

Army Regulation 600-9

The Army Weight Control Program

27 NOV 2006

summary

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3-2. Procedures

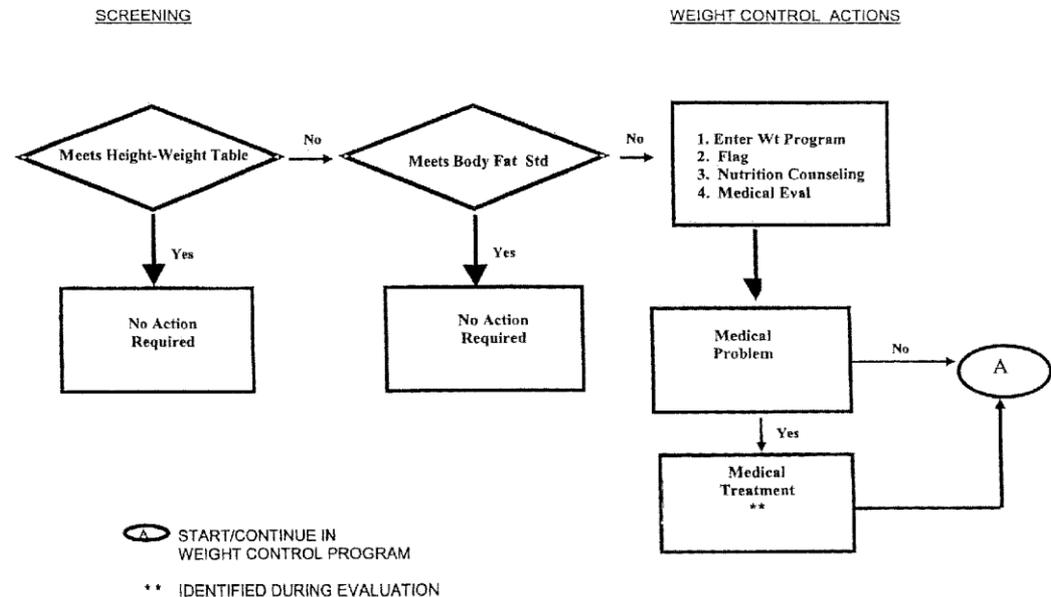
a. Body fat composition will be determined for personnel—

(1) Whose body weight exceeds the screening table weight in table 3-1.

(2) When the unit commander or supervisor determines that the individual's appearance suggests that body fat is excessive.

b. Routine weigh-ins will be accomplished at the unit level. ... Enrollment in a weight control program starts on the day that the Soldier is informed by the unit commander that he/she has been entered in a weight control program. The weight reduction counseling may be accomplished prior to or shortly after entry into a program.

c. The sample correspondence shown in figure 3-1 will be completed and retained by the unit commander or supervisor to document properly recommendations and actions taken in each case.



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d. Health care personnel will perform a medical evaluation when a Soldier has a medical limitation, is pregnant, or when requested by the unit commander. A medical evaluation is also required for Soldiers being considered for separation because of a failure to make satisfactory progress in the AWCP, or within 6 months of ETS. ... The medical professional will—
(1) Conduct a thorough medical evaluation to rule out any underlying medical condition (for example, a metabolic disorder) that may be a cause for significant weight gain. If an underlying medical condition cannot be controlled with medication or other medical treatment, the medical professional will refer the Soldier to a medical evaluation board (MEB).
(2) Prepare any profile associated with the underlying diagnosis in accordance with AR 40-501, chapter 7. ...

(Letterhead)

Office Symbol

Date

SUBJECT: Weight Control Program

(Individual Soldier)

1. You have been determined to exceed the body fat standard and a goal of 3 to 8 pounds of weight loss per month is considered to be satisfactory progress. Failure to make satisfactory progress or achieve the body fat standard could result in separation from the service.
2. You have been flagged under the provisions of AR 600-8-2 and entered in a weight control program.

Signature of Unit Commander

Office Symbol 1st End

Date

FROM: Individual Soldier

TO: Commanding Officer

I understand my responsibilities to achieve the body fat standards and to have my weight recorded periodically or during unit training assemblies as applicable.

