GRANT NUMBER DAMD17-95-1-5037

TITLE: Nutrient Requirements, Body Composition, and Health of Military Women

PRINCIPAL INVESTIGATOR: Rebecca B. Costello, Ph.D.
Bernadette M. Marriott, Ph.D.

CONTRACTING ORGANIZATION: National Academy of Sciences
Institute of Medicine
Washington, DC 20418

REPORT DATE: September 1996

TYPE OF REPORT: Annual, Phase I

PREPARED FOR: Commander
U.S. Army Medical Research and Materiel Command
Fort Detrick, Frederick, MD 21702-5012

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The view, opinions and/or findings contained in this report are those of the author(s) and
should not be construed as an official Department of the Army position, policy or
decision unless so designated by other documentation.
The objective of this study is to develop recommendations for nutrient requirements and related body composition and health concerns for military women. The focus will be on active duty personnel with particular attention to concerns of nutrient intake, weight standards, type of activity, and weight cycling during reproductive and postreproductive years. The Committee on Body Composition, Nutrition, and Health of Military Women (BCNH) will hold five meetings and a 2-day workshop to address and evaluate these issues. To date, an introductory meeting has been held to discuss and develop the agenda for a Tri-Services workshop that is scheduled for September 9–10, 1996. Two reports will be produced: a preliminary report with a summary of the workshop proceedings and a literature review to be delivered in Spring 1997 and a final report with conclusions and recommendations to be delivered in Fall 1997. These reports will respond to the need for more specific nutrient and weight guidance for women in active military settings and additionally will provide relevant guidance for women in public safety occupations.
Opinions, interpretations, conclusions and recommendations are those of the author and are not necessarily endorsed by the U.S. Army.

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In conducting research using animals, the investigator(s) adhered to the "Guide for the Care and Use of Laboratory Animals," prepared by the Committee on Care and Use of Laboratory Animals of the Institute of Laboratory Resources, national Research Council (NIH Publication No. 86-23, Revised 1985).

For the protection of human subjects, the investigator(s) adhered to policies of applicable Federal Law 45 CFR 46.

In conducting research utilizing recombinant DNA technology, the investigator(s) adhered to current guidelines promulgated by the National Institutes of Health.

In the conduct of research utilizing recombinant DNA, the investigator(s) adhered to the NIH Guidelines for Research Involving Recombinant DNA Molecules.

In the conduct of research involving hazardous organisms, the investigator(s) adhered to the CDC-NIH Guide for Biosafety in Microbiological and Biomedical Laboratories.

Rebecca L. Costello 9/5/96
PI - Signature Date
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cover Page</td>
<td>i</td>
</tr>
<tr>
<td>Report Documentation Page</td>
<td>ii</td>
</tr>
<tr>
<td>Foreword</td>
<td>iii</td>
</tr>
<tr>
<td>Annual Report</td>
<td>1–2</td>
</tr>
<tr>
<td>References</td>
<td>2</td>
</tr>
<tr>
<td><strong>Appendixes</strong></td>
<td></td>
</tr>
<tr>
<td>A. BCNH Roster of Members</td>
<td>3–4</td>
</tr>
<tr>
<td>B. BCNH Introductory Meeting Agenda</td>
<td>5–6</td>
</tr>
<tr>
<td>C. BCNH Roster of Military Liaison Panel Members</td>
<td>7–8</td>
</tr>
<tr>
<td>D. BCNH Workshop Agenda</td>
<td>9–12</td>
</tr>
<tr>
<td>E. BCNH Timeline</td>
<td>13–14</td>
</tr>
</tbody>
</table>
ANNUAL REPORT

The Committee on Body Composition, Nutrition, and Health of Military Women (BCNH) was created as an outgrowth of the ongoing activities of the Committee on Military Nutrition Research (CMNR). In a recent report, the CMNR called specific attention to dietary issues for women in the military (IOM, 1991a). In addition, discrepancy between the retention standards for men and women across the services was noted in another CMNR report (IOM, 1992) and in the series of Food and Nutrition Board (FNB) reports on nutrition for women during pregnancy and lactation (IOM 1990, 1991b). These findings prompted the FNB to form a subcommittee of the CMNR to perform a more in-depth review of nutrition and body composition issues in military women. This subcommittee consists of 10 individuals with expertise in nutritional epidemiology, clinical nutrition and health issues, behavioral and social psychology, human performance physiology, survey design and analysis, nutrition during pregnancy/lactation, and body composition. In addition, familiarity with the military and/or with military nutrition science is a key factor. A roster of these members is in Appendix A.

