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Department of the Air Force

Innovate, Accelerate, Thrive

Body Composition Program & Assessment



AF/A1P
JAN 2023

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Overview

- **Body Composition Key Requirements**
- **Roles & Responsibilities**
- **Methodology & Standards**
- **Body Composition Assessment Instructions**
- **High Risk Assessments Flow-Member Requirements**
- **DAF Form 108 Usage**



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Body Composition Key Requirements

- **DoDI 1308.03 mandates military services establish body composition requirements for service members.**
- **On 1 April 23, the Air Force will implement a new Body Composition Program (BCP) using the Waist to Height Ratio (WHtR) method. This program replaces the abdominal circumference measurement removed from the Physical Fitness Assessments in December 2020.**
- **The BCP requires Air Force military members to complete an annual Body Composition Assessment (BCA) within their birth month or every 12 months if testing out-of-cycle.**



Roles and Responsibilities

- **Unit Commanders**
 - Implements program at Unit level – (This is not an FSS or FAC program)
 - Appoints Body Composition Managers (BCMs)
- **FIMs (Fitness Information Manager)**
 - Appointed by FSS/CC and resides in FSS
 - Grant “myBodyComp Body Composition Manager (BCM)” role from Roles and Routing
 - Corrects/Deletes Body Composition Assessments (BCAs)
- **BCMs (Body Composition Managers)**
 - Administer Body Composition Assessments within their unit
 - May only perform assessments on members of the same gender reflected in MiIPDS
 - Input WHtR results (and exemptions) into myBodyComp
 - Assist members enrolling into the Body Composition Improvement Program (BCIP)
 - Provide unit BCP metrics and reports to the unit commander upon request
 - Inform the unit commander of Airmen who do not meet program requirements
 - UFPM Cloned as BCM for first 6 months in myBodyComp
- **Member**
 - Assess annually or 12 months from out-of-cycle assessment
 - May opt to take assessment 1 calendar month early
 - Members will accomplish a BCA within two months after the exemption expiration (e.g., exemption expires in April which sets due date for June)

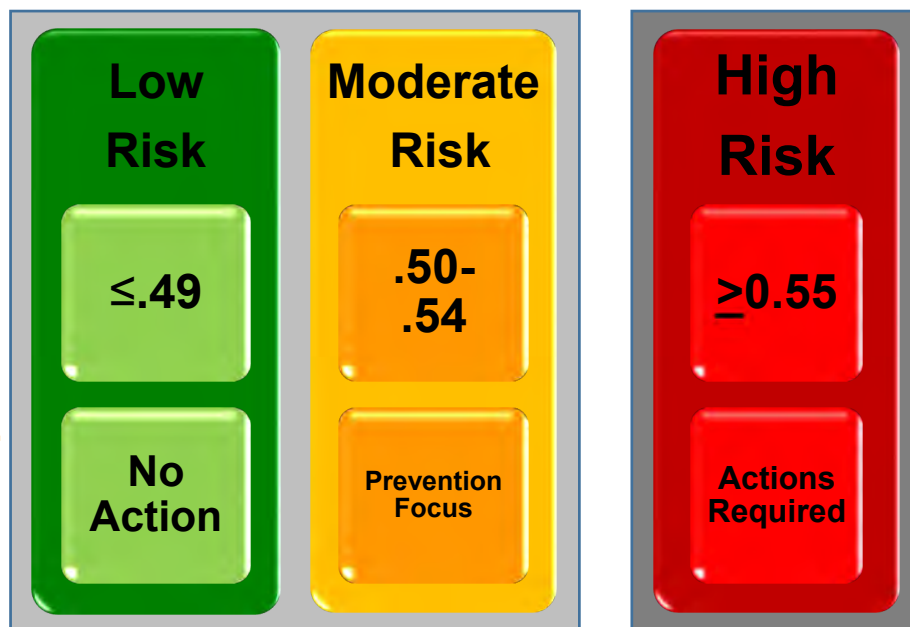
NOTE: Commanders and BCMs will receive an email notification when a member receives **Does Not Meet Standards**.



