MISSION: READINESS
COUNCIL FOR A STRONG AMERICA

Nutrition Research Background

The 71 percent data: Measurement

- Eligibility estimates - Qualified Military Available (QMA)
- DoD's official metric estimating the number of youth who are eligible and available for military service without a waiver

The 71 percent data: Findings

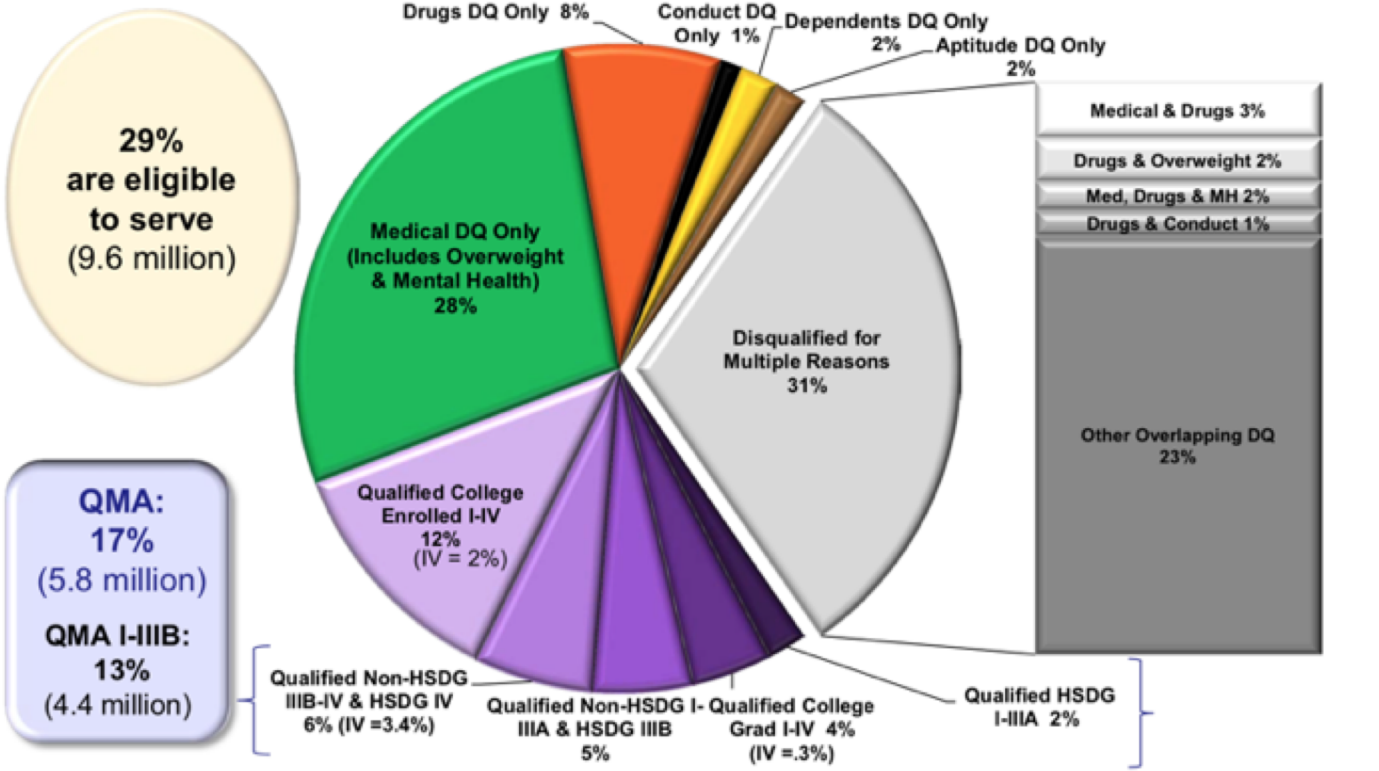
- 71 percent of young people ages 17-24 would not qualify for military service

- The DoD reports that 31 percent of young adults ages 17-24 would be disqualified for multiple reasons, while 40 percent would be disqualified for one reason only (adding up to 71 percent)

The 71 percent data: Major disqualifiers

- Health: Nearly one-third (31 percent) of young people ages 17-24 are too overweight to qualify
- Education: 10 percent of young adults do not have a high school diploma
- Crime/drug abuse: 10 percent have a criminal record that disqualifies them from service; 30 percent have a history of drug abuse

Qualified Military Available (QMA): 2013 Estimates



Note: Percentages may not sum due to rounding.

