Headquarters
Department of the Army
Washington, DC
4 March 1994

Immediate Action
INTERIM CHANGE

ALL RANKS PERSONNEL HANDBOOK/Issue 15
AR 600-9
Interim Change
No. I01
Expires 4 March 1996

Personnel--General

The Army Weight Control Program

Justification. This interim change implements a Chief of Staff, Army-directed change in policy.

Expiration. This interim change expires 2 years from date of publication. It will be destroyed at that time unless sooner rescinded or superseded by a permanent change or revision.

1. AR 600-9, 1 September 1986, is changed as follows:

Page 1. Add the following after the applicability paragraph:

Proponent and exception authority. The proponent of this regulation is the Deputy Chief of Staff for Personnel (DCSPER). The DCSPER has the authority to approve exceptions to this regulation that are consistent with controlling law and regulation. The DCSPER may delegate this authority in writing to a division chief within the proponent agency in the grade of colonel or the civilian equivalent.

Page 3. Add a new paragraph 12.1:

12.1 School commandants
TRADOC school commandants and commandants/commanders of U.S. Army Reserve Forces (USARF) schools, the Army Reserve Readiness Training Center and/or ARNG-conducted schools (Regional NCO academies, State military academies, or the ARNG Professional Education Center courses) will take the actions in paragraph 20d upon determining that a student arrived for a professional military school (as defined in the Glossary) overweight.

Page 4. Paragraph 20c is superseded as follows:

c. Maximum allowable percent body fat standards are as follows:

Age group: 17-20	
Male (% body fat):	20
Female (% body fat):	30
Age Group: 21-27	
Male (% body fat):	22
Female (% body fat):	32
Age Group: 28-39	
Male (% body fat):	24
Female (% body fat):	34
Age Group: 40+	
Male (% body fat):	26
Female (% body fat):	36

Page 4. Paragraph 20d is superseded as follows:

d. Personnel who are overweight (as explained in the Glossary) (including soldiers who become pregnant while on the weight control program):

(1) Are nonpromotable (to the extent such nonpromotion is permitted by law).

(2) Will not be assigned to command positions.

(3) Are not authorized to attend professional military schooling. All soldiers scheduled for attendance at professional military schooling will be screened prior to departing their home station/losing command. Their height and weight will be recorded on their TDY orders (DD Form 1610, block 16) or on their PCS packet. Soldiers exceeding the screening table weight in table 1 will not be allowed to depart their command until the commander has determined they meet body fat composition standards.

(4) Personnel arriving at any DA board select school or those who PCS to a professional military school, who do not meet body composition standards will be processed for disenrollment

and, if applicable, removal from the DA board select list as follows:

(a) The soldier will be notified in writing of the proposed action, the basis for the proposed action, and the consequences of denied enrollment and removal from the selection list.

(b) The soldier will be afforded an opportunity to submit matters in rebuttal and a reasonable period of time (not to exceed 5 working days) in which to submit such matters.

(c) The approval authority is the soldier's general court-martial convening authority, who will take prompt action consistent with the best interests of the Army after review of all matters submitted. The approval authority must approve enrollment denial and removal from the DA board select list if he finds that, in light of all the facts and circumstances, the soldier's failure to meet body fat standards was the result of a lack of that level of self-discipline expected of a soldier of similar rank and experience.

(5) Personnel arriving at professional military schools (other than DA board select or PCS schools) who do not meet body fat composition standards will be denied enrollment without further process and reassigned IAW paragraph (6) below.

(6) When enrollment has been denied IAW paragraph (4) or (5) above, the following policy applies:

(a) For active component soldiers denied enrollment:

1 TDY and return. Soldiers will be immediately returned to home station.

2 TDY en route. Soldiers will be attached to the installation pending clarification of assignment instructions for follow-on assignment. The school commandant will notify PERSCOM of the soldier's ineligibility for schooling and request clarification of assignment instructions.

3 PCS. Policy in paragraph 20d(4) is followed. If enrollment is denied, soldiers will be reported immediately as available for assignment and attached to the installation pending assignment instructions from PERSCOM.

(b) For the active Army National Guard soldiers denied enrollment:

1 TDY and return. All M-Day, title 32 AGR and title 10 AGR ARNG soldiers will return to home station. For M-Day and title 32 AGR soldiers, the school commandant will forward the memorandum to the Adjutant General of the State concerned. For title 10 AGR soldiers, the school commandant will forward the memorandum to Chief, National Guard Bureau, ATTN: NGB-ARZ.