Soldier's Signature

Office Symbol 2nd End

SUBJECT: Weight Control Program

FROM: Unit Commander

TO: MEDDAC

1. _____ exceeds the weight for height tables by _____ pounds and exceeds the body fat standard by _____ percent.
2. It is requested that a medical evaluation be conducted in view of the following (check applicable block):

Soldier's profile. Pregnancy. Unit Commander's special request. Initiation of separation action (failure to make satisfactory progress in a weight control program).
 Within 6 months of ETS.

Signature of Unit Commander

Office Symbol 3rd End

SUBJECT: Weight Control Program

FROM: Health Care Personnel

TO: Commanding Officer

1. This is to provide information concerning the evaluation of (Soldier's name and social security number) in accordance with AR 600-9.

2. Based on my examination and evaluation, the Soldier listed above is—

- Medically cleared to participate in a weight control and exercise program.
 Not medically cleared to participate in a weight control and exercise program.

3. If not medically cleared, the following applies: (Check one)

The Soldier is pregnant.

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(3) Complete a memorandum to the Soldier's unit commander.

(4) The sample correspondence shown in figure 3-1 will be completed and retained by the unit commander or supervisor to properly document recommendations and actions taken in each case. The use of certain medications to treat an underlying medical disorder or the inability to perform all aerobic events may contribute to weight gain but are not considered sufficient justification for noncompliance with this regulation. If an individual's weight condition, as diagnosed by medical authorities, results from an underlying or associated disease process, health care personnel will take one of the following actions: ...
e. If the underlying medical condition does not require referral to an MEB/PEB and a Soldier is classified as overweight, these facts will be documented and the Soldier will be entered into the AWCP except as described in paragraph 3-2b.

() The Soldier has an underlying medical condition requiring treatment. The estimated time before Soldier can participate in the Army Weight Control Program (AWCP) is ____ months.

() The Soldier has a recent injury that has prevented physical activity. The estimated time before the Soldier can participate in the AWCP and exercise program is ____ months.

() The Soldier has a permanent medical condition that requires referral to a medical evaluation board/physical evaluation board.

4. If medically cleared the Soldier will be enrolled in/continued in the AWCP and administratively handled in accordance with AR 600-9.

Signature of Physician

Office Symbol, 4th End

FROM: Unit Commander

TO: MEDDAC (Health Care Personnel)

1. ____ exceeds the screening table weight by ____ and body fat standard by ____ percent.
2. Nutrition education and weight reduction counseling are requested in accordance with AR 600-9, paragraph 3-1b(1).

Signature of Unit Commander

Office Symbol, 5th End

SUBJECT: Weight Control Program

FROM: Health Care Personnel

TO: Commanding Officer

1. ____ has been provided nutrition and weight reduction counseling in accordance with AR 600-9.
2. Followup counseling will be provided at unit level using information in AR 600-9, appendix C, and the assistance of a designated unit fitness trainer or training NCO, if available.

Signature of Health Care Personnel

Office Symbol, 6th End

FROM: Unit Commander

TO: Military Personnel Officer

1. The Soldier has been determined to be in compliance with the provisions of AR 600-9 and is therefore removed from the weight control program effective this date.
2. The individual's current weight is ____ pounds. Screening table weight ceiling is ____ pounds for present age category. Body fat composition is ____ percent, which is within the AR 600-9 standards.
3. This correspondence will be retained in the individual's MPRJ for 36 months from this date.

Signature of Unit Commander

Commanders will initiate suspension of favorable personnel actions under AR 600–8–2.

(1) The required weight loss goal of 3 to 8 pounds per month is considered a safely attainable goal to enable Soldiers to lose excess body fat and meet the body fat standards described in paragraph 3–1c. Weigh-ins will be made by unit personnel monthly (or during unit assemblies for ARNG and USAR personnel) to measure progress. A body fat evaluation may also be done by unit personnel to assist in measuring progress.

