



PERFORMANCE NUTRITION

CHRISTI M. LOGAN, MS, RD, CSSD, PES, LDN
Human Performance Advisor | KBR Contractor
Senior Performance Dietitian-USSOCOM
USSOCOM-POTFF-PHYSICAL DOMAIN
Christi.m.logan.ctr@socom.mil

Disclaimer

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PEOPLE – WIN – TRANSFORM

What Do Dietitians Do?



What my FRIENDS think I do



What SOCIETY thinks I do



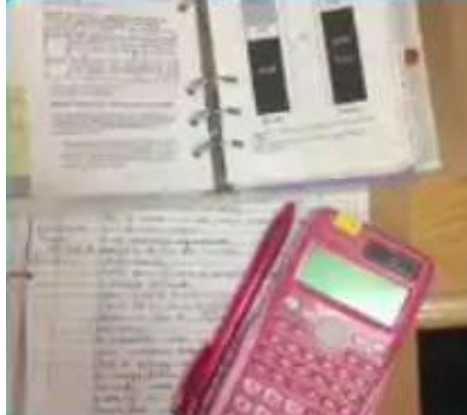
What my PATIENTS think I do



What DOCTORS think I do



What I think I do

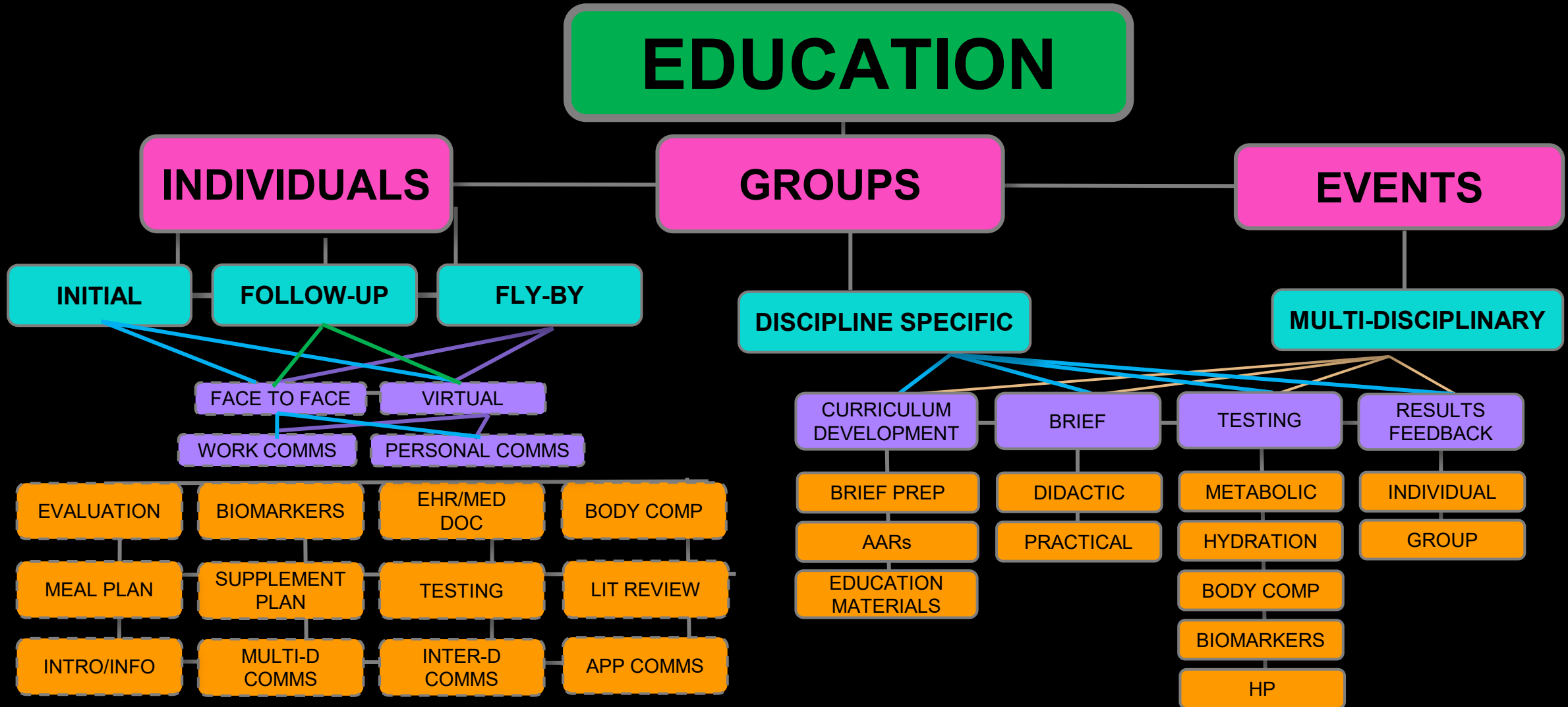


What I ACTUALLY do

1. Get Engaged
2. Be Strategic

PEOPLE – WIN – TRANSFORM

Adapted From: K Burks_3SFG(A) SG InBrief_SEP2019



FOOD ENVIRONMENT

PERFORMANCE DINING FACILITIES

FUELING STATIONS

GARRISON

- STAFF TRAINING
- MENU
- PMPP
- GRAB & GO
- EQUIPMENT
- EDUCATION MATERIALS
- MEETINGS
- FS CONFERENCE

DEPLOYED

- OPERATIONS
- FEEDING LOGISTICS
- FOOD SERVICE CONTRACTS

TRAINING

- COTS-NUTRITION PRODUCTS
- FIELD FEEDING
- WARMING & COOLING BEVERAGES
- BOXED MEALS
- FOOD SERVICE CONTRACTS

KITCHENETTES

FUELING KITS

