

Please take a few minutes to complete the following survey. Your responses will help determine the contents of future resource packets.

1999 National Nutrition Month Resource Packet Survey		
	Yes	No
1. Did you use this Resource Packet?		
2. Did the marketing and planning section help you plan your activities?		
3. Did you browse through any of the Internet sites listed?		
4. Did you receive the packet on disk?		
5. Did you reproduce any of the reproducible handouts?		
6. Did your installation paper publish any of the articles?		
7. Do you plan on submitting the remaining articles for publication throughout the year?		
8. Did you write your own articles for National Nutrition Month? (If yes, would you please send copies so we may use them in future resource packets)		
9. Did you receive the resource packet in time to use the resources?		

10. Is there anything else you would like to have included in next year's National Nutrition Month Resource Packet? \_\_\_\_\_

\_\_\_\_\_

11. Were you able to use the enclosed disk? \_\_\_\_\_

12. Did you have the ability to download this information from the USACHPPM web page?

\_\_\_\_\_

13. Other Comments or Suggestions \_\_\_\_\_

\_\_\_\_\_

14. What is your specialty? (Please check appropriate blank)

\_\_\_\_\_ Dietitian; \_\_\_ Health Promotion Coordinator; \_\_\_ Installation Food Manager;

Other \_\_\_\_\_ (please specify) \_\_\_\_\_

Thank you for your participation. Please return the survey to USACHPPM; ATTN: MCHB-DC-HSF (LTC Hoedebecke); 5158 Blackhawk Road; APG. MD, 21010-5422

MEMORANDUM FOR National Nutrition Month Organizers

SUBJECT: 1999 National Nutrition Month Resource Packet

1. The U.S. Army Center for Health Promotion and Preventive Medicine's Directorate of Health Promotion and Wellness is proud to provide you the 1999 National Nutrition Month Resource Packet. The theme this year is "Take A Fresh Look at Nutrition." In the spirit of partnership, and in an effort to more efficiently utilize the limited human resources of the Armed Services, the enclosed materials represent the third Tri-Service National Nutrition Month Resource Packet. The materials were reviewed and endorsed by the DOD Nutrition Committee and can be utilized year round, not just during March.
2. Army distribution of the material is to each Installation Nutrition Care Division, Health Promotion Coordinator, and Installation Food Manager. Please share it with anyone else who may be able to use it. This year we are sending the majority of the information on disk. The packet will also be available on the USACHPPM Website home page, [http://chppm-www.apgea.army.mil/dhpw/\(select Fitness & Nutrition Service, NNM99\)](http://chppm-www.apgea.army.mil/dhpw/(select Fitness & Nutrition Service, NNM99)).
3. Upon completion of your Nutrition Month activities, please take a few moments to complete and return the attached survey. Your responses are crucial to help us provide you with meaningful and useful resources. Please let us know if the disk and website were acceptable means to transfer this information. We realize that not everyone in the DOD has the same computer capabilities or support. We also like to get samples of your organization's National Nutrition Month activities.
4. Good luck with National Nutrition Month plans! The point of contact for the resource packet is LTC Sally Hoedebecke. Please contact her if you have any questions or suggestions at DSN 584-7007; commercial (410) 436-7007; or ccMail LTC\_Sally\_Hoedebecke@chppm-ccmail.apgea.army.mil.

FOR THE COMMANDER:

Encl

JOAN P. EITZEN  
COL, AN  
Director, Health Promotion  
and Wellness

06 Nov 1998

MEMORANDUM FOR NATIONAL NUTRITION MONTH PARTICIPANTS

SUBJECT: 1999 National Nutrition Month Resource Packet

1. The Department of Defense Nutrition Committee is pleased to present the Tri-Service National Nutrition Month (NNM) Resource Packet. National Nutrition Month is an annual event sponsored by the American Dietetic Association. To promote NNM, the theme for March 1999 is Take a Fresh Look at Nutrition.

2. This year's theme reinforces the importance of nutrition and physical activity, emphasizes the enjoyment of eating tasty foods, and offers quick creative ways to eat healthfully. Foods do not need to be difficult to prepare nor tasteless in order to be nutritious. The busy lifestyle of our service members demands that meals be assembled or obtained quickly without sacrificing nutritional value. Equally important is the combination of nutrition and physical activity in order to achieve lifetime wellness. Service members are reminded that keeping their bodies in good working order is an important responsibility not only for themselves but for their service as well. National Nutrition Month 1999 stresses that good nutrition does not require great sacrifice or restriction, and that all foods can be a part of healthy eating, if consumed in moderation. Good nutrition is a personal choice.

3. The packet contains articles, planning guides, nutrition resources, to include Internet addresses, and reproducible handouts for your use in planning and supporting activities during NNM. The American Dietetic Association's National Center for Nutrition and Dietetics has granted permission for the attached reproducible materials to be copied for educational purposes. The information provided is not limited to use in March, but should be utilized throughout 1999 to support a healthy lifestyle and improve mission readiness of our Soldiers, Sailors, and Airmen.

4. Have a successful National Nutrition Month! The point of contact for the nutrition resource packet is LTC Sally Hoedebecke (Army) DSN 584-7007 or Comm (410) 436-7007, LCDR Sue Hite (Navy) DSN 882-4268 or Comm (901) 874-4268, or Capt Wendy Larson (Air Force) DSN 858-5601 or Comm (301) 981-5601.

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**TAKE A FRESH LOOK AT NUTRITION**

*Eat Right America*