



U.S. Coast Guard Briefing to DACOWITS RFI #6 June 2023

Presented by:

Acting Office Chief Policy and Standards, CG-133



A. Provide an overview of your Service's Body Composition (Body Fat) Assessment process for the past 5 years. If the process has changed within this time period, provide the impetus for the change(s), as well as describe what exactly was modified

DoDI 1308.3 doesn't apply to the USCG. The USCG does not have a Tier 1 Physical Fitness Test nor a Physical Fitness Program. We only use Tier 2 tests for specific job-based requirements.

The USCG does not align with DoD in its Body Composition Program. We have developed a separate program which uses a height and weight table for initial screening and then if needed two taping methods (Body Fat 2/3 site and Abdominal Circumference), if member is still not in compliance then the member has option of successfully completing our Tier 2 Boat Crew Physical Fitness Test to achieve compliance.



B. Cite the anthropometric research utilized to support your Services' Body Composition (Body Fat) Assessment policy



Ying Lee C. M., Huxley R. R., Wildman R. P., Woodward M. (2008). Indices of Abdominal Obesity are better discriminators of cardiovascular risk factors than BMI: A Meta-Analysis. *Journal of Clinical Epidemiology*. 61(7), 646-653

Lean, M. E., Han, T. S., & Morrison, C. E. (1995, July 15). Waist circumference as a measure for indicating need for weight management. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2550221/>

Johnson, N. A. (1997, August). The History of the Army Weight Standards. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/9271911>

Thompson, M. M., McCreary D. R. (2006, April 01). Enhancing Mental Readiness in Military Personnel. Toronto, CAN.: Defence Research & Development.

Trunkey R. D. (2013, May) Implications of the Department of Defense Readiness Reporting System (Working Paper 2013-03). Washington, DC: Congressional Budget Office.

U. S. Department of Defense (2002, November 5). DoD Physical Fitness and Body Fat Program Procedures (DoD Instruction 1308.3). Washington, DC: Assistant Secretary of Defense.

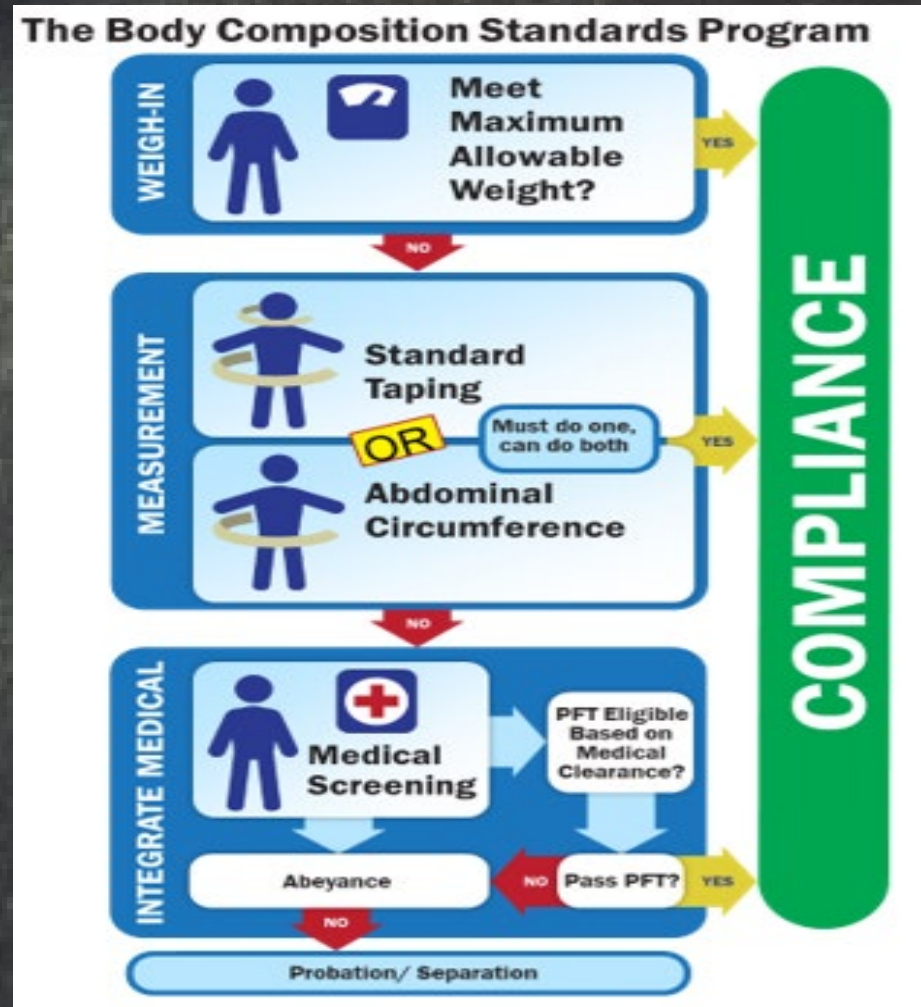
U.S. Department of the Air Force. (2013, October 21). Fitness Program (AFI 36-2905). Washington, DC: Secretary of the Air Force.

U.S. Department of the Navy. (2011, July 11). Physical Readiness Program (OPNAVINST 6110.1J). Washington, DC: Chief of Naval Operations.

U.S. Marine Corps. (2016, July 1). Changes to The Physical Fitness Test (PFT), Combat Fitness Test (CFT), and Body Composition Program (BCP) (ALMAR 022/16). Washington, DC: Commandant of the Marine Corps.



C. Provide photos that demonstrate how Service members' body fat is assessed (by gender)




The assessment process is gender neutral. However, individual measurement limits are based on gender.


D. What is the margin of error associated with your Services' Body Composition (Body Fat) Assessment process (e.g., percentage range)?

The margin of error associated with our Services' Body Composition (Body Fat) Assessment process data is unavailable for the human error based on the administrator or technician skill level.





E. Explain whether the method of Body Composition (Body Fat) Assessment has either increased or decreased separations (broken down by gender). Provide data/metrics for the last 5 years.



- USCG EPM does track Body Composition metrics relating to separations. The method of Body Composition (Body Fat) Assessment has decreased separations for obesity. From Jan 2018 until May 2020, 26 females and 59 males were separated for obesity. However, due to the effects of the COVID-19 pandemic, separations for obesity were paused in June 2020 and resumed in October 2021. Since separations have resumed, as of 20 June 2023, 10 females and 29 males have been separated for obesity.