



NAVAL HEALTH RESEARCH CENTER

Body Composition Assessment: Retention Strategies in the Military

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Understanding and Overcoming the Challenge of
Obesity and Overweight in the Armed Forces**

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Why Does The Military Perform A Body Composition Assessment Twice A Year

- Military Appearance
- Physical (Combat) Readiness
- Health

- Retention
- Separation



Common Navy / Army Acronyms

- PFA – Physical Fitness Assessment
- BCA – Body Composition Assessment
- BCM – Body Composition Measurement
- ACM – Abdominal Circumference Measurement
- ABCP – Army Body Composition Program
- PRT – Physical Readiness Test
- APFT – Army Physical Fitness Test
- FEP – Fitness Enhancement Program
- AC – Active Component (no reserve personnel)



Navy / Army Maximal Allowable Age Adjusted Body Fat Standards

Male Age Adjusted %BF

Navy

Army

- 18-21: **22%** 17-20: **20%**
- 22-29: **23%** 21-27: **22%**
- 30-39: **24%** 28-39: **24%**
- 40+: **26%** 40+: **26%**

Female Age Adjusted %BF

Navy

Army

- 18-21: **33%** 17-20: **30%**
- 22-29: **34%** 21-27: **32%**
- 30-39: **35%** 28-39: **34%**
- 40+: **36%** 40+: **36%**

Max DoD %BF limits

Male = 26%

Female = 36%



Navy BCA Pass / Fail Rate

Cycle 1/2017 (6 months) Cycle 2/2017 (6 months)	Total BCA Participants	Total number that did not meet height/weight standards and were required to perform ACM	Total number that did not meet AC standards and were required to perform BCM	Total number that exceeded max BF%
USN Male Officers	42,783 42,966	14,931 14,864	2,196 2,126	111 131
USN Male Enlisted	208,474 210,990	91,144 90,153	14,073 13,619	1,530 1,533
USN female Officers	8,875 9,120	1,888 1,926	151 149	57 68
USN Female Enlisted	44,751 46,911	16,511 16,966	1,636 1,525	800 743
CY 1 Totals	304,883	124,474	18,056	2,498
CY 2 Totals	309,987	123,909	17,419	2,475

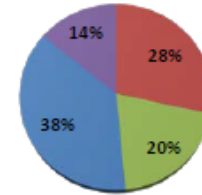
CY/YR USN only	% PFA Passed	% BCA Passed	% PRT Passed
CY 1/2017	98.3%	99.2%	98.9%
CY 2/2017	98.3%	99.2%	98.8%



