



**Obesity Work Group  
Update**

**Dennis O’Leary, MD  
Work Group Lead**

Defense Health Board  
22 August 2012



# Overview

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- Work Group Membership
- Study Questions
- Meetings and Briefings
- Way Ahead



# Work Group Membership

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Ad Hoc Group of DHB Members--

- Dr. Dennis O'Leary (Lead)
- Dr. Robert Frank
- Dr. Eve Higginbotham
- Dr. John Baldwin



# Study Questions

Part 1 of 4

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1. Given the trends in obesity in the U.S., how will the Defense Department's and Air Force's **ability to recruit and retain** Active Duty, Guard, and Reserve military personnel be affected? Will there be a need to **modify accession standards**? Should there be job related weight and fitness standards (lax for some, e.g. cyber forces, as opposed to increased rigor for others, e.g. Special Operations Forces)?



# Study Questions

## Part 2 of 4

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2. What are the **best practices** to attain/maintain appropriate body weight for overweight and obese Active Duty, Guard, and Reserve military personnel? Assuming some overweight and obese personnel will fail to attain appropriate body weight despite "best practice" intervention, **what further action** should the Defense Department take with regard to these personnel?



# Study Questions

Part 3 of 4

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3. What is the **optimal strategy** that the Defense Department should adopt to address overweight and obese DoD **dependents and retirees**? What **long-term costs** related to dependent and retiree overweight and obesity should the Defense Department expect, assuming DoD dependent and retiree weight follows general population trends in the U.S.? What are the **best practices and economically reasonable methods** for addressing overweight and obesity in DoD dependents and retirees?



# Study Questions

Part 4 of 4

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4. Are the **sons and daughters** of Active Duty or retired military more likely to join the military than individuals who are not the sons and daughters of active duty or retired military personnel? If they are more likely, what **best practices** should the Defense Department adopt so the sons and daughters attain and/or maintain appropriate weight prior to accession? What practices are economically feasible for the Defense Department to undertake to **influence children and adolescents in the general population** such that a sufficient number of young adults will have the appropriate weight for accession into the military?



# Meetings and Briefings

Part 1 of 2

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- Kick off Meeting 16 July 2012
  - Reviewed/revised Terms of Reference
  - Received briefings from:
    - **Centers for Disease Control and Prevention**, National Center for Health Statistics, National Health and Nutrition Examination Survey
    - **Institute of Medicine**, “Accelerating Progress in Obesity Prevention” Report
    - **TRICARE Management Activity**, Population Health and Medical Management Division, Office of the Chief Medical Officer





# Meetings and Briefings

Part 2 of 2

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- **Next Meeting: 22 August 2012**
  - Finalize Terms of Reference
  - Finalize Guiding Principles
  - Receive briefings from Accessions Commands
  
- **Potential September Meeting**



# Way Ahead

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- **Next Steps**
  - Receive additional briefings from subject matter experts in obesity prevention and treatment best practices, and DoD leaders
  - Review literature and assess best practices
  - Potential interim report to DHB in February
  - Present draft recommendation report to DHB next Summer.



# Questions

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Questions?