

DACOWITS RFI #W3



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What is your Services' current height/weight policy?

- **Navy's current height/weight policy is in compliance with DoDI 1308.3, which establishes male and female maximum weight for height standards.**
- **As part of the Physical Fitness Assessment (PFA), height/weight/Body Composition Assessment (BCA) is assessed twice a year**
- **Members failing height/weight and BCA are to be enrolled in the command's Fitness Enhancement Program.**



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NAVY PHYSICAL FITNESS ASSESSMENT (PFA) TABLES
 MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE
 OPNAVINST 6110.1J 11JUL11

Men Maximum Weight (pounds)	Member's Height (inches with fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227



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What is the methodology used to create the current policy?

- **Methodology: Naval Health Research Center (NHRC) developed the current Height/Weight (BMI) table using an equation for estimation of body fat content using member weight and height.**
 - Weights were calculated for each height that were equivalent to 22% fat for men and 33% fat for women.
 - BMI = mathematical expression that describes the normal proportions between weight and height.



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When was the last time this policy was updated?

- **This policy was reviewed and updated with the release of OPNAVINST 6110.1J in 2011**
- **Reviewed 3 Aug 2015 with release of NAVADMIN 178/15 outlining new 3-step BCA policy beginning 1 January 2016.**
 - Step 1: Apply current height/weight table.
 - Step 2: Apply single site abdominal circumference measurement (Males: <39 inches/Females: <35.5 inches).
 - Step 3: Apply multi-site circumference measurements.



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Has your Service ever completed an anthropometric study? If so, was the study utilized to update the height/weight standards?

- **Yes, NHRC considered Navy anthropometric data to develop the Height/Weight (BMI) table provided in OPNAVINST 6110.1J.**



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If a Service member exceeds their height/weight allocation, what method is used to determine their body fat?

- **If a member exceeds their height/weight allocation, Navy uses a validated circumference-based equation to estimate body fat percentage.**
 - **Males: height, neck and abdominal circumference at the navel.**
 - **Females: height, neck, waist (at thinnest portion of abdomen), and hips.**
 - **Method represents best approach, which can be applied by Command Fitness Leaders with minimal error.**



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Does the method to determine body fat differ between genders? If so, what is the scientific validation which constitutes this difference?

- **Yes, method to determine body fat differs between genders.**

- **MALES:**

(Abdominal Circumference – Neck Circumference) = Circumference Value

- **FEMALES:**

[Waist Circumference + Hip Circumference] – Neck Circumference = Circumference Value

***Circumference Value corresponds to a height measurement that provides the estimated body fat from OPNAV 6110.1J Operating Guide 4 “The Body Composition Assessment”**



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PERCENT BODY FAT ESTIMATION FOR WOMEN

Circumference Value*	Height (inches)																			
	58	58.5	59	59.5	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5
44.5	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19
45	19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19
45.5	20	20	19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19
46	21	20	20	20	19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19
46.5	21	21	21	20	20	20	19	19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19
47	22	22	22	21	21	20	20	20	19	19	<19	<19	<19	<19	<19	<19	<19	<19	<19	<19
47.5	23	23	22	22	22	21	21	21	20	20	19	19	<19	<19	<19	<19	<19	<19	<19	<19
48	24	23	23	23	22	22	22	21	21	21	20	20	20	19	<19	<19	<19	<19	<19	<19
48.5	24	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19	<20	<19	<19	<19
49	25	25	24	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19	19	<19
49.5	26	26	25	25	24	24	24	23	23	23	22	22	22	21	21	20	20	20	20	19
50	27	26	26	26	25	25	24	24	24	23	23	23	22	22	22	21	21	21	21	20
50.5	27	27	27	26	26	26	25	25	25	24	24	23	23	23	23	22	22	22	21	21
51	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22	22	22
51.5	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22
52	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23
52.5	30	30	29	29	29	28	28	28	27	27	26	26	26	26	25	25	25	24	24	24
53	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24
53.5	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25
54	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26
54.5	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26
55	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27
55.5	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28
56	35	34	34	34	33	33	33	32	32	31	31	31	30	30	30	29	29	29	29	28
56.5	35	35	35	34	34	34	33	33	32	32	31	31	31	31	30	30	29	29	29	29
57	35	35	35	34	34	34	33	33	32	32	31	31	31	31	30	30	29	29	29	29
57.5	>35	>35	>35	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30
58	>35	>35	>35	>35	>35	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31
58.5	>35	>35	>35	>35	>35	>35	>35	35	35	35	34	34	34	33	33	32	32	32	31	31
59	>35	>35	>35	>35	>35	>35	>35	>35	>35	35	35	35	34	34	34	33	33	32	32	31
59.5	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	35	35	35	34	34	34	33	33	32	31
60	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	35	35	35	34	34	34	33	32
60.5	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	35	35	35	34	34	34
61	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	35	35	35	34
61.5	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	35
62	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	35
62.5	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35	>35

* Circumference value = natural waist + hip - neck circumference (in inches). MAXIMUM ALLOWED FAT LIMITS FOR FEMALES = AGE 17-39: 33%; 40+ = 34%.