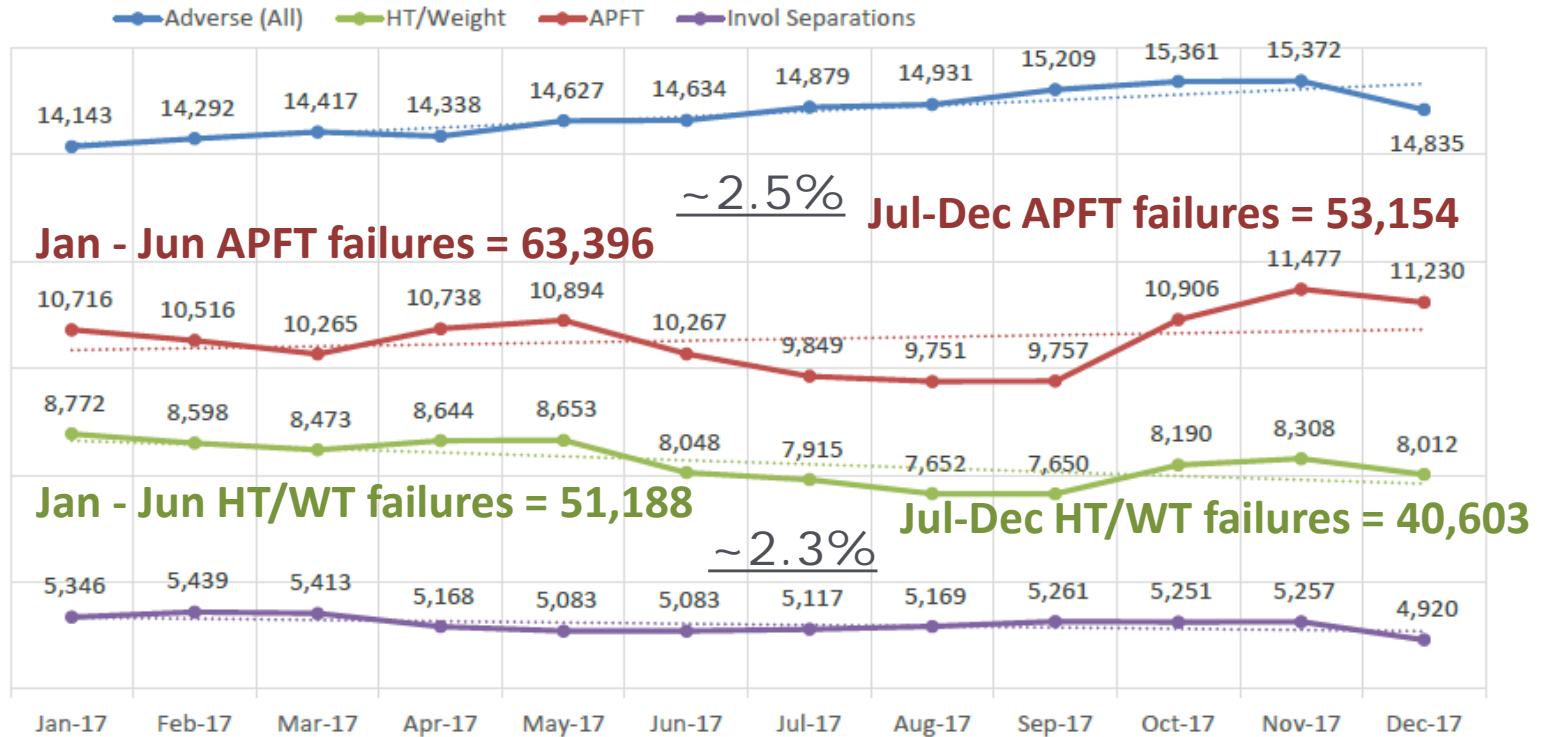


Active Component - Flags Trending

All Ranks



48% of current Flags are for HT&WT / APFT



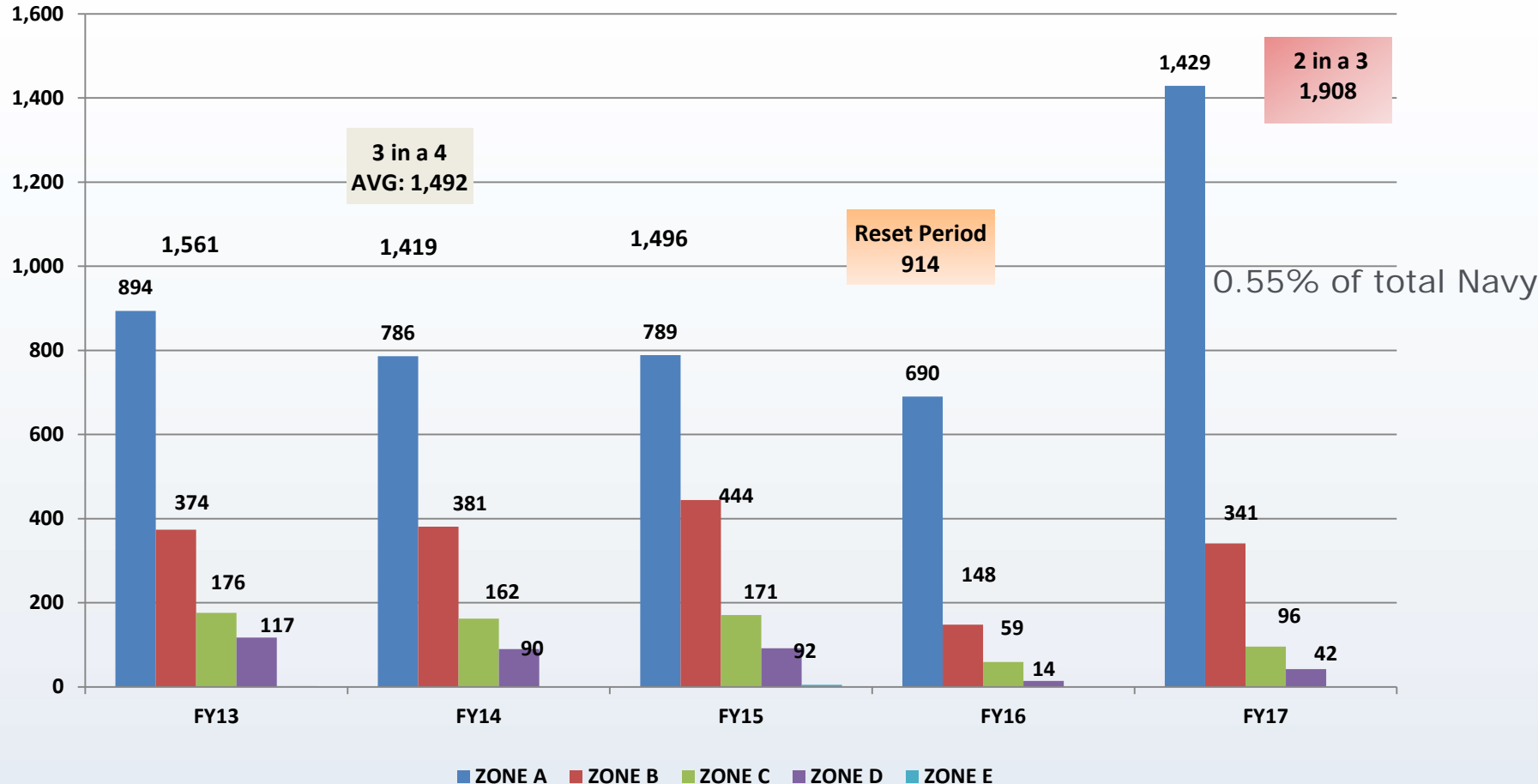
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Navy PFA Separation Analysis