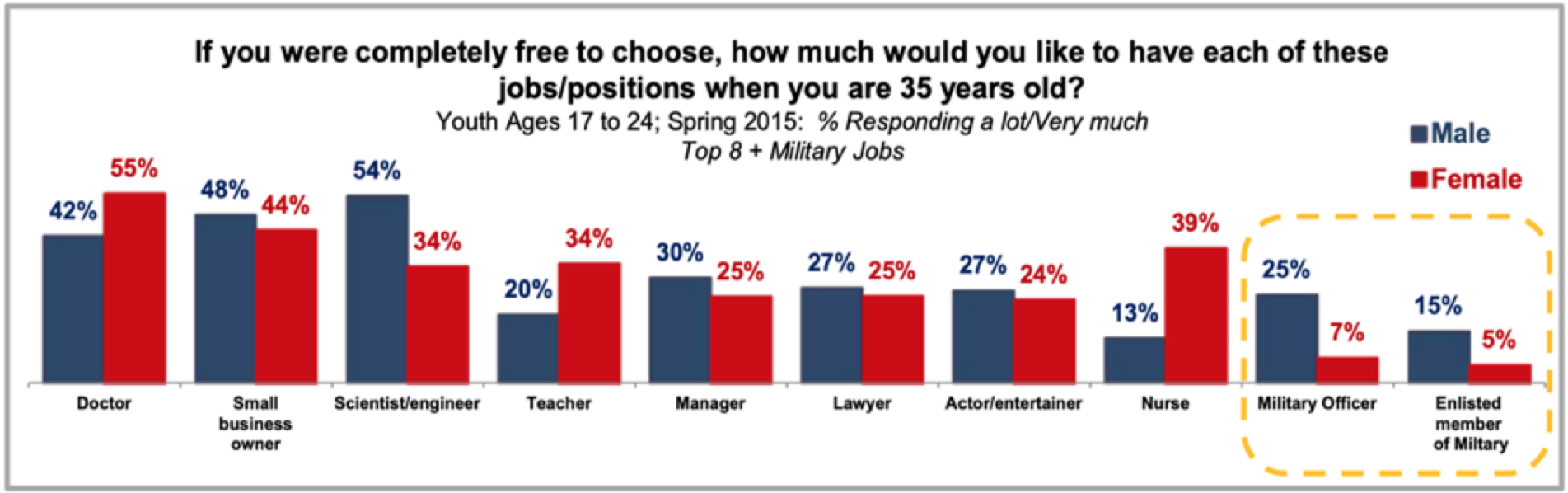
Source: DoD Qualified Military Available (QMA) Study 2013

JAMRS

Note: Youth ages 17–24

g/MissionReadiness

Propensity to serve



Data sources

- National Health and Nutrition Examination Survey (NHANES)
- National Survey on Drug Use and Health (NSDUH)
- Joint Advertising, Market Research & Studies Youth Poll surveys (JAMRS - YP)

Data sources

- Military Entrance Processing Command (MEPCOM)
- Armed Forces Qualification Test (AQFT) Score Database

Data sources

- Centers for Disease Control and Prevention
- State of Childhood Obesity
- United States Department of Agriculture

CDC/Mission: Readiness factsheet







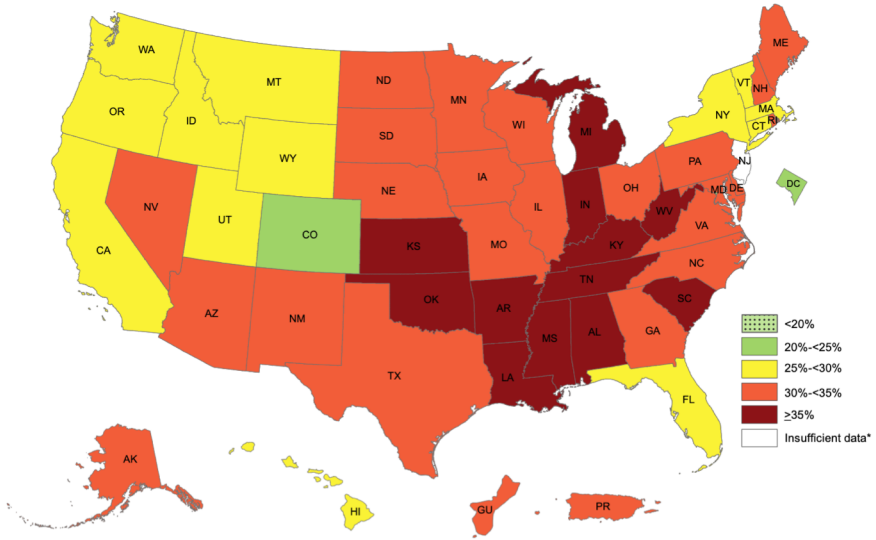
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Recruitment challenges due to obesity

- Children with obesity are more likely to experience:
  - Asthma
  - Type II diabetes
  - Heart disease
  - Bone and joint problems

Recruitment challenges due to obesity

- Obesity rates are highest in Southern states, which have a high number of military recruits



Research behind programs we support

- SNAP/SNAP Nutrition Incentives
- WIC
- National School Lunch Program
- Summer Food Service Program



SNAP

- SNAP can:
  - Improve food security
  - Benefit children's academic performance
  - Improve children's health

WIC

- Among children who participated in WIC, obesity rates declined from 16 percent in 2010 to 14 percent in 2016

- This decline occurred in 41 states/territories

National School Lunch Program

- Participation is associated with:
  - Lower BMI
  - Reduced obesity rates
  - Improved academic performance

Summer meals

- Participation is associated with:
  - Improved nutrition during the summer
  - Reduced food insecurity



Food insecurity and food deserts

- Food insecurity: insufficient access to enough food for a healthy, active life
- Food deserts: areas where residents lack options to access affordable and nutritious foods

Questions?

- If you have any questions, or want more information on the research behind the programs we support, you can email Heather Maxey at hmaxey@councilforastrongamerica.org