



DACOWITS Update December 2015

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- **What is your Services' current height/weight policy?**
 - AR 600-9, The Army Body Composition Program (28 June 2013) details an individual Soldier's weight for height & body fat
 - Deputy Chief of Staff, G-1 is the proponent for AR 600-9
 - Soldiers must maintain a high level of physical readiness in order to meet mission requirements
 - Body composition is one indicator of physical readiness that is associated with an individual's fitness, endurance, and overall health
 - Individuals with desirable body fat percentages generally exhibit increased muscular strength and endurance, are less likely to sustain injury from weight bearing activity, and are more likely to perform at an optimal level
 - Soldiers will meet Army body composition standards, as prescribed in this regulation, for the individual and collective benefit to themselves, their unit, and the entire Army
 - Every Soldier (commissioned officer, warrant officer, and enlisted) is responsible for meeting the standards prescribed in this regulation



- **What is the methodology used to create the current policy?**
 - Weight for height determines if circumference measurement is required
 - Circumference measurement determines percent body fat
 - Males: summation of neck and abdomen measurements
 - Females: summation of neck, waist (abdomen), and hip measurements

Table B-1
Weight for height table (screening table weight)

Height (inches)	Minimum weight ¹ (pounds)	Male weight in pounds, by age				Female weight in pounds, by age			
		17-20	21-27	28-39	40+	17-20	21-27	28-39	40+
58	91	-	-	-	-	119	121	122	124
59	94	-	-	-	-	124	125	126	128
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80 ²	173	234	240	247	250	227	230	233	236

Notes:
¹ Male and female Soldiers who fall below the minimum weights shown in table B-1 will be referred by the commander for immediate medical evaluation.
² Add 6 pounds per inch for males over 80 inches and 5 pounds per inch for females over 80 inches.

Table B-2

Maximum allowable percent body fat standards

Age group: 17-20

Male (% body fat): 20%

Female (% body fat): 30%

Age group: 21-27

Male (% body fat): 22%

Female (% body fat): 32%

Age group: 28-39

Male (% body fat): 24%

Female (% body fat): 34%

Age group: 40 and older

Male (% body fat): 26%

Female (% body fat): 36%

- **When was the last time the policy was updated?**

— 28 June 2013



- **Has your Service ever completed an anthropometric study? If so, was the study utilized to update the height/weight standards?**
 - Yes, in 2013
 - A revised table of weight for height was included in AR 600-9 (2013), following multiple anthropometric studies



- **If the Service member exceeds their height/weight allocation, what method is used to determine their body mass index (BMI)?**
 - The Army utilizes circumference measurement to estimate body fat, not BMI
 - The weight for height table calculates screening weight. If a Soldier exceeds the weight for height threshold, the Soldier is referred for a circumference measurement to estimate body fat. Measurers are unit leadership, certified Master Fitness Trainers, and/or personnel trained in body circumference methodology
 - All circumference measurements will be taken three times and recorded to the nearest half inch
 - Soldiers who exceed body fat standards will enroll in Army Body Composition Program (ABCP)
 - Medical assessment conducted by medical provider
 - Exercise guidance by unit master fitness trainer
 - Nutrition counseling by registered dietitian
 - Assistance in behavioral modification
 - Progress is assessed (3 to 8 lbs/month or 1% body fat) monthly for twelve months by Commanders



- **Does the method to determine BMI defer between genders?**
 - YES, there is a different method for gender for estimation of percent body fat
 - Males: summation of neck and abdomen measurements
 - Females: summation of neck, waist (abdomen), and hip measurements

Table B-2 Maximum allowable percent body fat standards	
Age group: 17-20	
Male (% body fat):	20%
Female (% body fat):	30%
Age group: 21-27	
Male (% body fat):	22%
Female (% body fat):	32%
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Male (% body fat):	24%
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Age group: 40 and older	
Male (% body fat):	26%
Female (% body fat):	36%

- The Army utilizes circumference measurement to estimate body fat, not BMI
- **What is the scientific validation which constitutes this difference?**
 - Hodgdon, J.A. National Health Research Center (NHRC) Tech Reports 84-11, 84-29 and Tech Doc 99-2B



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

FY	Female	Male	AC (Enlisted)
2009	50	195	458,220
2010	79	381	467,537
2011	98	772	463,886
2012	231	1584	447,308
2013	247	1576	429,103
2014	202	1451	406,699
2015	219	1257	392,434

AR 635-200 (AD Enlisted Administrative Separations) Chapter 18



- **Of the Servicewomen who were processed out for height/weight/BMI failures, how many received failures that were within 12 months post-partum?**
 - Female weight control failure separation codes do not indicate post-partum
 - Pregnant Soldiers are exempt from Army Body Composition Program (ABCP) standards for the duration of the pregnancy plus a period of 6 months after pregnancy
 - After the 6 month period of exemption, the post-partum Soldier exceeds the body fat standard, they will be enrolled in the ABCP, for up to 12 months, pending approval of a medical doctor
 - Exercise guidance by unit Master Fitness Trainer
 - Nutrition counseling by registered dietitian
 - Assistance in behavioral modification
 - Commanders conduct monthly ABCP assessment ensuring progress (3 to 8 lbs/month or 1% body fat) up to 12 months



Questions?



Back-Up