Total Enlisted AC PFA Losses by Zone



Each Zone represents a 4 year term, thus the majority of separations are first term sailors!



Current Navy Retention Policy

“My number one priority is to keep the Fleet properly manned,” said Vice Adm. Robert Burke, Chief of Naval Personnel. “Retention of every capable Sailor is critical to the operational readiness of the Navy while ensuring every Sailor has the opportunity to safely achieve and maintain fitness and body composition standards.” Dec 2017

Navy is currently short 8,000 shipboard sailors.

No change to physical readiness standards, rather change physical readiness separation policy.



Current Navy BCA Separation Policy

NAVADMIN 304/17 Dec 2017

- Sailors who fail 2 or more consecutive PFAs will continue service until End of Active Obligated Service (Enlisted) or until Projected Rotation Date (Officer) and will:
 - Be ineligible for advancement/promotion per BUPERSINST 1430.16F
 - Be ineligible to reenlist per BUPERSINST 1610.10D or sign a continuation bonus
 - Receive a “SP” on Eval/FITREP per BUPERSINST 1610.10D
 - Be detailed as required
 - Officers not meeting PFA standards at PRD will be directed to appear at a Board of Inquiry (BOI)

Naval Nuclear Propulsion Program (NNPP), medical specialty, and other highly trained personnel may be granted an exception.

- “Get Well” Strategy for PFA Failures
 - Pass an official PFA to be Eligible for Advancement and Reenlistment
- FEP Requirements:
 - FEP enrollment continues until next official PFA pass and must be within Age Adjusted Standards (AAS). Ensures Sailors have the opportunity to safely achieve and maintain standards.
- Failure “Re-set” with each passed PFA



Current Navy FEP Policy

Any Sailor who exceeds the age adjusted BF standards shall be enrolled in FEP:

- Mandatory Nutritional Counseling
- Mandatory Physical Training: 3 times per week/ Total 150 minutes
- Weekly body weight , monthly BCA, monthly Physical Readiness Test (PRT) if within BCA standards

Army policy is similar, with nutrition counseling, increased physical training, and ABCP re-assessment.



Other Service BCA Separation Policy

Army

ADSEP after 2 consecutive failures in BCA or APFT

CO has authority to separate for multiple failures that are not consecutive

Air Force

ADSEP process begins after failing 4 consecutive failures in a 24 month period

USMC

ADSEP process can begin after 2 failures

Coast Guard

- ADSEP process begins after any of the following:
 - Exceeding maximum allowable body fat by more than 8% (34% males; 44% females) AND maximum screening weight by over 35 pounds.
 - Failure to progress during probation period
 - Non-compliant at end of probation (outside of weight or BF% at end of probation)
 - 3rd Probationary period in 14 months
 - Three consecutive failed semiannual weigh-ins



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