Through a 2-day workshop, extensive literature review, design of a survey questionnaire, and series of meetings, the subcommittee is addressing the following questions: (1) What are the energy requirements of women in military jobs and during field training exercises compared to women in public safety occupations (such as law enforcement officers, fire fighters, etc., where weight and performance standards are maintained and working conditions often necessitate high levels of physical performance under stressful conditions)? (2) What is a reasonable period of time for return-to-duty fitness and body composition standards for postpartum active duty women? (3) Is there an appropriate female body fat standard that can be reasonably maintained through regular exercise and energy balance that will not compromise fitness or readiness?

The subcommittee held its introductory meeting (see introductory meeting agenda, Appendix B) in April 1996 to clarify its assignment of tasks and to plan the workshop entitled “Assessing Readiness in Military Women: The Relationship to Nutrition.” At this meeting, a Tri-Service liaison panel attended as a resource group of military researchers and policy makers to assist the subcommittee (see liaison panel roster, Appendix C). LTC Karl E. Friedl, U.S. Army contracting officer representative, presented some background information on health and fitness policy and readiness issues. Additionally, he and several other service representatives presented an overview of current practices amongst the services as they relate to the active duty woman. The content of the proposed workshop was discussed with the liaison panel; subsequently, the staff met with LTC Friedl and drafted a proposed agenda.

The workshop is scheduled for September 9–10, 1996, with presentations being largely by military nutrition researchers, civilians performing research for the military, and noted scientists in academia (see workshop agenda, Appendix D). It is anticipated that as a result of the workshop, the subcommittee will be able to better identify the “characteristic
military woman,” as well as identify weight and fitness standards that are appropriate to her role. In addition, as a result of the workshop and literature review, the subcommittee will identify gaps in the existing database to enable such information to be captured by the survey that the subcommittee subsequently will design.

Four additional meetings will be held (see timeline, Appendix E) for discussions and drafting of the subcommittee’s reports. The workshop proceedings and an extensive literature review are scheduled to be delivered in Spring 1997 and a final report shall be delivered no later than Fall 1997.

While the subcommittee was delayed in being activated due to other priority requests by the military sponsor for the parent committee (CMNR), it is anticipated that the BCNH subcommittee will meet its contractual deadlines as previously outlined.

REFERENCES

IOM (Institute of Medicine)


APPENDIX A

BCNH Roster of Members

Barbara O. Schneeman, Ph.D.  
(Chair)  
Dean, College of Agricultural and Environmental Sciences  
University of California  
Davis, CA

Robert O. Nesheim, Ph.D.  
(Vice Chair)  
Salinas, CA

Nancy F. Butte, Ph.D., M.P.H., R.D.  
Associate Professor of Pediatrics  
Children’s Nutrition Research Center  
Baylor College of Medicine  
Houston, TX

Joan M. Conway, Ph.D., R.D.  
Research Chemist, Diet and Human Performance Laboratory  
USDA-ARS Beltsville Human Nutrition Research Center  
Beltsville, MD

Steven B. Heymsfield, M.D.  
Director, Human Body Composition Laboratory and Weight Control Unit  
Deputy Director, Obesity Research Center  
St. Luke’s-Roosevelt Hospital Center  
New York, NY

AnneLooker, Ph.D., R.D.  
Senior Research Epidemiologist  
National Center for Health Statistics  
Division of Health Examination Statistics  
Hyattsville, MD

