



1



Overview

- Problem Statement
- Terms of Reference
- Briefings
- Structure of the written report
- Way Ahead

2



Problem Statement

Consistent with national trends, rates of overweight and obesity within the U.S. military population also have increased over time, although rates of overweight have leveled off in recent years.

3



Problem Statement (continued)

- Excessive weight and body fat disqualify some otherwise qualified individuals from military Service, denying them the opportunity to serve.
- Excessive weight and body fat among the Active Duty, National Guard, and Reserve populations reduces overall force fitness and readiness.

4



Problem Statement (continued)

- The Department spends nearly \$1.1 billion annually treating obesity-related illness for Service members and their families.
- Children of parents who serve are more likely to volunteer for Service themselves. As this cohort is likely to be cared for through the Military Health System, it is important that efforts be made to ensure healthy weight.

5



Terms of Reference

April 20, 2012: Acting Under Secretary of Defense for Personnel and Readiness (USD(P&R)) endorsed a request by the Deputy Surgeon General of the Air Force that the DHB examine:

The effects of national trends in overweight and obesity on recruitment and retention of military personnel;

- 2) Best practices for maintaining healthy weight in Service members;
- 3) Optimal strategies for addressing overweight and obesity in DoD dependents and retirees; and
- 4) Strategies and best practices for ensuring that children of military personnel specifically, and the general population more generally, achieve healthy weight.

6



Briefings

- Services
- Centers for Disease Control and Prevention
- Joint Advertising Marketing Research and Studies (JAMRS)
- National Institutes of Health
- Other subject matter experts in nutrition, childhood obesity, community health, epidemiology
- Cross-DoD programs (e.g., Healthy Base Initiative)

7



Structure of the written report

- Introduction
- Recruitment and Accessions
- Current Military Personnel
- DoD Retirees and Beneficiaries
- Children of Military Personnel

8



Introduction

- Definitions of overweight and obesity
- Health effects of overweight and obesity
- Excess fat screening and measurement
- Overweight and obesity trends

9



Recruitment and Accessions

- Evolution of current policies and standards
- Current standards and processes, including waivers
- Fitness of current applicants and recruits
- Forecasting the future

10



Current Military Personnel

- Prevalence of overweight and obese
 - Sources and quality of data
- Implications of overweight and obese
 - For health
 - For readiness
- Basic training, physical readiness assessments, and retention standards
 - Attrition or discharge related to overweight or obesity
- Approaches to prevention, weight loss, and maintenance in military populations
- Post-service weight gain

11



DoD Retirees and Beneficiaries

- Prevalence of overweight and obese
- Current and projected costs of weight-related health problems
- Best practices in prevention and weight loss in the general population
- Military community-specific programs

12



Children of Military Personnel

- Prevalence of overweight and obese in children of military personnel
- Health risks of obesity in children and youth
- Best practices and strategies for preventing and treating overweight and obesity
- DoD initiatives in this population

13



Way Ahead

- Finalize findings and recommendations
- Complete report draft for Board's consideration
- August: Final Board review and vote.

14