

Subject: ALARACT 248/2010 THE ARMY WEIGHT CONTROL PROGRAM

SUBJECT: THE ARMY WEIGHT CONTROL PROGRAM

1. REFERENCES:

- A. ALARACT 237/2008 THE ARMY WEIGHT CONTROL PROGRAM, DTG 301456Z SEP 08.
- B. ARMY REGULATION (AR) 600-9, DATED 27 NOVEMBER 2006, THE ARMY WEIGHT CONTROL PROGRAM.
- C. ARMY REGULATION 600-8-2, DATED 23 DECEMBER 2004, SUSPENSION OF FAVORABLE PERSONNEL ACTIONS (FLAGS).
- D. DEPARTMENT OF DEFENSE INSTRUCTION 1308.3, DATED, 5 NOVEMBER 2002, DOD PHYSICAL FITNESS AND BODY FAT PROGRAMS PROCEDURES.

2. THE PURPOSE OF THIS MESSAGE IS TO EXTEND THE CURRENT EXPIRATION DATE OF REFERENCE A AND TO CLARIFY PROCEDURES OUTLINED IN AR 600-9 FOR DETERMINING BODY FAT COMPOSITION FOR SOLDIERS WHO EXCEED THE SCREENING TABLE WEIGHT OR WHO ARE IDENTIFIED BY THEIR COMMANDER OR SUPERVISOR FOR A SPECIAL EVALUATION.

3. ENROLLMENT IN THE ARMY WEIGHT CONTROL PROGRAM BEGINS ON THE SAME DAY THE SOLDIER IS COUNSELED BY THE UNIT COMMANDER THAT HE/SHE HAS BEEN ENTERED IN THE ARMY WEIGHT CONTROL PROGRAM. SOLDIERS ARE FLAGGED BY THE UNIT COMMANDER UNDER THE PROVISIONS OF ARMY REGULATION AR 600-8-2.

4. WEIGHT REDUCTION COUNSELING MAY BE ACCOMPLISHED AT THE SAME TIME, PRIOR TO, OR SHORTLY AFTER THE SOLDIER IS COUNSELED THAT HE/SHE HAS BEEN ENROLLED IN THE ARMY WEIGHT CONTROL PROGRAM.

5. THE ONLY AUTHORIZED METHOD OF ESTIMATING BODY FAT IS THE CIRCUMFERENCE-BASED TAPE METHOD OUTLINED IN AR 600-9.

6. SOLDIERS WILL BE MEASURED FOR BODY FAT IN STOCKING FEET AND STANDARD ARMY PHYSICAL FITNESS UNIFORM SHORTS AND T-SHIRT. UNDERGARMENTS THAT MAY SERVE TO BIND THE ABDOMEN, HIP, OR THIGH AREAS ARE NOT AUTHORIZED FOR WEAR WHEN A SOLDIER IS BEING MEASURED FOR BODY FAT COMPOSITION. THIS INCLUDES, BUT IS NOT LIMITED TO SPANDEX SHORTS OR GIRDLE-LIKE UNDERGARMENTS.

7. TAPE MEASURES WILL BE MADE OF NONSTRETCHABLE MATERIAL, PREFERABLY FIBERGLASS ONE-FOURTH TO ONE-HALF INCH WIDE; CLOTH OR STEEL MEASURING TAPES, INCLUDING GULICK TAPES, ARE UNACCEPTABLE.

8. BODY FAT ESTIMATION:

A. EACH SET OF MEASUREMENTS WILL BE COMPLETED SEQUENTIALLY TO DISCOURAGE ASSUMPTION OF REPEATED MEASUREMENT READINGS. FOR MALES, A COMPLETE SET IS DEFINED AS ONE NECK FOLLOWED BY ONE ABDOMINAL MEASUREMENT. FOR FEMALES, A COMPLETE SET IS DEFINED AS ONE NECK, FOLLOWED BY ONE WAIST, FOLLOWED BY ONE HIP MEASUREMENT. FOR EXAMPLE, FOR MALE SOLDIERS, COMPLETE ONE NECK AND THEN ONE ABDOMINAL MEASUREMENT IN SEQUENCE TO COMPLETE ONE SET; NOT, FOR EXAMPLE, THREE NECK CIRCUMFERENCES FOLLOWED BY THREE ABDOMINAL CIRCUMFERENCES. CONTINUE THIS PROCESS BY MEASURING THE NECK AND ABDOMEN IN SERIES UNTIL YOU HAVE OBTAINED THREE FULL SETS OF MEASUREMENTS ON A MALE SOLDIER. FOLLOW THE SAME PROCEDURE FOR FEMALES UNTIL YOU HAVE COMPLETED THREE FULL SETS OF NECK, WAIST, AND HIP MEASUREMENTS.