Mary Z. Mays, Ph.D.  
Director, Eagle Creek Research Services  
San Antonio, TX

Maritza Rubio-Stipec, M.S.  
Professor, Department of Economics  
University of Puerto Rico, San Juan, PR  
Harvard School of Public Health, Cambridge, MA

CMNR Liaison  
Gail E. Butterfield, Ph.D., R.D.  
Director, Nutrition Studies, Palo Alto Veterans Affairs Health Care System  
Visiting Associate Professor, Program in Human Biology, Stanford University  
Palo Alto, CA

FNB Liaison  
Janet C. King, Ph.D. (IOM)  
Director, USDA Western Human Nutrition Research Center, and Professor, University of California, Berkeley  
San Francisco, CA
IOM Staff
Allison A. Yates, Ph.D., R.D.
Director, Food and Nutrition Board
ayates@nas.edu

Rebecca B. Costello, Ph.D.
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rcostell@nas.edu

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sknasiak@nas.edu

Donna F. Allen
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Institute of Medicine
1055 Thomas Jefferson Street, N.W.
Washington, DC 20007
APPENDIX B

BCNH Introductory Meeting Agenda

April 12–13, 1996
Cecil and Ida Green Building Room 116
2001 Wisconsin Avenue, N.W.
Washington, D.C. 20007

AGENDA

Friday, April 12, 1996

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Continental breakfast available, Room 116</td>
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<tr>
<td>8:30–2:00 PM</td>
<td>Executive Session</td>
</tr>
<tr>
<td>8:30–8:45 AM</td>
<td>Welcome, Review of Agenda</td>
</tr>
<tr>
<td>8:45–9:15 AM</td>
<td>Orientation to the NAS, IOM, FNB</td>
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<tr>
<td>9:15–10:00 AM</td>
<td>Introductions and Discussion of Composition and Balance Factors (Bias) – Allison Yates, Director, FNB</td>
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<tr>
<td>10:00–10:20 AM</td>
<td>Break</td>
</tr>
<tr>
<td>10:20–11:50 AM</td>
<td>Overview of Study</td>
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<tr>
<td></td>
<td>Charge to the Committee</td>
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<tr>
<td>12:00 AM –1:00 PM</td>
<td>Lunch at Green Building</td>
</tr>
<tr>
<td>1:00–2:00 PM</td>
<td>Discussion of Charge, continued</td>
</tr>
<tr>
<td>2:00–2:20 PM</td>
<td>Break</td>
</tr>
<tr>
<td>2:30–5:30 PM</td>
<td>Committee Discussion with Sponsor and Liaison Panel</td>
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<tr>
<td></td>
<td>LTC Karl Friedl, Staff Officer, USAMRMC</td>
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<td></td>
<td>Liaison Panel Members</td>
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<tr>
<td>5:30–6:00 PM</td>
<td>Reception at the Green Building, South Prefunction Area</td>
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<tr>
<td></td>
<td>Committee members, Liaison Panel, sponsor, staff</td>
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<tr>
<td>Time</td>
<td>Activity</td>
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<tr>
<td>6:00 PM</td>
<td>Dinner at the Green Building, Room 110</td>
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<td></td>
<td>Committee members, staff</td>
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<tr>
<td>Saturday, April 13, 1996</td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Continental breakfast available</td>
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<tr>
<td>8:30–10:00 AM</td>
<td>Executive session</td>
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<tr>
<td></td>
<td>Identification of subcommittee tasks and needs</td>
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<tr>
<td>10:00–10:15 AM</td>
<td>Break</td>
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<tr>
<td>10:15–12:00 Noon</td>
<td>Committee Discussion with Sponsor and Liaison Panel</td>
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<tr>
<td></td>
<td>Planning of Workshop and other tasks</td>
</tr>
<tr>
<td>12:00–1:00 PM</td>
<td>Lunch at Green Building</td>
</tr>
<tr>
<td>1:00–3:00</td>
<td>Executive Session - Subcommittee Breakouts</td>
</tr>
<tr>
<td></td>
<td>Discussion of subcommittee activities and plans</td>
</tr>
<tr>
<td>3:00–4:00</td>
<td>Further discussion of charge, Wrap-up</td>
</tr>
</tbody>
</table>
APPENDIX C