2 TDY en route. Title 32 AGR soldiers will be returned immediately to home station. The memorandum from the school commandant will be forwarded to the Adjutant General of the State concerned. ARNG title 10 soldiers will be sent to their next permanent duty station. The memorandum will be forwarded to Chief, National Guard Bureau, ATTN: NGB-ARZ.

3 PCS. Policy in paragraph 20d(4) is followed. Title 32 soldiers will be returned immediately to home station. ARNG title 10 personnel will be attached to the Office of the Senior ARNG Advisor at the installation pending receipt of permanent assignment instructions from NGB-ARP-CT.

(c) U.S. Army Reserve soldiers denied enrollment:

1 TDY and return. All soldiers will return to home station. For USAR title 10 AGR soldiers, forward the memorandum to Commander, ARPERCEN (DARP-AR). For non-AGR soldiers, forward the memorandum to the first general officer in the soldier's chain of command.

2 TDY en route. USAR title 10 AGR soldiers will be sent to their permanent duty station. The memorandum will be forwarded to Commander, ARPERCEN (DARP-AR). The school commandant will immediately notify the gaining installation.

3 PCS. Policy in paragraph 20d(4) is followed. The school commandant will immediately report the soldier to Commander, ARPERCEN (DARP-AR) as available for assignment. Pending clarification of further instructions, attach the soldier to the Office of the Senior USAR Advisor at the installation.

(7) If the schooling for which enrollment has been denied is the result of local selection, the installation commander may determine the soldier's eligibility for subsequent attendance at the school.

(8) If the schooling for which enrollment has been denied is the result of normal career assignment, the soldier is eligible for subsequent attendance at the school providing he or she meets the standards defined in paragraph 20c.

(9) Soldiers reporting to a school as a result of a reenlistment option and found not to meet body composition standards will be reassigned IAW the needs of the Army (for active duty soldiers), or returned to home station as indicated above (for ARNG/USAR soldiers). No grounds will exist for the soldier to claim an unfulfilled reenlistment contract.

(10) A memorandum will be sent to the first general officer in the sending/losing chain of command that addresses the soldier's failure to maintain standards and the possible failure of the unit commander to identify and enroll the soldier in the weight control program. In addition, for soldiers in a TDY en route or PCS status, the school commandant will notify the gaining installation commander that the soldier reported to the school not meeting body composition standards. The receiving unit commander will screen the soldier upon arrival and enroll the soldier in the weight control program if the body composition standard is not met.

(11) All enrollment denials and approved removal actions must be reported electronically to CDR, PERSCOM, 2461 Eisenhower Ave, ALEX VA 22331-0400. The following information will be forwarded:

(a) Name.
(b) Social security number.
(c) Date of denial and/or removal.
(d) Brief synopsis of reasons for removal.

Page 5. Paragraph 21g(2) is superseded as follows:

(2) The unit commander will initiate a mandatory bar to reenlistment or administrative separation proceedings for soldiers who do not make satisfactory progress in the weight control program after a 6-month period and for whom no medical reason exists to cause the overweight condition. The appropriate regulations are indicated in j below.

Page 5. Paragraph 21j is amended as follows:

j. The commander or supervisor will inform the soldier in writing that a bar to reenlistment or initiation of separation proceedings is being initiated under the following regulations: AR 601-280; AR 635-200, paragraph 5-15; AR 635-100, chapter 5; NGR 600-200, chapter 7; NGR 600-101; NGR 600-5; NGR 635-100; AR 135-175; or AR 135-178. These actions will be taken unless a medical reason is found to preclude the loss of weight or there is other good cause to justify additional time in the weight control program.

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Page 5. Paragraph 21k(1) and 21k(1)(a) are amended as follows:

(1) If the unit commander determines that the individual exceeds the body fat standard--

(a) Within 12 months following removal from the weight control program and no underlying or associated disease process is found as the cause of the condition, the unit commander will initiate separation proceedings per g and j above.

Page 5. Paragraph 21k(1)(c) is changed to delete "convalescent leave" and insert "135 days."

2. Post these changes per DA Pam, 310-13.

3. File this interim change in front of the publication.

[DAPE-HR-PR]

By order of the Secretary of the Army:

GORDON R. SULLIVAN
General, United States Army
Chief of Staff

Official:

MILTON H. HAMILTON
Administrative Assistant to the
Secretary of the Army

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