B. TAKE ALL MEASUREMENTS THREE TIMES IN SETS AS DESCRIBED IN PARAGRAPH 8 ABOVE. RECORD EACH INDIVIDUAL MEASUREMENT TO THE NEAREST ONE-HALF INCH, ROUNDING IN A MANNER SPECIFIC TO THE SITE MEASURED AS DESCRIBED BELOW (UP FOR THE NECK; DOWN FOR THE ABDOMEN OR WAIST AND HIPS). IF ANY ONE OF THE THREE MEASUREMENTS DIFFERS BY MORE THAN ONE INCH FROM THE OTHER TWO, TAKE AN ADDITIONAL MEASUREMENT.

1) MALES:

A) NECK: MEASURE THE NECK CIRCUMFERENCE AT A POINT JUST BELOW THE LARYNX (ADAMS APPLE) AND PERPENDICULAR TO THE LONG AXIS OF THE NECK. DO NOT PLACE THE TAPE MEASURE OVER THE ADAMS APPLE. THE SOLDIER SHOULD LOOK STRAIGHT AHEAD DURING THE MEASUREMENT WITH SHOULDERS DOWN, NOT HUNCHED. THE TAPE LINE IN THE FRONT OF THE NECK SHOULD BE AT THE SAME HEIGHT AS THE TAPE LINE IN THE BACK OF THE NECK. DO NOT INVOLVE THE SHOULDER OR NECK MUSCLES IN THE MEASUREMENT. ROUND THE NECK MEASUREMENT UP TO THE NEAREST ONE-HALF INCH AND RECORD.

B) ABDOMEN: MEASURE ABDOMINAL CIRCUMFERENCE AGAINST THE SKIN AT THE NAVEL (BELLY BUTTON) AND PARALLEL TO THE FLOOR; ARMS AT THE SIDES. RECORD THE MEASUREMENT AT THE END OF THE SOLDIERS NORMAL, RELAXED EXHALATION. ROUND THE ABDOMINAL MEASUREMENT DOWN TO THE NEAREST ONE-HALF INCH AND RECORD.

2) FEMALES:

A) NECK: MEASURE JUST BELOW THE LARYNX (ADAMS APPLE) AND PERPENDICULAR TO THE LONG AXIS OF THE NECK WITH THE SOLDIER LOOKING STRAIGHT AHEAD, SHOULDERS DOWN, NOT HUNCHED. ROUND THE NECK MEASUREMENT UP TO THE NEAREST ONE-HALF INCH AND RECORD.

B) WAIST: MEASURE THE NATURAL WAIST CIRCUMFERENCE AGAINST THE SKIN AT THE POINT OF MINIMAL ABDOMINAL CIRCUMFERENCE, USUALLY LOCATED ABOUT HALFWAY BETWEEN THE NAVEL AND THE LOWER END OF THE STERNUM (BREAST BONE). WHEN THIS SITE IS NOT EASILY VISIBLE, TAKE SEVERAL MEASUREMENTS AT PROBABLE SITES. USE THE SITE WITH THE SMALLEST VALUE. THE TAPE MEASURE SHOULD BE LEVEL AND PARALLEL TO THE FLOOR; THE SOLDIERS ARMS DOWN. MEASURE AT THE END OF THE SOLDIERS NORMAL, RELAXED EXHALATION. ROUND THE WAIST MEASUREMENT DOWN TO THE NEAREST ONE-HALF INCH AND RECORD.

C) HIPS: MEASURE THE HIP CIRCUMFERENCE WHILE FACING THE SOLDIERS RIGHT SIDE BY PLACING THE TAPE AROUND THE HIPS SO THAT IT PASSES OVER THE GREATEST PROTRUSION OF THE GLUTEAL MUSCLES (BUTTOCKS) AS VIEWED FROM THE SIDE. THE TAPE MUST BE LEVEL AND PARALLEL TO THE FLOOR. APPLY SUFFICIENT TENSION ON THE TAPE TO MINIMIZE THE EFFECT OF CLOTHING. ROUND THE HIP MEASUREMENT DOWN TO THE NEAREST ONE-HALF INCH AND RECORD.