BCNH Roster of Liaison Panel Members

Carol J. Baker-Fulco, M.S., R.D.
Research Dietitian
U.S. Army Research Institute of
Environmental Medicine
Military Nutrition Division
Natick, MA

LTC Alana Cline, Ph.D., R.D.
Research Dietitian
U.S. Army Research Institute of
Environmental Medicine
Military Nutrition Division
Natick, MA

LTC Dale E. Hill, M.H.A., R.D.
Nutrition Staff Officer, Office of the
Surgeon General
Department of the Army
Falls Church, VA

James A. Hodgdon, Ph.D.
Head, Human Performance Department
Naval Health Research Center
San Diego, CA

LT Leslie Cox
Bureau of Naval Personnel
Washington, DC

MAJ Beth Foley, B.S.N., M.S., R.N.
Health Promotion Policy Officer
Department of the Army
Washington, DC

MAJ Joanne Spahn, M.A.
Deputy Director of Nutritional Medicine
Services, U.S. Air Force
Andrews AFB, MD

CDR Faythe M. Weber, M.S., R.D.
Commander, Medical Service Corps,
U.S. Navy
Bureau Medicine and Surgery
Washington, DC

Contracting Officer Representative
LTC Karl E. Friedl, Ph.D.
Staff Officer and Research Physiologist,
Army Operational Medicine Research
Program
HQ, U.S. Army Medical Research and
Materiel Command
Fort Detrick, MD
IOM Staff
Allison A. Yates, Ph.D., R.D.
Director, Food and Nutrition Board
ayates@nas.edu

Rebecca B. Costello, Ph.D.
Project Director
rcostell@nas.edu

Sydne J. Carlson-Newberry, Ph.D.
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1055 Thomas Jefferson Street, N.W.
Washington, DC 20007
APPENDIX D

BCNH Workshop Agenda

ASSESSING READINESS IN MILITARY WOMEN: THE RELATIONSHIP TO NUTRITION

September 9–10, 1996
Arnold and Mabel Beckman Center
National Academies of Science and Engineering
Irvine, California

Monday, September 9, 1996

Beckman Center Lecture Room

7:30 am  Breakfast available in the refectory

I. WELCOME AND INTRODUCTION TO THE TOPIC

8:30 am-8:45 am  Welcome and Introductions
Barbara O. Scheneman, Chair, Committee on Body Composition, Nutrition and Health of Military Women

Presentations are 15 minutes in length followed by a 5 minute discussion period

8:45 am-9:05 am  Military Readiness of Women: An Overview from the Command Perspective
CDR Susan B. Herrold, NC, USN, BUMED, Washington, DC

9:05 am-9:25 am  Profile of the Military Woman
Naomi Verdugo, U.S. Army Office of the Deputy Chief of Staff for Personnel, Washington, DC

9:25 am-9:45 am  Health and Nutrition Profile of Women in the Navy
Laurel L. Hourani, Naval Health Research Center, San Diego, CA

9:45 am-10:00 am  Break

10:00 am-10:20 am  Characteristics of Female Midshipmen: 1992 to 1996
David W. Armstrong, III (tentative), Henry F. Jackson Foundation, Bethesda, MD

10:20 am-10:40 am  Health, Fitness, and Nutrition Among Military Women and Men
Robert M. Bray, Research Triangle Institute, Research Triangle Park, NC

10:40 am-11:00 am  Disordered Eating Among Women in the Armed Forces
Tracey Shrocco, Uniformed Services University of the Health Sciences, Bethesda, MD
11:00 am-11:40 am  Part I Discussion

II. BODY COMPOSITION AND FITNESS

11:40 am-12:00 pm  Body Composition and Physical Performance of Women  
  James A. Hodgdon, Naval Health Research Center, San Diego, CA

