“Weigh” To Stay Still On Target

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ADA-DOD Military Nutrition Symposium 25 OCT 03

Learning Objectives

- ✓ To provide military dietetic professional with the latest information on the Army's "Weigh" To Stay initiative
- ✓ To highlight the progress of "Weigh" To Stay implementation

Regulation Status

- AR 600-9 Revision (Still Pending)*
  - AR 600-9, The Army Weight Control Program (10 June 1987)
- Other Service Regulations:
  - AFI 40-502, The Weight and Body Fat Management Program (3 April 2002)
  - MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (10 May 2002)
  - OPNAVINSTR 6110.1G, Physical Readiness Program (10 October 2002)

Regulation Status

- **<u>*HOT OFF THE PRESS - AR 600-9</u>**

  LTC Bathalon emailed me on 9 OCT 2003:

  - **Just got back from briefing the SMA and an SES in G1 regarding changes to AR 600-9**
  - **Bottom line, changes to AR 600-9 (increasing female STW and changing to new DoD body fat equations) are a GO**
  - **Implementation will be in the next FY**

- **DoDI 1308.3, DoD Physical Fitness and Body Fat Programs, 5 November 2002**

DoDI 1308.3

- **Military Services shall:**
  - Ensure physical fitness programs include a wellness concept and lifestyle enhancement programs to improve general health and fitness
  - Design a program that includes exercise guidance, dietary information or counseling, and assistance in behavioral modification
  - Establish and maintain a physical fitness and weight management database