C. DETERMINE THE MATHEMATICAL AVERAGE OF THE THREE CLOSEST MEASUREMENTS FOR EACH SITE. THIS IS ACCOMPLISHED BY DETERMINING THE SUM OF THE THREE CLOSEST MEASUREMENTS FOR EACH SITE, DIVIDING BY THREE, AND ROUNDING TO THE NEAREST ONE-HALF INCH BASED ON ITS PROXIMITY TO 0.5; NOT UP OR DOWN BASED ON THE MEASUREMENT SITE AS DESCRIBED ABOVE IN PARAGRAPH 8B.

D. FIND THE CIRCUMFERENCE VALUE.

1) FOR MALES: THE CIRCUMFERENCE VALUE IS THE VALUE OF THE AVERAGE ABDOMINAL CIRCUMFERENCE MINUS THE AVERAGE NECK CIRCUMFERENCE.

2) FOR FEMALES: THE CIRCUMFERENCE VALUE IS THE VALUE OF THE AVERAGE WAIST CIRCUMFERENCE PLUS THE AVERAGE HIP CIRCUMFERENCE MINUS THE NECK CIRCUMFERENCE.

E. USING THE SOLDIERS CIRCUMFERENCE VALUE (8.D., ABOVE) AND HIS/HER HEIGHT, FIND THE BODY FAT ESTIMATION USING THE PERCENT BODY FAT ESTIMATE TABLES LOCATED IN AR 600-9, FIGURES B-5 OR B-6.

F. DISREGARD THE EXAMPLES CITED IN AR 600-9, DATED 27 NOVEMBER 2006, FIGURES B-1 AND B-2 (SAMPLE DA FORMS 5500 AND 5501). SOME OF THE VALUES LISTED IN THE AVERAGE COLUMNS ON BOTH FORMS ARE NOT CONSISTENT WITH THE DIRECTIONS FOR ROUNDING UP OR DOWN LOCATED IN THE TEXTS OF AR 600-9 AND DODI 1308.3 AND MAY LEAD TO ERRORS IN CALCULATING BODY FAT.

G. DISREGARD THE NOTE LOCATED AT THE TOP OF THE PAGE ON THE DA FORM 5500 AND THE DA FORM 5501. AVERAGE VALUES ARE TO BE ROUNDED TO THE NEAREST ONE-HALF INCH, NOT ONE-QUARTER INCH AS SUGGESTED ON THE FORM.

H. WHEN PERCENT BODY FAT CALCULATED DOES NOT APPEAR IN THE TABLES LOCATED IN AR 600-9, CONTACT THE HQDA POC TO HAVE THE PERCENT BODY FAT CALCULATED MANUALLY.

I. USE OF AUTOMATED CALCULATORS OR FORMS NOT APPROVED BY HQDA (DAPE-HR) TO CALCULATE BODY FAT IS NOT AUTHORIZED.

J. THE DA FORMS 5500 AND 5501 LOCATED ON THE ARMY PUBLISHING DIRECTORATE WEBSITE: [HTTP://WWW.ARMY.MIL/USAPA/](http://www.army.mil/usapa/) CONTAIN ERRORS IN THE AUTOCALCULATIONS. AS OF 22 JULY 2008, THE AUTOCALCULATIONS HAVE BEEN REMOVED. AN UPDATED VERSION CONTAINING CORRECTED AUTOCALCULATION LOGIC WILL BE POSTED ON THE ARMY PUBLISHING DIRECTORATE WEBSITE IF AVAILABLE BEFORE THE INTEGRATED PERSONNEL & PAYROLL SYSTEM-ARMY (IPPS-A) IS IMPLEMENTED ARMY-WIDE.

9. THERE ARE NO EXEMPTIONS TO THE PROVISIONS OF AR 600-9 BASED SOLELY ON RACE, ETHNICITY, OR SEX.

10. HQDA, G-1 POC FOR THE ARMY WEIGHT CONTROL PROGRAM IS LTC JENNIFER B. PETERS, [JENNIFER.B.PETERS@CONUS.ARMY.MIL](mailto:JENNIFER.B.PETERS@CONUS.ARMY.MIL); DSN 664-0623; COMMERCIAL (703)604-0623.

11. THIS MESSAGE HAS BEEN APPROVED BY THE DCS, G-1.

12. EXPIRATION DATE CANNOT BE DETERMINED.