UNIT FUELING STATIONS

AAFES

SNACK AREAS

PEOPLE – WIN – TRANSFORM

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PROGRAM MANAGEMENT

ADMINISTRATIVE

GENERAL

OFFICE ADMIN

SCHEDULING

HELP DESK

OFFICE &
EQUIPMENT
MANAGEMENT

TRAINING & EDUCATION

GENERAL
TRAINING

CONTINUING
EDUCATION

MEDICAL

ONBOARDING

TRAVEL

CONTINUING ED
TRANSIT

MISSION
SUPPORT
TRANSIT

DOCUMENTATION
& BOOKING

LEAVE

PAID TIME
OFF

FLEX TIME
TAKEN

FEDERAL
HOLIDAY

FAMILY/
MEDICAL

MILITARY

LEAVE OF
ABSENCE

RDT&E

RESEARCH

IRB

NON-IRB

MEETINGS

RFIs

VISITS & TOURS

WRKNG GPS & CoPs

NETWORKING

MENTORSHIP

HP ROTATIONS

DEVELOPMENT

COMMUNICATION

COMBAT FEEDING

FACILITIES

STAFFING

DOCTRINE &
POLICY

TEST & EVALUATION

DATA

TECHNOLOGY

PROGRAM

DoD

SERVICE

USSOCOM

COMPONENT

UNIT

DEPARTMENT

SECTION

PEOPLE – WIN – TRANSFORM

CLINICAL

**HEALTH &
WELLNESS**

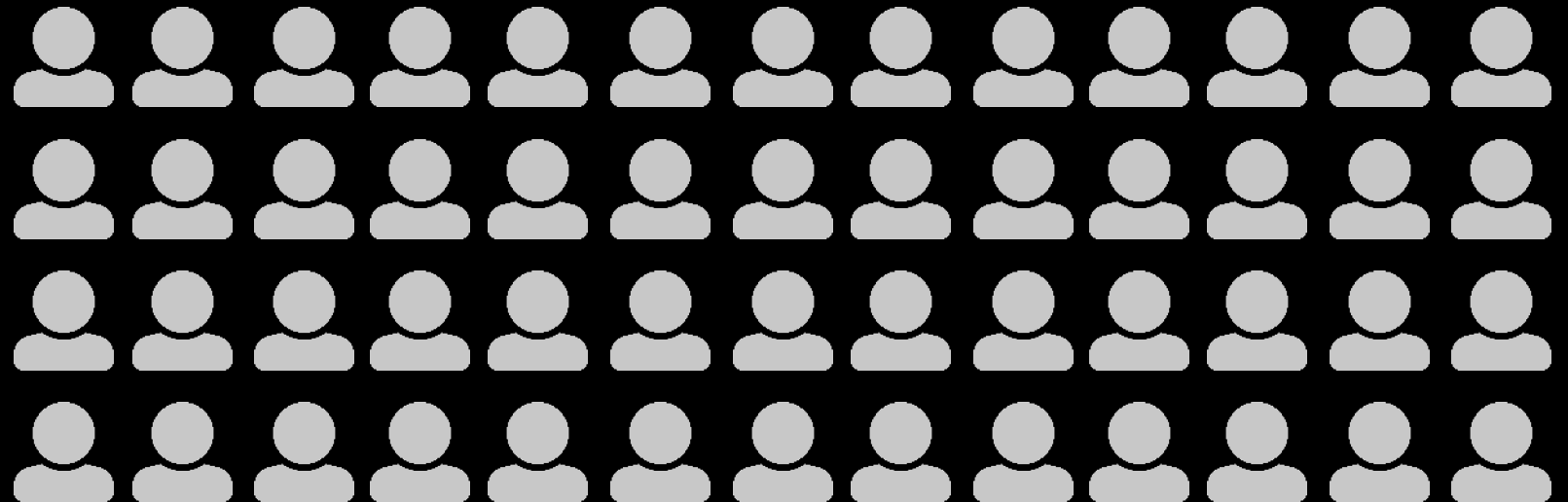
**SPORTS/
PERFORMANCE**

PEOPLE – WIN – TRANSFORM

All Performance Staff struggle to scale large rosters without a plan



Professional Football Roster (52)

