

**BY ORDER OF THE
SUPERINTENDENT**

**UNITED STATES AIR FORCE
ACADEMY INSTRUCTION 44-101**

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MEDICAL

**CADET HEALTHY EATING AND
WELLNESS PROGRAM**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This instruction implements Air Force Policy Directive (AFPD) 44-1, *Medical Operations*. This publication establishes the Cadet Healthy Eating and Wellness program, and associated objectives, responsibilities, and procedures. This instruction applies to all United States Air Force Academy (USAFA) personnel. This publication does not apply to Air Force Reserve Command (AFRC) units or the Air National Guard (ANG). Refer recommended changes and questions about this publication to the Office of Primary Responsibility (OPR) using Air Force (AF) Form 847, *Recommendation for Change of Publication*. The authorities to waive requirements in this publication are identified with a Tier (“T-0, T-1, T-2, T-3”) number following the compliance statement. See DAFI 33-360, *Publications and Forms Management*, for a description of the authorities associated with the Tier numbers. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority. The waiver authority for non-tiered requirements in this publication is the 10 OMRS/SGPJ. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with (IAW) Air Force Instruction (AFI) 33-322, *Records Management and Information Governance Program*, and disposed of IAW Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS).

SUMMARY OF CHANGES

This document has been substantially revised and must be completely reviewed. Major changes include the addition of specified members of the team and procedures to achieve objectives of this instruction.

1. INTRODUCTION: Eating disorders, Relative Energy Deficiency in sport (RED-s), and unhealthy eating behaviors are common among young adults, and can lead to significant physical and psychological complications, even death. The Cadet Healthy Eating and Wellness (CHEW) program primarily serves cadets and cadet candidates. Program objectives include preventing the development of disordered eating or nutritional issues, identifying at-risk individuals and providing interventions, and helping those who have developed significantly disordered eating that is affecting their health, physical fitness, academics, or military training. This instruction will identify the team members and establish responsibilities to achieve these objectives.

2. ROLES AND RESPONSIBILITIES:

2.1. The primary members of the team will include at least one member from each of the following categories:

2.1.1. Medical provider from the Cadet Clinic, preferably adolescent medicine specialist and/or sports medicine specialist.

2.1.2. Registered Dietitians (including medical, force support, and athletic department dietitians)

2.1.3. Clinician from the Peak Performance Center (PPC) and the Mental Health Clinic (MHC)

2.1.4. Clinical representative for the Athletic Department (USAFA/AD)

2.1.5. Clinical representative for the Preparatory School (USAFA/PS)

2.1.6. Dental provider from the Dental Clinic (10 DS)

2.1.7. Nurse Case Manager

2.1.8. Guest consultants to the team will be included at the request and approval of the primary members, but only for those portions of the meeting that do not address individually identifiable health information. Guests may include a cadet representative, a Chaplain, a representative from Dean of Faculty (USAFA/DF), USAFA/AD, or USAFA/PS, an Air Officer Commanding (AOC), or Academy Military Training Non-Commissioned Officer (AMT).

2.2. All members of the team will:

2.2.1. Individually seek, and participate in group educational opportunities to increase their professional knowledge in eating disorders, and share this knowledge with other team members.

2.2.2. Endorse communication and care that is eating disorder-informed, and promote a culture that reduces shame surrounding eating, and body image, shape, and size.

2.2.3. Educate cadets and the appropriate USAFA staff about healthy eating, nutritional guidelines, supplement safety, warning signs of an eating disorder, safe ways to achieve and maintain a healthy weight, and resources to access help and/or treatment for these issues. Education will be regular, and at an appropriate interval determined by the CHEW. Education efforts will specifically include: The general cadet population, the Personal Ethics and Education Representative (PEER) program, AOCs/AMTs, Athletes

and Athletic Trainers, and 10 MDG medical providers via monthly 1 staff meetings, or other appropriate venue.

2.2.4. Implement evidence-based screening and identification guidelines for medical providers and USAFA staff (such as AOCs/AMTs and AD), and ensure that these individuals understand the procedures and agencies to contact when dealing with cadet nutrition and eating concerns. This will include targeted screening of high-risk intercollegiate athletes.

2.2.5. Assist colleagues in their individual work centers on identification of at-risk patients, either through counsel or referral.

2.2.6. Accept referrals from AOCs/AMTs according to USAFI 36-2002, *Cadet Weight and Fitness Programs*, and from individuals with concerns for, or signs of having an eating disorder.

2.2.7. For referred individuals, follow established medical guidelines in accomplishing the identification, evaluation, and treatment procedures, within their individual clinical scope of care, using psychosocial review, screening tools, dietary review, psychoeducation, psychotherapy, and/or medications.

2.2.8. Contribute to a multidisciplinary working group to discuss specific procedures to achieve the goals and responsibilities. The multidisciplinary working group will meet regularly, at a frequency determined by the team. Appropriately licensed/credentialed providers will also provide evidence-based recommendations for evaluation, treatment, and ongoing support for each individual referred. This will specifically include recommendations for the appropriate level of care, if the cadet is safe to participate in training, sports, flying activities, or other activities that have the potential to put the cadet or others at increased risk, and if the condition warrants a medical evaluation board as defined by AFI 48-123, *Medical Examinations and Standards*. The group will also determine when Treatment Team Meetings are required between a referred cadet, the AOC commander, and the team clinicians.

2.2.9. Collaborate with local and regional centers of excellence that offer resources to cadets related to nutrition and/or eating disorders in order to cultivate effective professional and clinical communications. Clinical members will maintain communications with off-base treatment teams where any cadet is receiving treatment to improve continuity of care.

2.3. Membership status and contact numbers of Team members will be provided to Vice Commandant and the 10 ABW Community Action Team (CAT) for distribution as deemed appropriate.

3. RECOMMENDATIONS FOR USAFA PERSONNEL: USAF Academy medical providers, leaders, supervisors, coaches, and athletic staff are strongly discouraged from recommending any type of eating plan that is time restrictive, food group restrictive or specifically implemented for weight loss. Referral to the appropriate USAFA Registered Dietitian (based whether the individual is an intercollegiate athlete, non-athlete cadet, or cadet candidate) is recommended for all nutrition needs, questions, concerns and performance issues.

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GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION***References***

AFI 33-322, *Records Management and Information Governance Program*, 23 March 2020

DAFI 33-360, *Publications and Forms Management*, 30 Nov 2015

AFI 48-123, *Medical Examinations and Standards*, 5 November 2013

AFPD 44-1, *Medical Operations*, 8 Jun 2016

Adopted Forms

AF Form 847, *Recommendation for Change of Publication*

Abbreviations and Acronyms

AD—Athletic Department

AF—Air Force

AFMAN—Air Force Manual

AFPD—Air Force Policy Directive

AMT—Academy Military Training Noncommissioned Officer

AOC—Air Officer Commanding

CHEW—Cadet Healthy Eating and Wellness

DF—Dean of Faculty

DoD—Department of Defense

DS—Dental Squadron

FSS—Force Support Squadron

MDG—Medical Group

MEB—Medical Evaluation Board

MHC—Mental Health Clinic

OPR—Office of Primary Responsibility

PEER—Personal Ethics and Education Representative

PPC—Peak Performance Center

PS—Preparatory School

RED-s—Relative Energy Deficiency in sport

RDS—Records Disposition Schedule

USAFA—United States Air Force Academy