5966+ Soldiers Taught

The “Weigh” To Stay

THE WEIGH TO STAY
United States Army
Nutrition and Weight
Control Program

United States Army

Nutrition & Weight Control Program

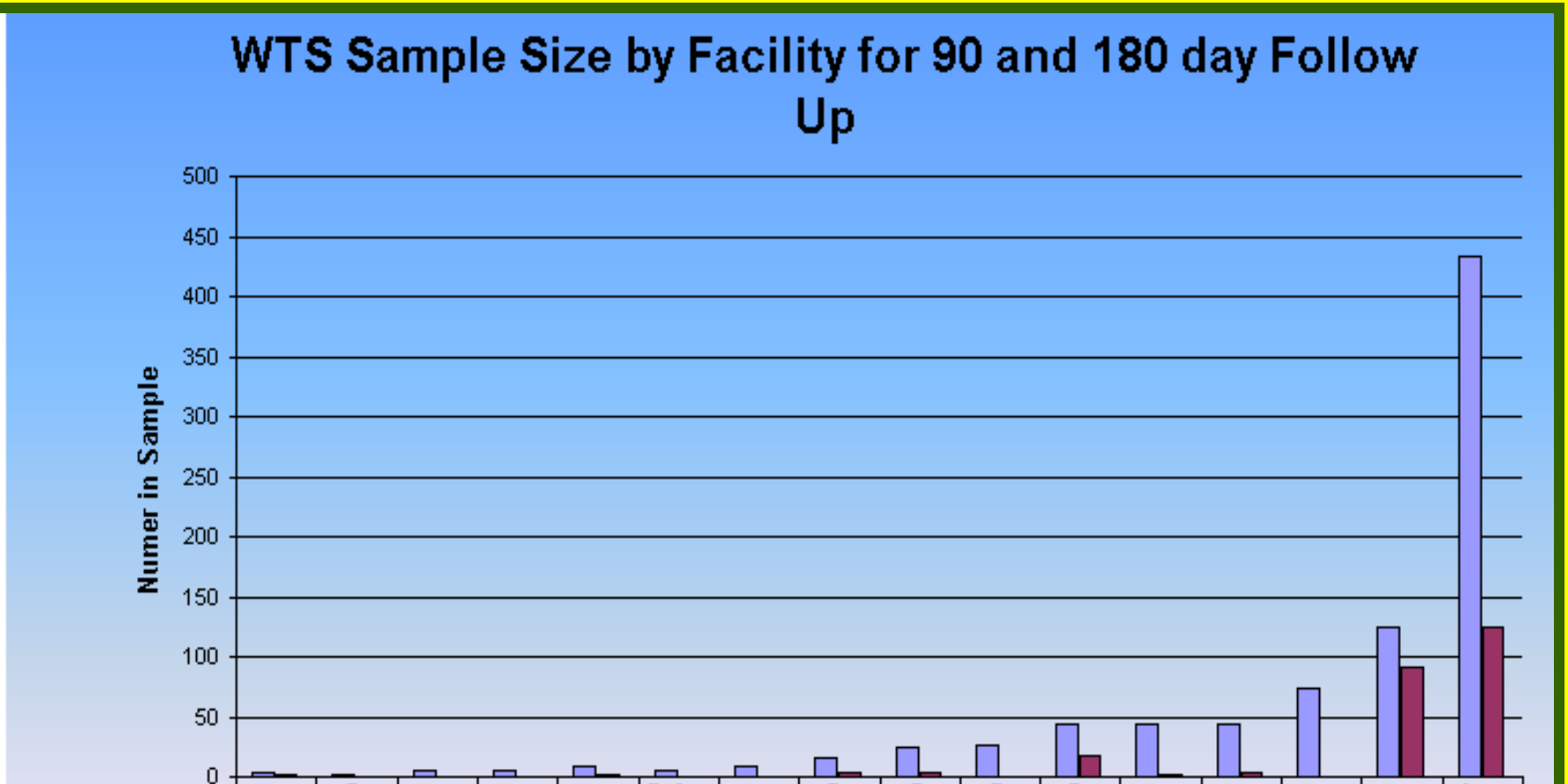
“Weigh” To Stay Impact

- Implementation Period - 1 May 2002 - present
- To date, 25 Sites Implemented
- Through 30 September 2003, 5966 Soldiers Have Completed the Class Series
- Extremely Positive Feedback from Attendees

