



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

**National Academy of Sciences Workshop**

**United States Marine Corps**

Mr. Brian McGuire, MS ATC CSCS  
Deputy Director, Force Fitness Div.  
703-784-0098



# Session 2: Service-Specific Issues Related to Obesity and Overweight

- Describe the issues impacting each of the services related to the effects of overweight and obesity on recruitment, retention, resilience, readiness, and retirement.
  - Minimal impacts due to high standards and accountability
  - Applicants must meet USMC standards prior to boot camp graduation; may go to boot camp if within 5% of retention standards without a waiver;
    - Can be waived if  $\leq 11\%$  above or  $\leq 7\%$  below retention weight and pre-boot fitness test is passed
  - A 2016 Department of Defense (DoD) report cited an overall obesity rate at 7.9% for the Services
  - The Marine Corps has the lowest obesity rate of all the Services (currently at 1.6%)
  - High fitness and body composition standards ensure the health and fitness of Marines and enables combat readiness and resilience
  - 2018 Body Composition Program (BCP) data:

	Assigned Strength	Number of Marines not meeting Body Composition Standards	Percentage of Marines not meeting Body Composition Standards
Total	184864	2996	1.6%



# Q&A

---

- [www.fitness.marines.mil](http://www.fitness.marines.mil)
- [tecom.forcefitness@usmc.mil](mailto:tecom.forcefitness@usmc.mil)
- 703-784-0098