



## MC&FP FACT SHEET

### Data

✔ *Access to high-calorie foods and a more sedentary lifestyle have contributed to a nationwide obesity epidemic. Today, more than a third of adult Americans are obese and a fourth of potential new recruits are unqualified due to their weight.*

✔ *Obesity and tobacco use among U.S. military health care beneficiaries add more than \$3 billion per year to the DoD budget in health care costs and lost duty days.*

### Additional Information

Operation Live Well  
[www.militaryonesource.mil/olw](http://www.militaryonesource.mil/olw)

Healthy Base Initiative  
[www.militaryonesource.mil/hbi](http://www.militaryonesource.mil/hbi)

Military OneSource Health and Wellness Coaching  
[www.militaryonesource.mil](http://www.militaryonesource.mil)  
or 800-342-9647

## Healthy Base Initiative

### Background

In response to health concerns regarding military service members and their families, the Department of Defense has initiated the Healthy Base Initiative, a demonstration project that will examine select military installations' efforts to support improved nutritional choices, increased physical activity, obesity reduction and decreased tobacco use. The Healthy Base Initiative is part of Operation Live Well, the DoD program that supports the National Prevention Strategy of improving Americans' health and well-being through a prevention-oriented approach.

### Highlights

The Healthy Base Initiative project launched in 2013 at 14 sites to encourage a healthy and fit alternative to the trend toward obesity and tobacco use. The Healthy Base Initiative will:

- Promote a healthy and fit force, which is essential to national security
- Increase the awareness of the devastating impact of sedentary lifestyles and poor nutrition choices
- Empower the military community to make better nutritional choices, increase physical activity, decrease tobacco use and lose weight
- Provide a hands-on look at service-level innovations, which can be used to promote health and wellness best practices throughout the DoD
- Support Operation Live Well, a program aimed at making healthy living the easy choice and the social norm