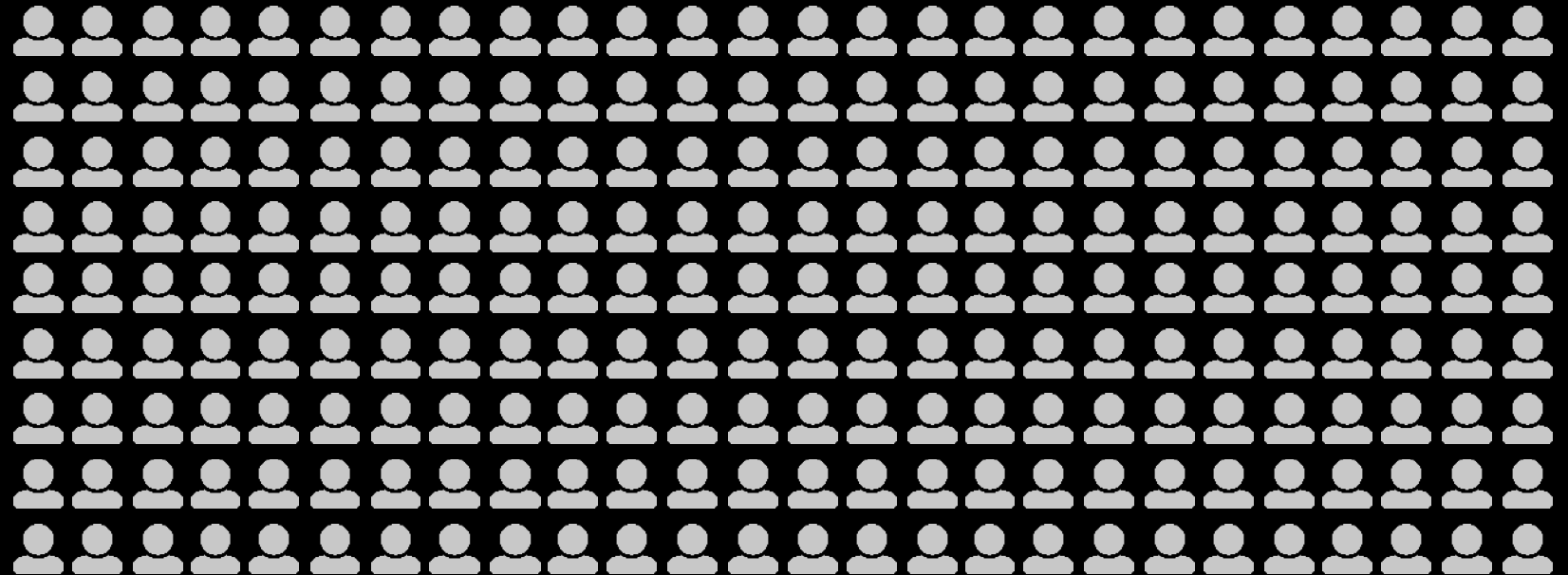


PEOPLE – WIN – TRANSFORM

College Ratios are much more challenging



Student-Athletes (200-300)



PEOPLE – WIN – TRANSFORM

The Tactical Ratio Challenge (1000s)



PEOPLE – WIN – TRANSFORM

- Leverage tech => gain efficiencies & allow for scaling
- Allow for passive objective data flow through technology



BRIDGE **ŌURA**
H *TRAINHEROIC*

Leverage What Exists

(Adapted from Daigle, Logan, Kotwal, 2015; Daigle, 2014)

Nutrition-Related Population Distribution

Patient

General Population

Athlete

Demographic

Individuals with a disease state/condition that is complex, uncontrolled and/or involves multiple co-morbidities



Generally healthy individuals with no contraindications for exercise, recreational sport or physical occupations (sedentary or active)



Individuals with competitive sport or specialized, task-specific physical requirements

Education & Services

Individualized, medical, condition-specific plan



Non-individualized, generic public health guidelines and recommendations



Individualized, performance, task-specific plan

Provider

Registered Dietitian/Nutritionist
CLINICAL DIETITIAN



**HEALTH & WELLNESS
DIETITIAN**



**PERFORMANCE
DIETITIAN**

Increasing distance from general population, and thus complexity, requires increasing expertise and critical thinking

How Many of You Are...

...consuming 5 servings of fruits and vegetables daily?

CANDLE THEORY

I am not in the business of selling nutrition...

I am in the business of selling fruits & vegetables...

...because EVERYONE needs fruits and vegetables.



Need a “Kit Bag” (Tool Kit) of Inject Points

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Prior CIV & MIL

