

August 5, 2010

MEMORANDUM

From: Assistant Director, Midshipmen Development Center  
To: Commandant of Midshipmen  
Via: Deputy Commandant of Midshipmen *JK*

Subj: MAJOR REVISIONS TO COMDTMIDNINST 6100.1

Encl: (1) COMDTMIDNINST 6100.1

1. The previous version of enclosure (1) was dated 14 NOV 2005. Major revisions to this version are as follow

a. Page 1, paragraph 2a: Replace sentence 5 with "However, given the greater number of males at the USNA combined with recent trends towards increasing number of men with eating disorders, USNA surveys suggest that a many male Midshipmen struggle with disordered eating problems as female Midshipmen. Furthermore, athletes of both genders involved in sports that emphasize appearance, have weight requirements, and/or require lean body mass and endurance tend to be at higher risk for developing an eating disorder."

b. Replace Midshipmen Counseling Center with Midshipmen Development Center throughout this instruction.

2. Point of contact for any questions is Dr. Jackie Cooper at 3-4898.

Very respectfully,

*JK*  
Jacqueline F. Cooper, Ph.D.