

Coast Guard Weight and Body Fat Standards FAQ's October 2012 Revision

- 1. Why are there two different separation triggers for repeated failures? What is the difference between a strike and 3 probations in 14 months?** Both strikes and the 3 probations within 14 months are intended to prevent a pattern of non-compliance.

Strikes are used to note any failed semiannual weigh-in, even if the member is on probation. Strikes can only be given for a non-compliant weigh-in during April or October. A strike would not be given to anyone on an exemption or abeyance. For separations, the three strikes must be three consecutive semiannual failures.

Example: Member non-compliant Oct 2011 semiannual weigh-in (STRIKE ONE) placed on probation to expire May 2012. April 2012 semiannual weigh-in, member still on probation but weighs in non-compliant (STRIKE TWO). May 2012 completes probation. June receives pcs orders and weighs in non-compliant (NOT A STRIKE – ONLY SEMIANNUALS ARE COUNTED AS STRIKES). October 2012 semiannual weigh-in non-compliant, processed for separation (STRIKE THREE)

The three-probation in 14 month rule does not require probations to be sequential. The probation can result from a failed April/October weigh-in and/or any other failed weigh-in (e.g. resident training; pcs transfer). The 14 month period begins the date the first probation starts.

- 2. Do Chaplains follow Coast Guard Weight and Body Fat Standards?** No. Chaplains must comply with more stringent U.S. Navy requirements which include a physical fitness test. Compliance is monitored by the Chaplain of the Coast Guard's office at CG Headquarters.
- 3. What happens with strikes if a member has a probation period that ends during a weigh-in month?** Commands have the discretion to conduct semiannual weigh-ins as desired. Some units allow members to weigh-in on any work day during April/October. Some units provide a list of available days. Some units require members to all weigh-in on a particular day.

In some cases, a member may be on probation with an end date sometime in the middle of a weigh-in month. When feasible, commands are encouraged to allow the member to complete the entire probation period before reporting for a semiannual weigh-in. This flexibility would avoid a strike for the member. For example, if operations permit, a member with a probation end date of 15 October should be given until 16 October before being required to report to a semi-annual weigh-in.

- 4. The body fat table has changed for my height and circumference value. Why did it change?** The body fat estimation tables were created by using a formula mandated by DoD (Reference (a) to the Weight and Body Fat Standards Program Manual). The formula has not changed and was also used in the previous edition of the manual. Although the formula did not change, the table has been altered. Half inches have been removed from the heights and the additional space has been used to expand the range of heights listed. During the change, rounding inconsistencies were found in the previous manual's table. These errors have now been corrected.

For some heights, the correction to the rounding errors has resulted in a change to a maximum circumference value. For example, although the maximum body fat percentage have not changed, a 67 inch tall male age 20 with a circumference value of 21 would have been compliant using the old table but would now be found to exceed the maximum body fat by 1%. These changes are intentional and the new table is correct as published.

The formulas used to populate the body fat estimation table are:

Males: % body fat = $86.010 \times \log_{10}(\text{waist-neck}) - 70.041 \times \log_{10}(\text{height}) + 36.76$

Females: % body fat = $163.205 \times \log_{10}(\text{waist} + \text{hip-neck}) - 97.684 \times \log_{10}(\text{height}) - 78.387$

***Note – para 2.D.5 mistakenly directs you to “round calculated results of the CV up to the next whole number”. As the chart is in half-inch increments, this direction is not needed; you should round to nearest half-inch if necessary.** This will be corrected in the next revision.

5. **The photos show women having body fat measurements taken over gym shorts, is this allowed?** All body fat measurements must be taken over bare skin. Women’s hip measurements will be taken over non-shape wear underpants. The photo examples show measurements over gym shorts to protect the privacy of the model.
6. **Can I take the SWE if I’m on probation?** Yes, however, no one will not be advanced unless compliant.
7. **Are the fitness requirements gone?** No. They have been removed temporarily and will be published in the new Health Promotions Manual which should be released within the next 6 months. Until the new guidance is released, members on probation will follow the direction of the UHPC as outlined on the probation Page 7.
8. **Why is there now a requirement to tape multiple times and to average the numbers? How is this done? Can’t we just use the number that results in compliance?** Multiple measurements are now required to align with DoD policy. The change should improve the consistency of the measurements.

For most body fat determinations, three sets of measurements will be taken. If the three sets are within 1.0 inches of each other, use the lowest set’s total as the circumference value. No average needs to be calculated in this case.

If the three totals differ by more than 1.0 inches, complete a 4th set of measurements. Look at all four sets of measurements and select the three closest values (do not use all four set numbers). Find the average total for these three sets. To find the average add the three totals and divide by three and then round the result down to the nearest half inch. This number will be used as the circumference value.

A worksheet has been created which may help clarify the process and can be found under “best practices”- sample forms on the webpage:

<http://uscg.mil/hq/cg1/cg122/PolicyStandards/weight/revision/default.asp>

- 9. I'm a reservist on probation, but no admin staff is available during my weekend drill time to monitor my progress. Are there any other options available?** For this situation, supervisors can conduct the monthly weigh-ins for members on probation.
- 10. If a member is retiring/separating, is her or she exempt from semi-annual weigh-ins?** No. Orders can be cancelled or extended; therefore members with approved retirement or separations are still required to be measured to ensure compliance until they have departed on terminal leave.
- 11. What do we do with member's under their minimum weight standard?** Complete a CG-6050 and send the member to medical for assessment/monitoring. No further administrative measures are necessary.
- 12. Why are we using the CG-6050 to document pregnancy when it is not mentioned on the form?** The form is currently under revision. Using a Coast Guard form that is approved and in use is better than stating "bring in a note from your doctor". The revised form will have a simple check box if pregnant or not and have a space for anticipated due date.
- 13. When is a weigh-in considered "official"?** Commanding officers have discretion in this decision. Some may consider every weigh-in official. Others may check their members at the beginning of the month and allow them to come back at the end for their "official" weigh-in.
- 14. Not every case is spelled out in the administrative remarks, can we alter to fit the need?** Yes, if the exact reasoning is not specified in the administrative remarks, you can tweak the form as needed. If the downloadable form is not revisable, simply create the administrative remarks in word to create what you need.