



USMC Body Composition Policy

Brief to DACOWITS

9 December 2015



USMC Height and Weight Policy

- **What is your Services' current height/weight policy?**
 - MCO 6110.3 w/change 1 uses the height and weight tables found in DODINST 1308.3, "DoD Physical Fitness and Body Fat Program Procedures," November 5, 2002
 - If Marines exceed the height and weight standards, they are measured for body fat percentage (BF%) with the following standards:

17-26	years of age:	males 18%,	females 26%
27-39	years of age:	males 19%,	females 27%
40-45	years of age:	males 20%,	females 28%
46+	years of age:	males 21%,	females 29%
 - If a Marine exceeds max weight, but is within BF%, they are considered to be within standards
 - If a Marine exceeds max weight and BF%, they are assigned to a Body Composition program (BCP) if medically cleared
 - Mandatory 6 month assignment (promotion restricted, etc. during this period)
 - Following 6 months, if a Marine returns to standard they are removed from BCP. If not, a CO can authorize a one-time 6 month extension if Marine is making satisfactory progress. If not making progress, Marine can be processed for discharge. Two BCP assignments allowed in a career. Third occurrence of being found to be out of standards triggers administrative separation.
- **What is the methodology used to create the current policy?**
 - USMC policy is compliant with direction provided in DODINST 1308.3
- **When was the last time this policy was updated?**
 - January 2015 (clarified post-partum procedures)



Body Fat Determination

- **Has your Service ever completed an anthropometric study? If so, was the study utilized to update the height/weight standards?**
 - No, a requirement has not existed for the Marine Corps to conduct an anthropometric study
- **If a Service member exceeds their height/weight allocation, what method is used to determine their BF%?**
 - Body fat is determined by the circumference method as directed in DODINST 1308.3 and uses the look-up tables provided therein
- **Does the method to determine BF% differ between genders? If so, what is the scientific validation which constitutes this difference?**
 - Yes, DODINST 1308.3 specifies:
 - Males: height, neck circumference, and abdominal circumference at the navel
 - Females: height, neck circumference, waist circumference at the thinnest portion of the abdomen, and hips
 - DODInst 1308.3 cites the following studies as the basis for the body fat estimation method:
 - Hodgdon, J.A. and M.B. Beckett (1984) Prediction of percent body fat for U.S. Navy men from body circumferences and height. Report no. 84-11, Naval Health Research Center, San Diego, CA
 - Hodgdon, J.A. and M.B. Beckett (1984) Prediction of percent body fat for U.S. Navy women from body circumferences and height. Report no. 84-29, Naval Health Research Center, San Diego, CA

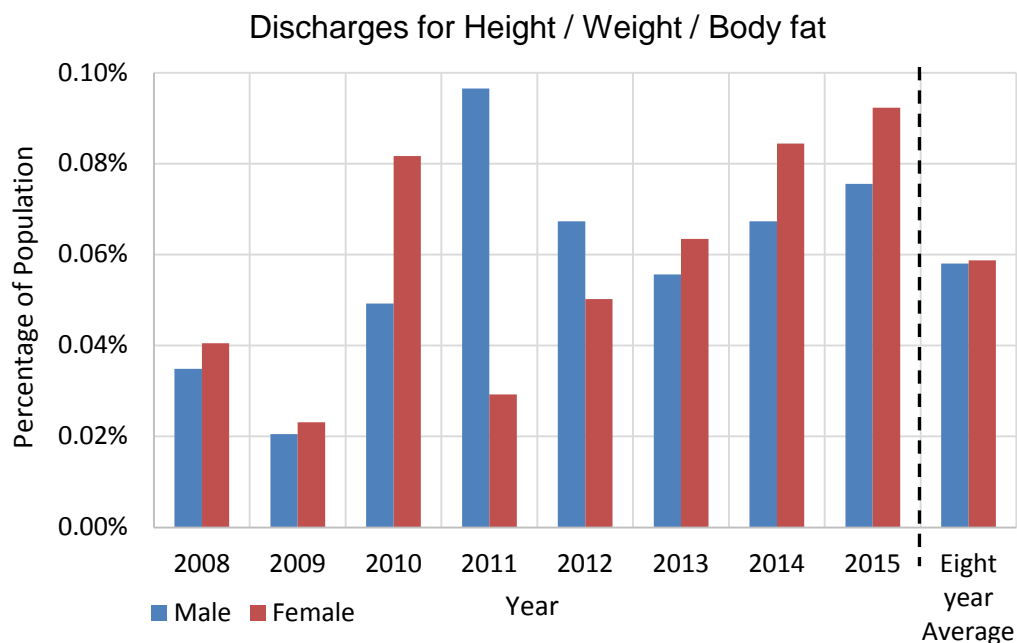


Discharges

- Of the Service members who are discharged for height / weight / body fat failures, what is the breakdown in men compared to women?

FY	Discharges for Height / Weight and Body fat			End Strength (number of personnel)		
	Male	Female	Total	Male	Female	Total
2008	65	5	70	186,171	12,334	198,505
2009	39	3	42	189,800	12,986	202,786
2010	93	11	104	188,972	13,469	202,441
2011	181	4	185	187,480	13,677	201,157
2012	124	7	131	184,252	13,941	198,193
2013	101	9	110	181,465	14,187	195,652
2014	117	12	129	173,842	14,216	188,058
2015	128	13	141	169,432	14,088	183,520

	Male	Female
Eight year Average	0.058%	0.059%



Data reflects Active Duty Component

- Of the servicewomen who were processed out for height / weight / body fat failures, how many received failures that were within 12 months postpartum?
 - No servicewomen have been processed out for height / weight / body fat failures within 12 months postpartum



Questions?