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 ≤ 11% above or ≤ 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:

<table>
<thead>
<tr>
<th>Assigned Strength</th>
<th>Number of Marines not meeting Body Composition Standards</th>
<th>Percentage of Marines not meeting Body Composition Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>184864</td>
<td>2996</td>
</tr>
</tbody>
</table>
Q&A

• www.fitness.marines.mil

• tecom.forcefitness@usmc.mil

• 703-784-0098