

Headquarters U.S. Air Force

Integrity - Service - Excellence

AF Height, Weight, and Body Fat Policies



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- **What is your Services' current height/weight policy?**
 - **AFI 36-2905, *Fitness Program* - 27 August 2015 states USAF follows DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures***
 - **Height and weight are obtained with Fitness Assessment**
 - **Height and weight are not factored into Fitness Assessment score**
 - **AFI 44-170, *Preventive Health Assessment (PHA)* - 30 January 2014**
 - **Body Mass Index (BMI) is calculated with PHA, preventive medicine guidelines are followed based on BMI as appropriate**
 - **This is for clinical and preventive medical care recommendations only, and not for administrative or separation action**



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- **What is the methodology used to create the current policy?**
 - **The AF currently uses abdominal circumference (AC) testing, rather than body fat or BMI estimates, as the preferred methodology to estimate total adiposity as a fitness predictor**
 - **AF initiated the AC program in 2004**
 - **Based on improving evidence and fitness criteria developed from the program, it was updated in 2010 to score individuals based on high, moderate or low health risk criteria**
 - **For BMI - based on current United States Preventive Services Task Force (USPSTF) guidelines**



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- **When was the last time this policy was updated?**
 - **2010**
- **Has your Service ever completed an anthropometric study? If so, was the study utilized to update the height/weight standards?**
 - **No**
- **If a Service member exceeds their height/weight allocation, what method is used to determine their body fat (BF)?**
 - **Body composition is assessed during the Fitness Assessment by measuring abdominal circumference, and not height/weight**
 - **The following define methods for estimating body fat, but they are not generally used for AF:**
 - **DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures* Enclosure 3**
 - **AFI 36-2905, Attachment 19 and tables in Attachment 20**



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- **Does the method to determine BF defer between genders? If so, what is the scientific validation which constitutes this difference?**
 - **Methodology are different due to inherent morphologic differences in body fat deposition patterns**
 - **Body Composition example: an AC value of 37.0 inches results in a moderate health risk for a male, but a high health risk for a female**
 - **A female must have a lower AC measure than a male to achieve the same health outcome**
- **Of the Service members who are discharged for height/weight/BF failures, what is the breakdown in men compared to women?**
 - **AF does not collect data on who were discharged for height/weight/BF failures**
- **Of the servicewomen who were processed out for height/weight/BF failures, how many received failures that were within 12 months postpartum?**
 - **AFI 36-2905 currently exempts postpartum women from completing the Fitness Assessment for 12 months following delivery so female Airmen will not be separated for body composition failures within 12 months postpartum**