



## FLAG VOICE #555

### Body Composition Program Update

30 August 2021

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Colleagues, as previously announced via ALCOAST Notice last month (ACN 068/21), the full administrative consequences of the Body Composition Program resume on 01 October 2021. I know this resumption brings stress and uncertainty across the workforce and I ask you to encourage your subordinate commanders to take time to hold frank and thoughtful conversations with crews in the coming weeks.

To aid in these efforts, I commend your attention to the Office of Work-Life Programs (CG-111) website with resources for members and commands to assist members in leading healthy lifestyles, which is located at:

<https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-11/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Health-Promotion-Resources/>

Body composition is a key factor in individual personnel readiness. Hence it's commander's business; no leader should be surprised if they have personnel who can't meet the standards, especially for those individuals who may face immediate administrative separation. I am sharing this Flag Voice with MCPO-CG, asking him and you to discuss the upcoming weigh-in with your Badges and Chiefs' Messes. Please support our shipmates who need assistance or guidance complying with body composition standards.

A handwritten signature in black ink, appearing to read "Eric C. Jones", is written over a faint, circular watermark or seal.

Eric C. Jones

Rear Admiral, U.S. Coast Guard

Assistant Commandant for Human Resources