(2) As an exception to paragraph 3–2g, an individual who has not made satisfactory progress after any two consecutive monthly weigh-ins may be referred by the commander or supervisor to health care personnel for evaluation or reevaluation. If health care personnel are unable to determine a medical reason for lack of weight loss—and if the individual is not in compliance with the body fat standards at paragraph 3–1c *and still exceeds the screening table weight (table 3–1)—the commander or supervisor will inform the individual that—*

(a) Progress is unsatisfactory.

(b) He or she is subject to separation as specified in paragraph 3–2j.

f. Commanders and supervisors will remove individuals administratively from a weight control program as soon as the body fat standard is achieved. The screening table weight will not be used to remove Soldiers from a weight control program. ...

h. Personnel will be continued in a weight control program (as provided in paragraphs 3–2e through g) after the initial 6–month period, except as described in paragraph 3–2b, if they—

(1) Still exceed the body fat standard.

(2) Have made satisfactory progress toward their weight loss (as indicated in the glossary), or are at or below the screening table weight (table 3–1).

(3) For RC personnel only, if the individual has not obtained an evaluation from his/her personal physician under the provisions of paragraph 3–2d and cannot demonstrate that the overweight condition results from an underlying or associated disease process, the individual may be separated under appropriate regulations without further medical evaluation by health care personnel.

j. The commander or supervisor will inform the Soldier in writing that a bar to reenlistment or separation proceedings are being initiated under the following regulations: AR 135–175; AR 135–178; AR 600–8–24, chapters 4 and 5; AR 601–280; AR 635–200, chapters 5 through 15, and 18; NGR 600–5; NGR 600–101; NGR 600–200, chapter 7; or NGR 635–100. These actions will be taken unless a medical reason is found to preclude the loss of weight or there are other good causes to justify additional time in the AWCP.

(1) The individual will immediately respond to the separation consideration letter in writing. The commander or supervisor will consider the response and initiate separation action if no adequate explanation is provided, unless the individual submits an application for retirement, if eligible. USAR personnel who fall under the purview of this paragraph will be released from AD or discharged, as appropriate.

(2) If separation action is not initiated or does not result in separation, the individual will be entered or continued in a weight control program, as specified in paragraph 3–2e.

k. If, within 36 months following removal from a weight control program, it is determined (under paragraph 3–2a) that an individual exceeds the screening table weight (table 3–1) and the body fat standard prescribed in paragraph 3–1c, the following will apply:

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

(a) Within 12 months following removal from the AWCP and no underlying or associated disease process is found as the cause of the condition, the unit commander will initiate separation proceedings per paragraphs 3–2g and j.

(b) After the 12th month, but within 36 months from the date of the previous removal from the program, and if no underlying or associated disease process is found as the cause of the condition, the individual will be allowed 90 days to meet the standards. Personnel who meet the body fat standard after that period will be removed from the program. All others will be subject to separation from the service under paragraph 3–2j.

(c) Personnel who meet this regulation's standards and become pregnant will be exempt from the standards for the duration of the pregnancy plus the period of convalescent leave after termination of pregnancy. They will be entered in a weight control program, if required, after completion of 135 days of convalescent leave and with approval of a medical doctor that they are fit for participation in a weight control program. This procedure also applies to individuals in a medical holding unit who have been hospitalized for long periods. Soldiers entered/reentered in a weight control program after pregnancy, prolonged treatment, or hospitalization will be considered to be in a new weight control program. Paragraph 3–2k of this regulation will not apply at that time.

Summary

- Flagged Soldiers:
 1. Provide counseling (1-6 Endorsements)
 2. Send to medical provider for assessment of weight gain
 3. If weight gain not medically caused:
 - MD, PA or Nurse Practitioner orders consult for Weight Control Class (ADWC program)
 - Dietitian signs 5th endorsement after classes completed
 4. Commander reevaluates Soldier's weight loss progress at 6 month
 - Chapter if unsatisfactory progress
 - Keep in ADWC program if weight loss meets criteria
 5. Remove flag when Soldier meets body fat standard
 6. Up to 12 months after removal:
 - Weigh Soldier monthly
 - Separate Soldier if flagged again
 7. 12 – 36 months: Soldier has 90 to lose weight if flagged again