

**US Coast Guard briefing to
DACOWITS
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Presented by:

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Request for Information:

W3. Wellness

DACOWITS continues to be interested in the policies which directly impact the retention and promotion ability of servicewomen in the Armed Forces.

- The Committee requests a briefing from each of the Services on the following:
 - What is your Services' current height/weight policy?
 - What is the methodology used to create the current policy?
 - When was the last time this policy was updated?
 - Has your Service ever completed an anthropometric study? If so, was the study utilized to update the height/weight standards?
 - If a Service member exceeds their height/weight allocation, what method is used to determine their body fat (BF)?
 - Does the method to determine BF defer between genders? If so, what is the scientific validation which constitutes this difference?
 - Of the Service members who are discharged for height/weight/BF failures, what is the breakdown in men compared to women?
 - Of the servicewomen who were processed out for height/weight/BF failures, how many received failures that were within 12 months postpartum?
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- What is your Services' current height/weight policy?
 - Coast Guard Weight and Body Fat, CIM M1020.8 (series)
 - Try to mirror the US Navy, if practical

Age	Percent Body Fat (Men)	Percent Body Fat (Women)
Less than 30	22%	32%
Less than 40	24%	34%
Age 40 or greater	26%	36%

- What is the methodology used to create the current policy?
 - Unknown, we mirrored the US Navy
- When was the last time this policy was updated?
 - September 2015



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- Has your Service ever completed an anthropometric study? If so, was the study utilized to update the height/weight standards?
 - Not recently, if ever. We based our standards on the US Navy standards.
- If a Service member exceeds their height/weight allocation, what method is used to determine their body mass index (BMI)?
 - Height and Taping. Water Displacement and calipers are not allowed.
- Does the method to determine BMI defer between genders? If so, what is the scientific validation which constitutes this difference?
 - Yes. Women are measured around the neck, waist, and buttocks. Men are measured around the neck and waist.



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- Of the Service members who are discharged for height/weight/BMI failures, what is the breakdown in men compared to women?
 - FY10 to FY15
 - 195 women and 508 men were discharged for exceeding body-fat standards
 - Roughly 27% of body-fat discharges are for women
 - As of 30SEP15, 15% of the Coast Guard members are women
- Of the servicewomen who were processed out for height/weight/BMI failures, how many received failures that were within 12 months postpartum?
 - Medical and Admin data are kept separate. From FY10 to FY15, 2 women were discharged between 6 and 12 months after adding a dependant (non-spouse). We can not tell if those two gave birth, or if they adopted/added a parent.



QUESTIONS?



Points of Contact

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