EXCEL workbook

<table>
<thead>
<tr>
<th>Question</th>
<th>answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Is this the first m-NEAT Appraisal completed for your post/base/installation?</td>
<td>Yes or No</td>
</tr>
<tr>
<td>-- If yes, skip to question #3</td>
<td></td>
</tr>
<tr>
<td>-- If no, when was the last m-NEAT Appraisal completed?</td>
<td>enter date</td>
</tr>
<tr>
<td>2) For those posts/bases/installations who are repeating the m-NEAT Appraisal, please review the data on this m-NEAT Appraisal and answer the following questions:</td>
<td></td>
</tr>
<tr>
<td>a) How does your previous score compare to this score?</td>
<td></td>
</tr>
<tr>
<td>b) How has your post/base/installation used the results of the previous m-NEAT Appraisal to make changes in the availability of healthier food choices?</td>
<td></td>
</tr>
<tr>
<td>c) Since the completion of the last m-NEAT Appraisal (not this one) what changes have you made to increase the availability of healthier food choices at your post/base/installation?</td>
<td></td>
</tr>
<tr>
<td>3) Feedback regarding the m-NEAT Appraisal tool (difficulty with completion, recommendations for improvement, etc.):</td>
<td></td>
</tr>
</tbody>
</table>

We appreciate your time in completing this m-NEAT Feedback Form regarding your experience in completing the m-NEAT Appraisal.
Submit Completed m-NEAT EXCEL Scoring Tool

- Email the completed m-NEAT EXCEL Scoring Tool by clicking on the link provided on the website or:
  - Navy: Nutrition@nehc.mar.med.navy.mil
  - Army: Sandra.e.keelin.mil@mail.mil
  - Air Force: Mary.balch@us.af.mil
Using the Toolkits:

- Toolkits available for:
  - Convenience Stores
  - Snack Shops
  - Vending

- Provides for each area:
  - Nutritional Standards
  - Strategies for Improvement
  - Sample Action Plan
  - Customer Survey Sample
  - References
Questions?
Continuing Education

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Continuing Education (continued)

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