Histories & Experiences:

- Sports, accidents, training, injuries, etc.
- Career prior to MIL, MIL career history by service, specialty, etc.

Prior Demographics:

- Personal, medical history, support system, current symptoms

RETIREMENT & BEYOND

- Long-Term Health & Wellness
- Quality of Life
- Additional Careers and/or Schooling
- Travel and/or Family Growth

ADVANCED TRAINING

PRIOR LIFE

ENTRY TRAINING

OPERATIONAL

GARRISON

RETIREMENT & BEYOND

Life & 0-6 yrs

1-3 yrs

3-18+ yrs

3-16+ yrs

14-20+ yrs

18+ yrs & Beyond

ENTRY TRAINING

- Application Submitted
- Preparatory Courses
- Assessment & Selections
- Training Pipeline = ~2 yrs

OPERATIONAL

- Deployments
- Garrison Training
- Professional Military Education Courses (PME)
- Proficiency Skills Training, etc.

ADVANCED TRAINING

- Warrant Officer School
- Advanced Schools
 - (Jump, Dive, Shoot, Intel, etc.)
- Team Leadership
- Specialty/Advanced Training
- Academic Training/Schooling

GARRISON

- Commanders
- Senior Enlisted Advisors
- Operations
- Instructor/Cadre
- Planning & Strategy

APPLICATION and the “So What?”

Start Small

- One lab, concept, “script”, verbiage, slide, etc.
- Collaborate within your team(s)
- Ask questions

Partnerships/Relationships

- Industry Experts (Science, Product, Tech, etc.)
- Peers
- Professional Colleagues

Get Education/Training

- End Users
- CEUs
- Specialty Training
- Shadowing/Observations

Leverage What Exists

- Medical, Logistics & Supply
- Artificial & Machine Intelligence
- Passive vs. Human data entry
- Chefs, & Food Service Support
- Tech, Tools, Apps as Force Multipliers



QUESTIONS

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