



## FLAG VOICE #551

### Body Composition Program Update

12 July 2021

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In light of the diminishing impacts of COVID-19 on our members, availability of vaccines, and widespread return to pre-COVID conditions, Body Composition Screenings (BCS) will resume on 01 October 2021. This resumption will include all administrative measures for members not in compliance with either Maximum Allowed Weight (MAW), taping options, medical abeyance or Physical Fitness Test (PFT).

The cornerstone of personal readiness is health and well-being, and to support readiness, there have been ongoing efforts to promulgate an update to the Weight and Body Fat Standards Program (our body composition policy) to meet Coast Guard program objectives of (1) meeting the organization's operational needs and challenges; (2) maintaining a healthy weight and body fat percentage; and (3) presenting a sharp professional military appearance.

Following the last Body Composition Screening that held administrative consequence (October 2019), it was found that the Abdominal Circumference (AC) measurement provides a second scientifically-sound method by which members can demonstrate compliance, and it also levels male and female equities. Thus, AC, along with 2/3 taping, has been implemented as a permanent alternate compliance option to Maximum Allowed Weight (MAW). For the October 2021 observation, the PFT will again be allowed in a pilot status as a means to demonstrate a suitable fitness level to achieve compliance.

You will soon see:

1. An ACN outlining the enduring body composition policy, resumption of screenings and the extension of the use of PFT as a pilot status compliance measure.
2. Updated FAQs to address new body composition policy.
3. An informational MyCG article on the new policy and the October 2021 BCS.

I ask you take the time to review this policy change and guidance, and charge your subordinates to do the same to be prepared to support service members who need assistance or guidance complying with body composition standards. Thank you.

A handwritten signature in blue ink that reads "Dr. D. Mischell Navarro".

Dr. D. Mischell Navarro

Senior Executive Service, U.S. Coast Guard  
Acting Assistant Commandant for Human Resources