Methodology & Standards

- Assessment uses Waist-to-Height Ratio (WHtR) to calculate body composition by dividing waist circumference by height

Meets Standard

Does NOT Meet
Standard**Example:**

- Height: 71 Inches
- Waist: 38 Inches
- WHtR: .54 / **Moderate Risk-MEETS STANDARD**

Example:

- Height: 69 Inches
- Waist: 40.5 Inches
- WHtR: .58 / **High Risk-DOES NOT MEET STANDARD**

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0.39	0.4	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.49	0.5	0.5	0.5
Innovate	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.49	0.5	0.5	0.5
Accelerate	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.49	0.5	0.5	0.5
Thrive	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.49	0.5	0.5	0.5
The Air Force	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.49	0.5	0.5	0.5

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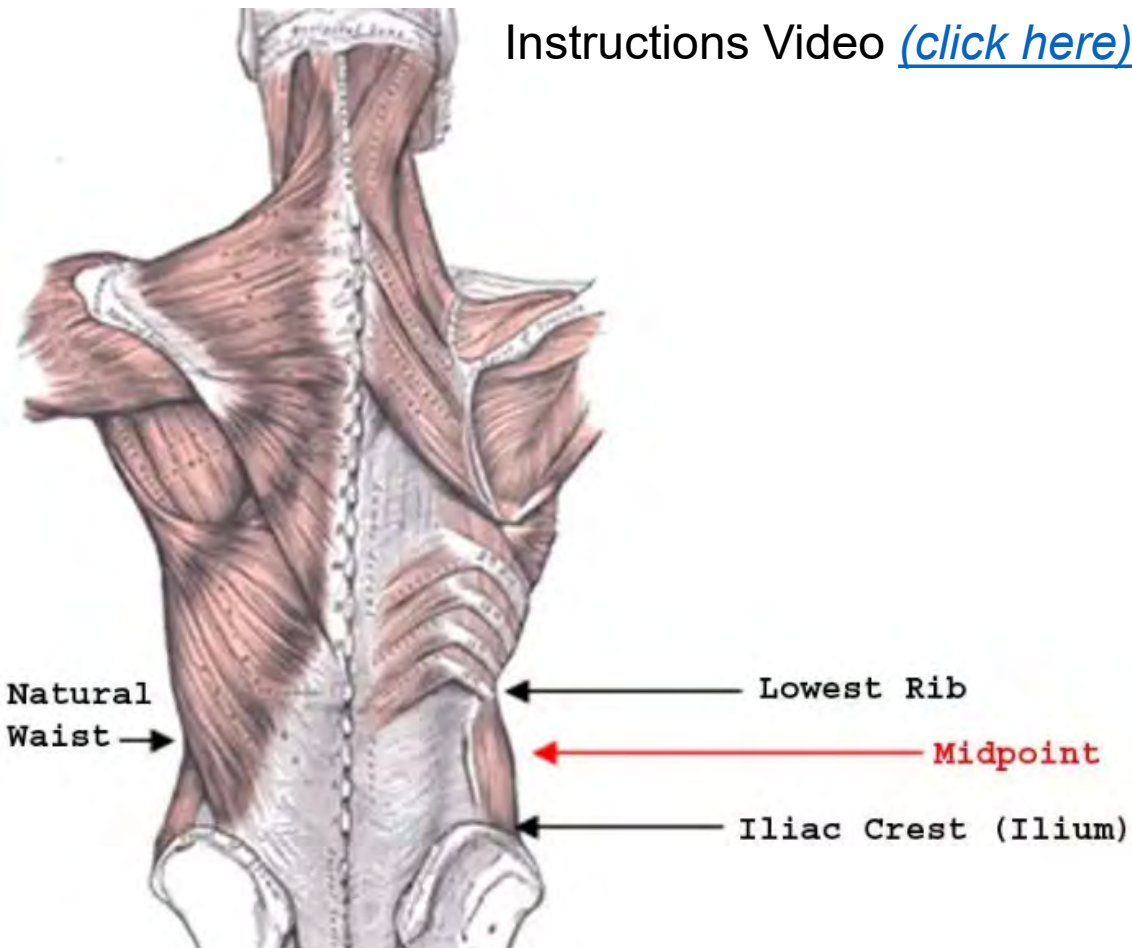


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BCA Verbal Instructions

The Test Administrator must read the following instructions to all Airmen prior to the BCA

Instructions Video [\(click here\)](#)



A measurement will be taken on bare skin, from the right side of the member's waist, at the midpoint between their lowest rib and the top of their hip bone (iliac crest). The tape measure must be flat on the bare skin and should not compress the skin.