Our 2003 Mission

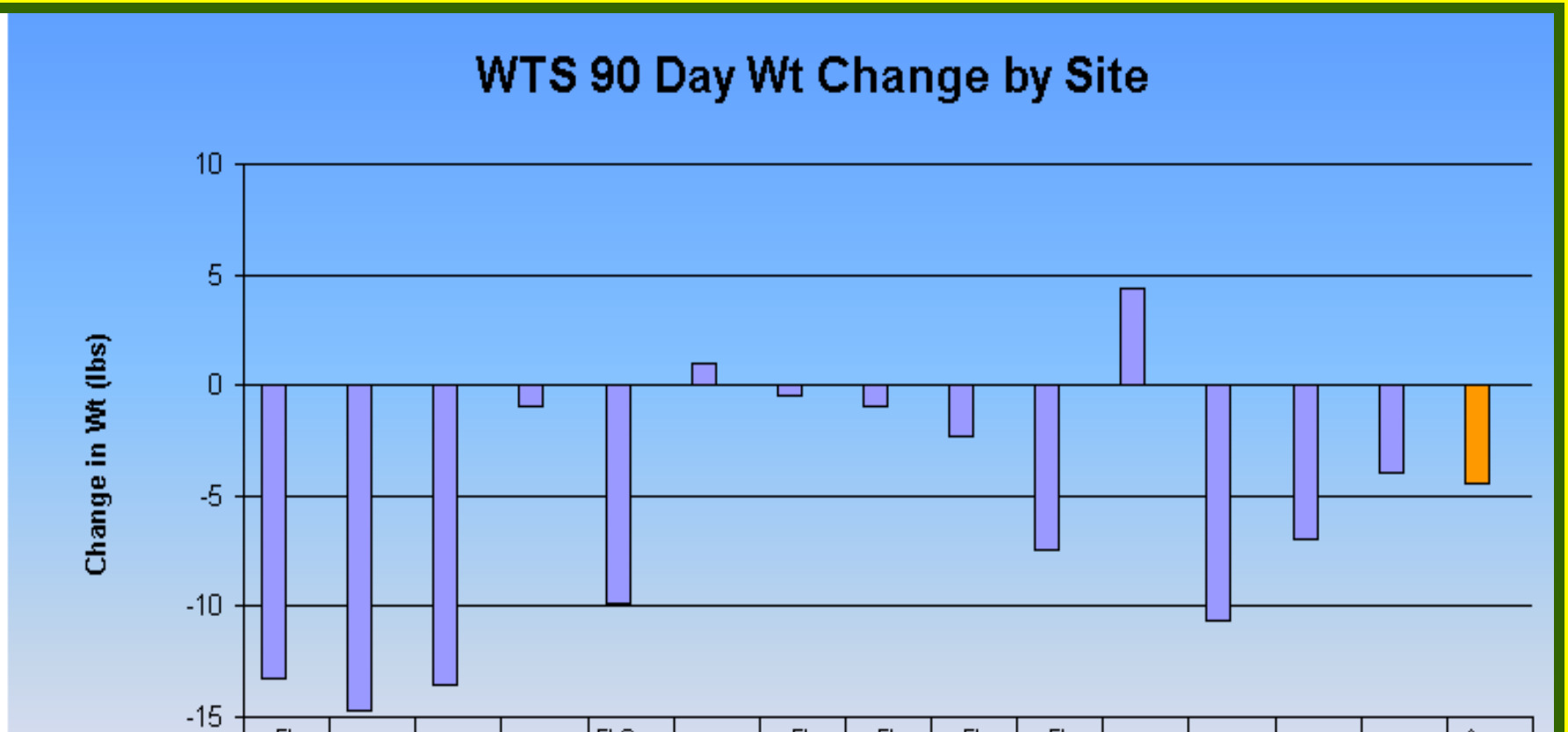
For Army Dietitians, active and reserve, to achieve and report positive outcomes of a comprehensive, effective and standardized nutrition education program in support of the Army Weight Control Program (AWCP)

