

INFORMATION PAPER

SUBJECT: *Performance Power...The Nutrition Connection*

1. Purpose. To introduce the Tri-service performance nutrition education package: *Performance Power...The Nutrition Connection* (PPNC).

2. Facts.

a. *Performance Power...The Nutrition Connection* (PPNC) is a Tri-service nutrition education package developed by the United States Army Research Institute for Environmental Medicine (USARIEM) and distributed throughout the Department of Defense by the United States Army Center for Health Promotion and Preventive Medicine (USACHPPM).

b. The PPNC objective is to improve health and readiness by increasing awareness and communicating performance nutrition information. PPNC does not require a health care professional for implementation. It is designed for use at the unit level by training officers and Non-Commissioned Officers (NCOs) and is suitable for a variety of educational formats.

c. The PPNC program contains seven modules. Each module consists of one videotape (10-25 minutes), an instructor manual, and a participant manual. The seventh and newest module, Performance Your Weigh, addresses performance and weight management issues. Additionally, there is a Table Tent Series designed to enhance awareness of key performance nutrition messages. PPNC Module 5 has been revised and includes current information along with URL addresses for additional resources. The title is now, Dietary Supplements: A Basic Guide.

d. PPNC materials are free to military units. They are available through normal military publication re-supply channels and from the USACHPPM website. Please see the attached chart for ordering instructions.

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MATERIAL REQUESTED	METHOD TO REQUEST	SPECIAL INSTRUCTIONS
Brochures Participant Manuals	Your unit's Publication Control Officer, Information Management Office will order from: US Army Publications Distribution Center St Louis, MO Unit of Issue: Manuals 1-7 = 25 Brochures = 100 Table Tents (10 designs) Bulk Pack = 25 of one design Also available to download from http://chppm-www.apgea.army.mil/dhpw/Wellness/ppnc.aspx and locally reproduce.	Request materials by publication number
Videos	1) Write: JVISDA Bldg 3/Bay 3 11 Hap Arnold Blvd Tobyhanna, PA 18466-5102 2) Web: http://dodimagery.afis.osd.mil/ (search davis) 3) Fax: D 795-6106 / C (570) 895-6106	Request materials by pin number
Instructor Manuals	<u>ARMY</u> – MAJ Corum, D 584-8856 / C (410) 436-8856 sonya.corum@apg.amedd.army.mil <u>NAVY</u> - Lori Tubbs, D 253-5585 / C (757) 462-5585 tubbsl@nehc.med.navy.mil <u>AIR FORCE</u> – Capt Amy Elsasser, D 754-1025 / C (202) 404-1025; amy.elsasser@bolling.af.mil	None

MODULE	TITLE	PUBLICATION NUMBER	VIDEO PIN NUMBER	UNIT OF ISSUE
PP Module 1	“Getting Started”	Misc Pub 40-5	#710856	PK25
PP Module 2	“Performance Diet”	Misc Pub 40-6	#710860	PK25
PP Module 3	“Performance Choices”	Misc Pub 40-7	#710859	PK25
PP Module 4	“Fluids”	Misc Pub 40-8	#710858	PK25
PP Module 5	“Dietary Supplements”	Misc Pub 40-9	#710861	PK25
PP Module 6	“High Caliber Field Nutrition”	Misc Pub 40-10	#710857	PK25
PP Module 7	“Performance Your Weigh” **	Misc Pub 40-18**	Contact MAJ Corum	PK25
Brochure	“Performance Nutrition for Weight Management”**	Misc Pub 40-2**	None	PK100
Brochure	“Performance Nutrition Myths and Facts”**	Misc Pub 40-3**	None	PK100
Brochure	“Food Shopping, Making Performances Choices”**	Misc Pub 40-4**	None	PK100
Brochure	“Eating Out – Performance Choices”	Misc Pub 40-19	None	PK100
Table Tents	10 Different Topics to support PPNC	Misc Pub 40-17	None	PK 10 or 25