12:00 pm-12:20 pm  Methodological Problems in the Assessment of Women’s Body Composition  
  by the Military: Identification of Valid and Reliable Methods for Field Use  
  LTC Karl E. Friedl, USA, USAMRMC, Ft. Detrick, MD

12:20 pm-1:30 pm  Lunch

1:30 pm-1:50 pm  Ethnic Differences in Body Composition: Application to Active Military Women  
  Lisa Stolarczyk, University of New Mexico, Albuquerque

1:50 pm-2:10 pm  Cross-Sectional Profile of Body Composition Among Active-Duty Navy and Marine Corps Personnel  
  Wendy Graham, Naval Health Research Center, San Diego, CA

2:10 pm-2:30 pm  Accession Weight Standards: Inconsistencies and Gender Bias  
  CDR Wayne Z. McBride, MC, USN, Uniformed Services University of the Health Sciences, Bethesda, MD

2:30 pm-3:10 pm  Part II Discussion

3:10 pm-3:30 pm  Break

III. FITNESS ASSESSMENT

3:30 pm-3:50 pm  Assessment of Fitness in the Army: Current Approaches and Standards  
  COL Jeanne Picariello, USA, U.S. Army Physical Fitness School, Ft. Benning, GA

3:50 pm-4:10 pm  Assessment of Fitness in the Navy: Current Approaches and Standards  
  LCDR René Hernandez, USN, BUPERS, Washington, DC

4:10 pm-4:30 pm  Assessment of Fitness in the Air Force: Evaluation of the Cycle Ergometry Program  
  MAJ Sylvia C. Friedman, USAF, Office of the Surgeon General, Bolling AFB, Washington, DC

4:30 pm-4:50 pm  Effect of Alterations in Excess Weight on the Physical Performance of Men and Women  
  Kirk J. Cureton, University of Georgia, Athens, GA
4:50 pm-5:30 pm  Part III Discussion

5:30 pm  Closing Remarks  
Barbara O. Schneeman

Reception and dinner on the Beckman Center Terrace

7:00 pm–7:30 pm  After-Dinner Presentation in the Beckman Center Lecture Room  
Zinc and Iron Nutriture: Neuropsychological Function of Women
Harold H. Sandstead, University of Texas Medical Branch, Galveston, TX

Tuesday, September 10, 1996  
Beckman Center Lecture Room
7:30 am  Breakfast available in the refectory

IV. HEALTH OUTCOMES OF WEIGHT CONTROL BEHAVIORS: THE IMPACT ON MILITARY READINESS

8:30 am-8:40 am  Opening Remarks  
Barbara O. Schneeman

8:40 am-9:00 am  Perspectives on Nutritional Issues of Army Women  
LTC Nancy King, USA, Dwight David Eisenhower Army Medical Center, Fort Gordon, GA

9:00 am-9:20 am  Eating Practices Among Military Personnel: A Review  
Carol J. Baker-Fulco, USARIEM, Natick, MA

9:20 am-9:40 am  Gender Differences in Food Ration Preferences and Consumption Among Military Personnel  
Edward Hirsch, NRDEC, Natick, MA

9:40 am-10:00 am  Health Consequences and Assessment of Disordered Eating and Weight Control Behaviors  
David M. Garner, Toledo Center for Eating Disorders, Bowling Green State University, Toledo, OH

10:00 am-10:20 am  Part IV (A) Discussion

10:20 am-10:40 am  Break

10:40 am-11:00 am  Calcium Needs of Pre-Menopausal Women  
Richard J. Wood, USDA Human Nutrition Research Center, Boston, MA
11:00 am-11:20 am  The Female Athlete Triad: Effects on the Skeleton
Michelle P. Warren, St. Luke’s-Roosevelt Hospital and Columbia College of Physicians and Surgeons, New York

11:20 am-11:40 am  Impact of Integrated Training on the Incidence of Stress Fractures and Other Injuries in Women
COL Bruce Jones, USA, CHPPM, Aberdeen Proving Grounds, MD

