



## OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE

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### HEALTH AFFAIRS

#### DACOWITS 2016 PHYSICAL STANDARDS RECOMMENDATIONS: Responses and Update on DoD Physical Standards (Height/Weight/Body Fat Policies)

##### PHYSICAL STANDARDS UPDATE (HEIGHT/WEIGHT/BODY FAT POLICIES)

The Committee seeks an update on the *2002 DoD Physical Fitness and Body Fat Programs Procedures (DoDI 1308.3)* policy, which has a direct impact on the retention, promotion, and readiness of servicewomen in the Armed Forces. In the Committee's [2016 report](#) they recommend that the SecDef require a complete review and update of the *DoDI 1308.3*, and that the SecDef consider Service-wide adoption of the Air Force methodology and medical research data regarding body fat determined via abdominal circumference measurement to eliminate gender variance.

The Committee requests a **written response** from the **US Public Health Service (USPHS)** to address the following:

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- a. Update on the Task Force that was staffed by DoD to update DoDI 1308.3, to include:
  - i. Changes to the height/weight/body fat tables.
  - ii. Rationale behind changes, if any were made.
- b. Assessment of the two 2016 DACOWITS' physical standards recommendations (annotated above).
- c. What does the policy stipulate regarding pregnancy/postpartum physical fitness evaluations, to include weigh-ins?

#### RESPONSES:

- 6a. Final recommendations from the short-term working group established to review Department of Defense (DoD) Physical Fitness and Body Composition Issuance 1308.3, "DoD Physical Fitness and Body Fat Program Procedures), are pending completion of its deliberations.
- 6b. The short-term working group has reviewed Air Force methodology and medical research data regarding the use of abdominal circumference measurement to determine body fat composition. Final results are pending.
- 6c. Existing DoD physical fitness and body fat program policy for pregnant and postpartum Service members underscores Service member safety, by emphasizing consistency with medical guidance. Current policy stipulated in DoDD 1308.1 recognizes the unique needs of pregnant Service members, indicating that:
  - "Pregnant Service members shall not be held to the standards of fitness and body fat testing until at least six months after pregnancy termination. When initially informed of the pregnancy, the Service member shall continue her physical fitness program, but under the supervision of medical authority." (Paragraph 4.1.6.)