



Navy and Marine Corps Public Health Center

## Report: Crews Into Shape – 2010



[http://www-nmcphc.med.navy.mil/Healthy\\_Living/Resources\\_Products/Crews\\_Into\\_Shape/crews\\_info.aspx](http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx)

15 April 2010

The Crews Into Shape challenge, held every March in conjunction with national Nutrition Month, is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC). The goal is to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DoD family. The 10th annual challenge ran from 1-28 March 2010.

In 2010, 2,115 crew members in 316 "crews" composed of soldiers, sailors, airmen, marines, coast guardsmen, civilians, DoDDS teachers, contractors and family members registered for the Crews Into Shape.

The greatest number of crews were registered from Randolph AFB TX (30), Cherry Point Marine Corps Air Station NC (26) and Norfolk VA (26). The organizations with the greatest number of registered crews were Marine Corps Community Services-Cherry Point and Military Sealift Fleet Support Command of Norfolk, VA. Other communities that mustered multiple crews included Camp Lejeune NC, Naval Hospital Beaufort SC, Fort Worth TX, and Patuxent River MD, each of which registered over 10 crews.

Top scoring Crews received T-shirts in the mail from NMCPHC via their Crew Leaders. These – all of which had perfect scores - were:

- F.F.F (Fitness for Finance) of MCCS from finance of Camp Lejeune main PX, NC
- Terminators III of MCAS Cherry Point, NC
- Green Machine of Naval Weapons Station Seal Beach, CA
- NDWFD A SHIFT of Patuxent River, MD
- Team Hass of Seal Beach, CA
- Triple Threat of Military Sealift Fleet Support Command, Norfolk, VA

Over 57% of crews submitted their final Crew scores. Participants were invited (and scored a point) for completing a web-based survey within 7 days of completing the challenge. These data indicate that the Crews Into Shape challenge positively affects self-reported health-related behavior. Of the 438 people who completed the post-Crews survey, most agreed or strongly agreed that they met their weight loss goal (63%), and that the Crews "helped me improve my daily habits" regarding exercise (83%), and fruit and vegetable consumption (91%).

More survey data are provided on the following page.

<b>Response</b>	<b>Frequency</b>	<b>Count</b>
active duty	24.1%	104
reserve or national guard	4.2%	18
civilian employee	61.3%	265
family member	3.5%	15
contractor	6.0%	26
other	0.9%	4
Not Answered		6

<b>Response</b>	<b>Frequency</b>	<b>Count</b>
strongly agree	50.2%	216
agree	38.6%	166
neither agree nor disagree	10.2%	44
disagree	0.9%	4
strongly disagree	0.0%	0
Not Answered		8

<b>Response</b>	<b>Frequency</b>	<b>Count</b>
strongly agree	50.6%	219
agree	40.6%	176
neither agree nor disagree	7.6%	33
disagree	0.7%	3
strongly disagree	0.5%	2
Not Answered		5

<b>Response</b>	<b>Frequency</b>	<b>Count</b>
strongly agree	37.8%	162
agree	45.2%	194
neither agree nor disagree	14.7%	63
disagree	1.9%	8
strongly disagree	0.5%	2
Not Answered		9

<b>Response</b>	<b>Frequency</b>	<b>Count</b>
yes	63.0%	269
no	37.0%	158
Not Answered		11