



Oregon National Guard
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Wellness and Nutrition Policy #225
Outcomes Report – Class 65
June 14, 2023

The assessment results for Class 65 follow below. All 5 outcome objectives were met. There are no changes in these objectives planned for Class 66.

1. *All cadets shall participate in the approved nutrition curriculum and shall pass classroom work and testing at 80% or greater.*
 - All 124 Cadets participated in and passed the required classroom work averaging 95.3%.
2. *The cadets shall participate in a body fat testing/reduction model. The model shall compare body fat at the “in-processing” date and the exit date at or prior to graduation.*
 - The change from the January to June assessments for weight and percentage of body fat for all 124 Cadets was: Weight Loss of 1031 pounds; and Decrease in Percentage of Body Fat of 14.6%.
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3. *Cadets shall participate in a monthly weight monitoring system that evaluates their weight gain/loss/physical development.*
 - The initial weigh-in results were posted on the bulletin boards in each platoon bay for all 124 Cadets.
4. *Cadets shall show progress on the mandatory Challenge Fitness Test Standards as measured between intake and graduation. This shall consist of a point system measuring progress from beginning to end.*
 - Physical fitness testing includes the push up, sit up and mile run. Assessment scores began in February and continued monthly until the final scores calculated in May.
 - The average increase in physical fitness scores for all 124 Cadets was 35%. Females improved by 69% and Males improved by 26%.
5. *95% of the cadet corps shall pass food service curriculum and pass/earn the State of Oregon Food Handlers card.*
 - All 124 Cadets passed the required food service curriculum and earned the State of Oregon Food Handlers card.