Before the waist measurement, the member may adjust their clothing, so it does not fall over their waist during the measurement. The member may assist the administrator by holding the tape in place when the midpoint has been identified and the tape is around the waist.

The member must let go of the tape and relax the arms to their side, standing at the position of attention before a measurement is recorded. The member is not allowed to hold their breath or suck in their waist during the assessment. The administrator will record the measurement at the end of a normal exhale.

Three measurements will be taken rounding down to the nearest $\frac{1}{2}$ inch. If any of the measurements differ by more than one inch from the other two, an additional measurement will be taken. The three closest measurements will be added together, divided by three, and rounded down to the nearest $\frac{1}{2}$ inch. This value will be recorded as the waist measurement.



High Risk Flow-Member Requirements

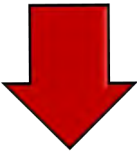


<u>1 April 2023 – 31 March 2024</u> (Adaptation Period)	<u>1 April 2024 – 31 March 2025</u>	<u>1 April 2025 – 31 March 2026</u>
• Not considered a failure • Enrollment into Informal Self-Directed BCIP • Schedule apt w/MTF (RMU/GMU review) - medical eval/assessment for risk factors • Review the Health and Readiness Optimization (HeRO) BCP Guide - provides information and resources to achieve a healthy body composition • Complete DAF Form 108 (see next slides) until DAF Form 113 becomes available, and submit to commander • Administrative actions taken are not authorized based solely on the results of BCAs assessed in the adaptation period	• Enroll in Formal Self-Directed BCIP • Considered “1st Failure” • Review the Health and Readiness Optimization (HeRO) BCP Guide - provides information and resources to achieve a healthy body composition • Review, continue, and/or adjust body composition improvement plan utilizing Complete DAF Form 108 (see next slides) until DAF Form 113 becomes available, and resubmit to commander	• Continue w/Formal Self-Directed BCIP • Considered “2nd Failure/Subsequent” • When no medical condition exists that would preclude Airmen from meeting the BCP standard, consider administrative actions, to include separation, for <i>repeated</i> failures NOTE: Re-enroll in formal self-directed BCIP is required if identified as failing to meet standard after subsequently meeting standard.



DAF 108 Usage

BCA



High
Risk

≥ 0.55

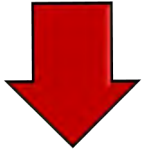
Actions
Required

AUTHORITY: 10 U.S.C. 9013 PURPOSE: To provide members appropriate evaluation and feedback regarding their progress towards meeting Fitness Program standards and to document attendance in the FIP program. ROUTINE USES: None DISCLOSURE: Voluntary, failure to furnish information will not change your status in the Fitness Program. The failure of command, command representatives or facilitators to sign, annotate, or otherwise complete the AF 108 in no way lessens the member's overarching responsibility for his/her fitness and compliance with AF fitness standards. Facilitators' signatures merely documents attendance in FIP. It is the member's responsibility to implement and use information, tools, and resources to improve their fitness level.				
SECTION I. INDIVIDUAL INFORMATION				
NAME (Last, First, Middle Initial)				RANK
DATE OF BIRTH	BCA Date	DUTY PHONE ☐	UNIT	AF Form 469 YES ☐ NO ☐
N/A				COMPOSITE SCORE
SECTION II. EDUCATION AND INTERVENTION INFORMATION				
Participation in the Fitness Improvement Plans (FIP) will be accomplished in accordance with local policies and capabilities. The purpose of FIP is to provide courses and training options that are available at your location to support a self-driven improvement program. Acknowledge intervention options within 10 duty days of your Unsatisfactory PFA.				
Option 1:	WCM #1	Option 2:	WCM #2	Option 3: WCM #3
N/A				



DAF 108 Usage

BCA



High Risk

≥ 0.55

Actions Required

MEMBER SIGNATURE/ DATE	
UFPM SIGNATURE/ DATE	UNIT COMMANDER SIGNATURE/ DATE
BCM Signature	Supervisor Signature
N/A	
SECTION III. COMMANDER'S REVIEW / COMMENTS: (Reference paragraph 5.3 in DAFMAN 36-2905)	
<u>List between 1- 4 resources & application strategies</u> (Examples) Resource: Consulted installation Dietician Application Strategy: Adopting meal plan & meal prep based on dietary needs Resource: Consulted Exercise Physiologist Application Strategy: Implementing regular workout program	
N/A	



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Questions