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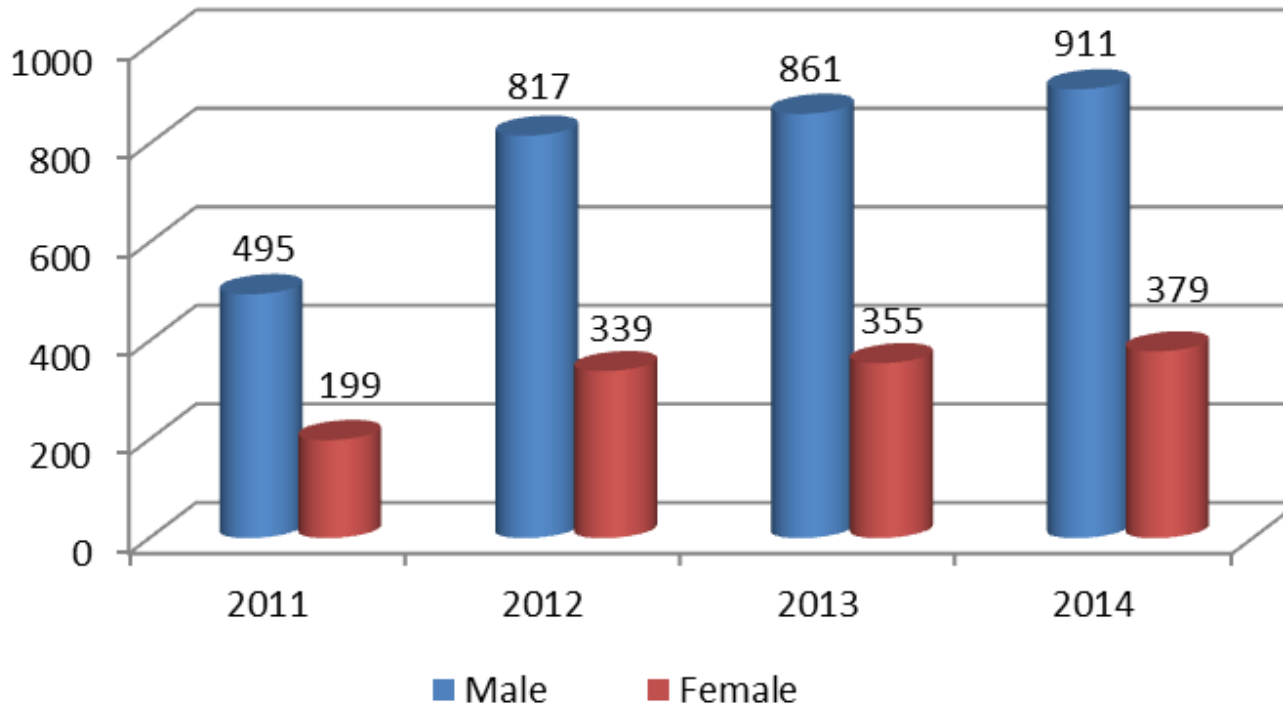
Of the Service members who are discharged for height/weight/body fat failures, what is the breakdown in men compared to women?

- **Navy does not discharge individuals solely based on height/weight/body fat failures. Members meet the criteria for administrative separation after receiving three PFA failures (can be any combination of BCA and/or PRT failures) in the most recent 4-years.**
 - Navy separation codes do not distinguish between BCA failures and Physical Readiness Test failures.
 - Policy effective 01 January 2016, NAVADMIN 178/15 - two failures in the most recent three-years.



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4-YEAR HISTORY OF NAVY PFA RELATED SEPARATIONS





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Of the servicewomen who were processed out for height/weight/BMI failures, how many received failures that were within 12 months postpartum?

- **Navy does not discharge individuals solely based on height/weight/body fat failures. Members meet the criteria for administrative separation after receiving three PFA failures (can be any combination of BCA and/or PRT failures) in the most recent 4-years.**
- **Navy does not currently track data linking PFA failure separations to previous pregnancies.**