USMC Body Composition Policy
Brief to DACOWITS

9 December 2015
USMC Height and Weight Policy

• What is your Services’ current height/weight policy?
  • MCO 6110.3 w/change 1 uses the height and weight tables found in DODINST 1308.3, “DoD Physical Fitness and Body Fat Program Procedures,” November 5, 2002
  • If Marines exceed the height and weight standards, they are measured for body fat percentage (BF%) with the following standards:
    - 17-26 years of age: males 18%, females 26%
    - 27-39 years of age: males 19%, females 27%
    - 40-45 years of age: males 20%, females 28%
    - 46+ years of age: males 21%, females 29%
  • If a Marine exceeds max weight, but is within BF%, they are considered to be within standards
  • If a Marine exceeds max weight and BF%, they are assigned to a Body Composition program (BCP) if medically cleared
    - Mandatory 6 month assignment (promotion restricted, etc. during this period)
    - Following 6 months, if a Marine returns to standard they are removed from BCP. If not, a CO can authorize a one-time 6 month extension if Marine is making satisfactory progress. If not making progress, Marine can be processed for discharge. Two BCP assignments allowed in a career. Third occurrence of being found to be out of standards triggers administrative separation.

• What is the methodology used to create the current policy?
  • USMC policy is compliant with direction provided in DODINST 1308.3

• When was the last time this policy was updated?
  • January 2015 (clarified post-partum procedures)
Body Fat Determination

• Has your Service ever completed an anthropometric study? If so, was the study utilized to update the height/weight standards?
  • No, a requirement has not existed for the Marine Corps to conduct an anthropometric study

• If a Service member exceeds their height/weight allocation, what method is used to determine their BF%?
  • Body fat is determined by the circumference method as directed in DODINST 1308.3 and uses the look-up tables provided therein

• Does the method to determine BF% differ between genders? If so, what is the scientific validation which constitutes this difference?
  • Yes, DODINST 1308.3 specifies:
    • Males: height, neck circumference, and abdominal circumference at the navel
    • Females: height, neck circumference, waist circumference at the thinnest portion of the abdomen, and hips
  • DODInst 1308.3 cites the following studies as the basis for the body fat estimation method:
Discharges

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

<table>
<thead>
<tr>
<th>Discharges for Height / Weight and Body fat</th>
<th>End Strength (number of personnel)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY</td>
<td>Male</td>
</tr>
<tr>
<td>----</td>
<td>------</td>
</tr>
<tr>
<td>2008</td>
<td>65</td>
</tr>
<tr>
<td>2009</td>
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</tr>
<tr>
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<td>2013</td>
<td>101</td>
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<tr>
<td>2014</td>
<td>117</td>
</tr>
<tr>
<td>2015</td>
<td>128</td>
</tr>
</tbody>
</table>

Eight year Average: Male 0.058% Female 0.059%

Data reflects Active Duty Component

- Of the servicewomen who were processed out for height / weight / body fat failures, how many received failures that were within 12 months postpartum?
  - No servicewomen have been processed out for height / weight / body fat failures within 12 months postpartum
Questions?