



DEPARTMENT OF THE NAVY
COMMANDANT OF MIDSHIPMEN
UNITED STATES NAVAL ACADEMY
101 BUCHANAN ROAD
ANNAPOLIS, MARYLAND 21402-5100

COMDTMIDNINST 6100.1 CH-1

14 NOV 2005

COMDTMIDNINST 6100.1 CHANGE TRANSMITTAL 1

Subj: PREVENTION AND MANAGEMENT OF EATING DISORDERS

1. Purpose. To transmit change 1 to the basic instruction.

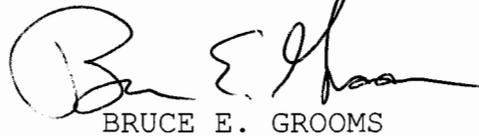
2. Action

a. Replace paragraph 2.a. with: Disordered Eating and Eating Disorders. Diagnosable eating disorders are prevalent among college students and episodes of less severe "disordered eating" and unhealthy eating habits are far more frequent. Although USNA eating disorders survey results reveal that the men and women who attend the USNA are not substantially different than those attending other colleges and universities, these results also reveal disordered eating symptoms almost doubling in Midshipmen during the course of plebe year. Midshipmen tend to be particularly at risk for developing disordered eating symptoms because of the nature of the students that the USNA attracts and selects (i.e. perfectionist, ambitious, and often driven students and athletes) and because of the nature of the USNA experience (i.e. increased stress, lack of control, emphasis on excellence and perfection as well as on appearance). Eating disorders are traditionally more likely to be a problem for female Midshipmen. However, given the greater numbers of males at the USNA combined with recent trends towards increasing number of men with eating disorders, there are a greater number of male Midshipmen struggling with disordered eating problems than female Midshipmen. Regardless of gender, individuals with these problems are among the most successful and productive young adults, whose performance indicates great potential for successful military service. Conscientious and effective prevention and intervention programs that address disordered eating and eating disorders are in the best interest of the individuals affected and the Navy and Marine Corps.

b. Replace paragraph 2.b. with: Over-the-Counter Nutritional Supplements. Closely related to the issue of eating disorders is the increasing use and abuse of food supplements to augment performance, physical appearance, or psychological functioning. Since the Food and Drug Administration deregulated the food supplement industry, manufacturers are not required to verify any claims they make about their products. Ingredients

listed on labels are often inaccurate. Some substances in food supplements are banned by the National Collegiate Athletic Association (NCAA), the U.S. Olympic Committee (USOC), and the Controlled Substances Act (Section 102, 21 USC 802). The latter was updated on 22 Oct 04 by Senate Bill 2195 and is otherwise known as the "Andro Ban". In some circumstances, the use of food supplements can be physically harmful, is monitored in the Navy and the USNA via random testing, and may result in separation.

- c. Delete paragraph 6.b(6).
- d. Renumber paragraphs 6.b(6) through 6.b(11) accordingly.



BRUCE E. GROOMS

Distribution:
C-1 (Electronically)