Outcomes



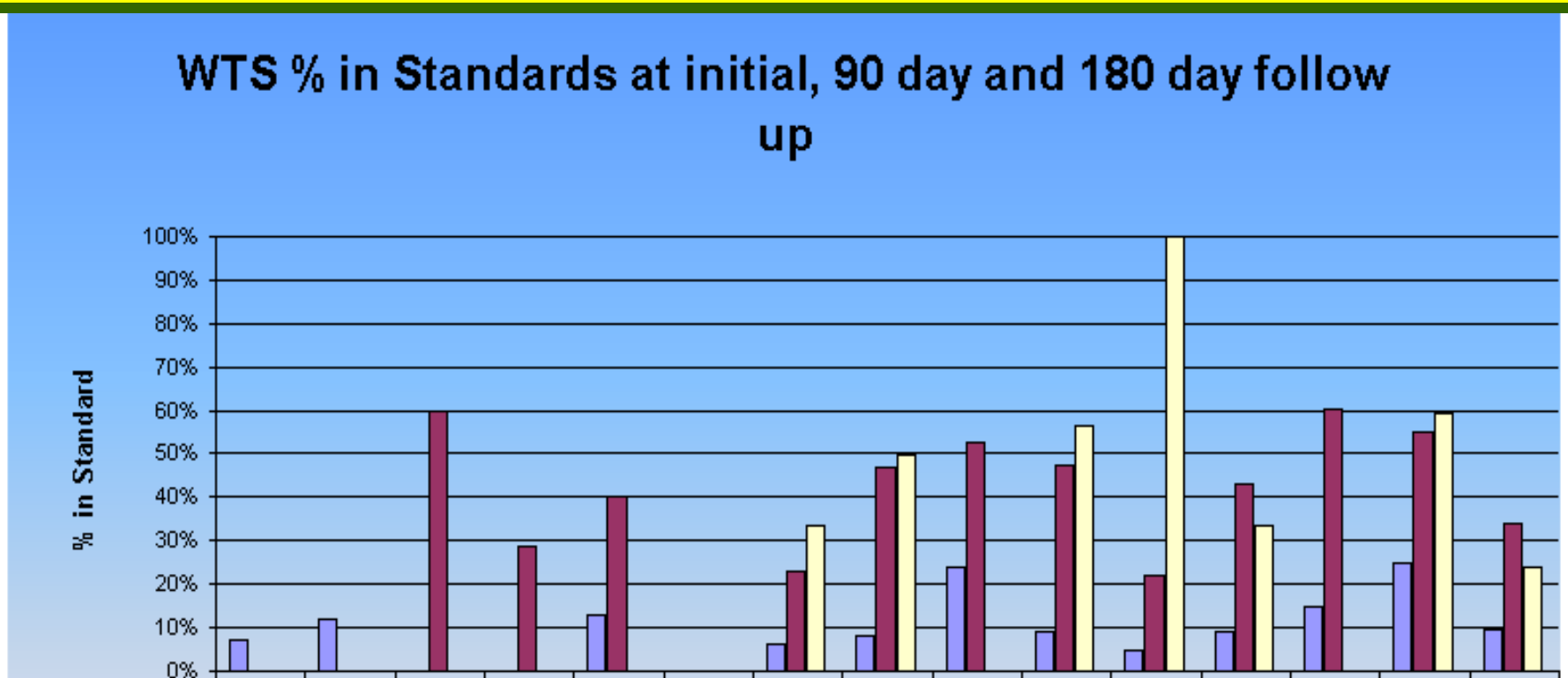
	Walter Reed	Ft Campbell	Ft Lewis	Ft Stewart	Ft Bragg	Ft Sam Houston	Ft Myer	Ft Leavenworth	Ft Wainwright	Ft Jackson	Ft Leonard	Ft Polk	Tripler	Fort Knox	Heidelberg	Army Summary
Valid 90 Day Sample	3	2	5	6	9	5	9	15	24	27	43	44	43	73	125	433
Valid 180 Day Sample	1	0	0	0	1	0	0	3	4	0	18	1	4	0	92	124

Outcomes



	Ft Campbell	Ft Lewis	Ft Stewart	Ft Bragg	Ft Sam Houston	Ft Myer	Ft Leavenworth	Ft Wainwright	Ft Jackson	Ft Leonard Wood	Ft Polk	Tripler	Fort Knox	Heidelberg	Army Summary
90 Day Wt Change	-13.3	-14.67	-13.58	-0.91	-9.91	0.98	-0.49	-0.94	-2.35	-7.46	4.39	-10.64	-6.99	-3.93	-4.41
Valid 90 Day Sample	2	5	6	9	5	9	15	24	27	43	44	43	73	125	433

Outcomes



	Ft Campbell	Ft Lewis	Ft Stewart	Ft Bragg	Ft Sam Houston	Ft Myer	Ft Leavenworth	Ft Wainwright	Ft Jackson	Ft Leonard Wood	Ft Polk	Tripler	Fort Knox	Heidelberg	Army Summary
Initial % in Std.	7.00%	12.00%	0.00%	0.00%	13.00%	0.00%	6.00%	8.00%	24.00%	9.00%	5.00%	9.00%	15.00%	25.00%	9.50%
90 Day % in Std	0.00%	0.00%	60.00%	28.60%	40.00%	0.00%	23.10%	46.70%	52.40%	47.50%	22.20%	42.90%	60.30%	55.00%	34.19%
180 Day % in Std.	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	33.30%	50.00%	0.00%	56.30%	100.00%	33.30%	0.00%	59.10%	23.71%

QUESTIONS

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An Army "Hooah"

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