

Mission Nutrition

Overview



- **Program Objective:** Standardized, science-based 2 day/16 hour course focused on improving nutritional knowledge and awareness
- **Total Force Fitness Domains:** Nutritional, Psychological

Program Description



- 16 hour course generally taught over two days, divided into 12 hours of structured presentations and 4 hours allotted for demonstrations, discussions, etc., with 8 modules that can be tailored to the needs of the participants/installation
- Can be taught in whole or piecemeal; interactive course includes group exercise and activities
- Teaches a variety of every day nutrition topics including grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating among many other relevant subjects for discussion
- Delivered by MWR and Culinary Specialists professionals who receive a 4 day train the trainer course delivered by a registered dietician
- Material is designed to be tailored to the specific needs and requirements of an installation/group

Evidence of Program Effectiveness



- **Reach:** Course is open and available to anyone interested on an installation but primarily marketed towards active duty/beneficiaries
- **Data Collection:** Each course includes a pre and post test and behavioural feedback survey 3-weeks and 3-months after the course is completed
- **Quantitative Effectiveness:** Strong positive results from aggregation of self-report data for nearly all questions about behavior change & program effectiveness

Costs and Required Resources



- ~16 hrs./course for instruction: 12 hours teaching and 4 hours additional activities
- Material creation and data analysis occurs at HQ level
- Train the trainer requires 4 days and is taught by registered dietician. Trainers teach in addition to regular duties. Participants receive CUEs.
- **Costs:** \$1500/instructor, \$120K total, for training; 800 workbooks & 75 facilitator guides was \$15K, additional workbooks cost \$15/participant
 - Once trainers receive training, costs decrease over time as more participants complete the course

Lessons Learned



- **Command schedules are more amenable to 1 class/wk. for 8 weeks;** these sessions are offered in addition to the mandated 2 full classes per year and are integrated with the Fitness Enhancement Program, so **participants engage in instructor-led PT directly following Mission Nutrition**
- Training Mission Nutrition staff in programs such as Cooking Matters allows them to take groups on commissary tours to plan healthy, balanced meals; **participants develop personal relationship with the instructor,** as they have been with them throughout the 8 week session