11:40 am-12:00 pm  Part IV (B) Discussion

12:00 pm-1:00 pm  Lunch

V. BODY COMPOSITION AND PERFORMANCE ISSUES DURING PREGNANCY AND THE POSTPARTUM PERIOD

1:00 pm-1:20 pm  Clinical Impact of U.S. Army Policies and Procedures on Pregnancy, the Postpartum Period, and Body Composition: Twenty Years of Experience
Paul N. Smith, COL MC USA (Ret), Tacoma, WA

1:20 pm-1:40 pm  The Impact of Pregnancy Weight Restriction, Postpartum Exercise and Weight Loss on Lactation
Megan McCrory, University of California, Davis

1:40 pm-2:00 pm  Pregnancy Among Navy Women
CDR Michael J. Hughey, MC USNR, Northwestern University School of Medicine, Wilmette, IL

2:00 pm-2:20 pm  Postpartum Fitness
COL Joseph Dettori (tentative), USAF, Madigan AFB, Tacoma, WA

2:20 pm-2:40 pm  The Impact of Graded Physical Activity Programs on Pregnancy Outcome
E. F. Magann (tentative), Balboa Naval Health Center, San Diego, CA

2:40 pm-3:20 pm  Part V Discussion

3:20 pm  Closing Remarks
Barbara O. Schneeman
APPENDIX E

BCNH Timeline

<table>
<thead>
<tr>
<th>Task</th>
<th>Date(s)</th>
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<tbody>
<tr>
<td><strong>Workshop and Second Meeting (2½ days)</strong></td>
<td>September 9–11, 1996</td>
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<tr>
<td><em>First day through second afternoon:</em> Committee, Liaison Panel,</td>
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<tr>
<td>Speakers, and Guests</td>
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<tr>
<td>Presentations by liaison panel members and other military</td>
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<td>nutrition researchers</td>
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<td><em>Second afternoon:</em> Committee and Liaison Panel</td>
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<td>Draft procedures for literature review</td>
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<td><em>Third morning:</em> Committee</td>
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<td>Draft outline of workshop summary, literature review,</td>
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<td>survey design and assign tasks</td>
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<tr>
<td>Receive assignments from Committee and draft preliminary report</td>
<td>Mid September–Mid October 1996</td>
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<tr>
<td>Compile literature review</td>
<td>October 1996</td>
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<tr>
<td>Discuss survey design with Committee and Liaison Panel</td>
<td>October 1996</td>
</tr>
<tr>
<td>Assemble review panel for preliminary and final reports</td>
<td>October 1996</td>
</tr>
<tr>
<td><strong>Third Meeting (1½ days)</strong></td>
<td>Mid November 1996</td>
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<tr>
<td>Discuss preliminary report (workshop proceedings and</td>
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<tr>
<td>literature review</td>
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<tr>
<td>Committee review of and sign-off on preliminary report</td>
<td>December–January 1997</td>
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<tr>
<td>Institute of Medicine review of and sign-off on preliminary report</td>
<td>January–February 1997</td>
</tr>
<tr>
<td><strong>Fourth Meeting (2½ days)</strong></td>
<td>Late January 1997</td>
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<tr>
<td>Draft conceptual approach to define military woman</td>
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<td>Outline tasks on nutrient intake and dietary issues</td>
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<tr>
<td>Transmit preliminary report</td>
<td>March 1997</td>
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<tr>
<td><strong>Fifth Meeting</strong></td>
<td>Mid April 1997</td>
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<tr>
<td>Review draft survey, military women concept, and nutrient intakes</td>
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<td>Draft conclusions and recommendations for final report</td>
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</tbody>
</table>
Committee review of final report draft

**Sixth/Final Meeting**
- Review final report draft
- Finalize conclusions and recommendations

Committee review of and sign-off on final report

Institute of Medicine review of and sign-off on final report

**Transmit final report**

- May 1997
- Early June 1997
- June–July 1997
- August–September 1997
- September 1997