



# The USATC&FJ Inspector General Update



"First be right, then go forward"

**FY23 4th Quarter**

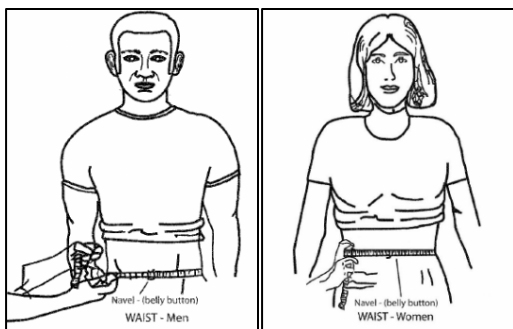
## IG Update 23-4: Guidance on Changes to Army Directive 2023-11 (Army Body Fat Assessment for the Army Body Composition Program)

On 9 June 2023, Secretary of the Army released AD 2023-11, which implements modifications to the Army Body Fat.

### Previous multi-site circumference method:

- Calculated a male Soldier's body fat percentage using neck and waist measurements.
- Calculated a female Soldier's body fat percentage using neck, waist, and hip measurements.

New one-site circumference tape method: only uses the waist (at the navel) to calculate body fat percentage for both male and female Soldiers.



Implementation: new one-site circumference tape method will be phased in over the next year. During this time, Soldiers who require circumference-based tape tests will take the one-site tape test. Those who fail are authorized to be measured by the previous multi-site circumference tape method for their confirmation tape test.

After 12 months from the date of AD 2023-11, the one-site tape test will be the **only** authorized circumference-based tape method.

Beginning **8 June 2024**, one-site tape test method is the only authorized method.

### Pertinent Regulations/Policies:

- AD 2023-11.
- ALARACT 046/2023 (Notification of New Army Body Fat Assessment for the Army Body Composition Program).
- AR 600-9 (The Army Body Composition Program).
- AD 2023-08 (Army Body Fat Exemption for ACFT Score).

### Supplemental Body Fat Assessment:

Soldiers who fail the circumference-based tape methods will be flagged. However, at the time of their counseling for failure, they may request a supplemental body fat assessment, subject to the appropriate commander's determination of reasonable availability. The flag is lifted if a Soldier passes the supplemental test.

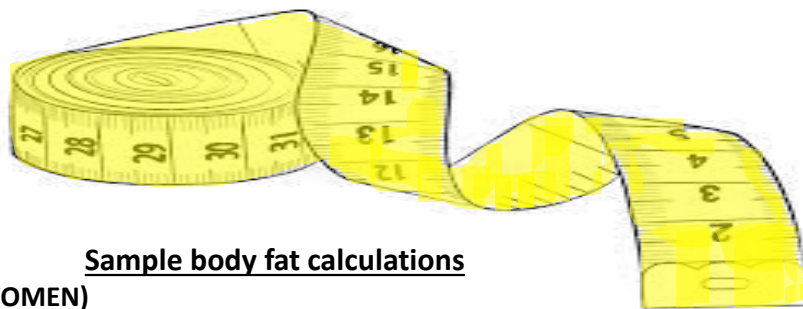
Commanders will flag and refer all Soldiers who do not request/fail the supplemental body fat assessment to the ABCP.

### Army Combat Test (ACFT)

#### Exemption Fitness:

Per **AD 2023-08**, all Soldiers who score 540 or more on the record ACFT, with a minimum of 80 points in each event, are exempt from the Army body fat circumference-based tape assessment. This policy applies to Soldiers who complete all six primary events; no alternative events are authorized.

For more information, visit [www.armyresilience.army.mil/abcp](http://www.armyresilience.army.mil/abcp).



### Sample body fat calculations

#### **SAMPLE (WOMEN)**

Measurements: Abdomen = 30 inches; Weight = 165 pounds

The equation for women is:

% body fat =  $-9.15 - (0.015 \times \text{body weight in pounds}) + (1.27 \times \text{abdomen circumference in inches})$

A. Solve:  $(0.015 \times 165 \text{ pounds}) = 2.475$  to get your first number.

B. Solve:  $(1.27 \times 30 \text{ inches}) = 38.1$  to get your second number.

C. Solve the equation:

$$\% \text{ body fat} = -9.15 - (0.015 \times 165) + (1.27 \times 30)$$

$$= -9.15 - (2.475) + (38.1)$$

$$= -11.625 + 38.1$$

$$= -11.625 + 38.1 = 26 \% \text{ Body Fat}$$

(actual number is 26.475% Body Fat; round to the nearest whole %)

#### **SAMPLE (MEN)**

Measurements: Abdomen = 35 inches; Weight = 210 pounds

The equation for men is:

% body fat =  $-26.97 - (0.12 \times \text{body weight in pounds}) + (1.99 \times \text{abdomen circumference in inches})$

A. Solve:  $(0.12 \times 210 \text{ pounds}) = 25.2$  to get your first number

B. Solve:  $(1.99 \times 35 \text{ inches}) = 69.65$  to get your second number

C. Solve the equation:

$$\% \text{ body fat} = -26.97 - (25.2) + (69.65)$$

$$= -52.17 + 69.65$$

$$= -52.17 + 69.65 = 17 \% \text{ (actual number is 17.48\%; round to the nearest whole \%)}$$



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## IG Update 23-3: Guidance on Bereavement Leave for Soldiers

On 8 May 2023, Secretary of the Army released a memorandum (Bereavement Leave for Soldiers), which authorizes up to 14 days of consecutive non-chargeable bereavement leave for eligible Soldiers in connection with the death of a spouse or child.

### Eligible Soldiers whose spouse or child died on or after 25 June 2022 with:

- fewer than 30 days of accrued ordinary leave on the date of death are eligible up to 14 consecutive days of bereavement leave.
- thirty or more days of accrued ordinary leave on the date of such death are eligible up to 14 consecutive days of bereavement leave once accrued ordinary leave is less than 30 days.

Eligible Soldiers whose spouse or child died on or after 25 June 2022, and who were charged leave in connection with the death, may request leave be restored through the established process in AR 600-8-10.

### Key Terms

**Eligible Soldier:** For the purpose of 8 May memorandum, active Soldiers, including Reserve or National Guard Soldiers when on active-duty orders for longer than 12 months consecutively.

**Period of bereavement:** the timeframe in which a Soldier may take bereavement leave. The period of bereavement begins on the date of the death of the spouse or child and ends on the date that is no later than 14 consecutive days after the deceased person's funeral, burial, or memorial service, **whichever occurs last.**

### Approval Authority:

- Company-level or equivalent commanders:
  - may approve bereavement leave for eligible Soldiers. When approving leave, they must act in a swift and sensitive manner as they consider the significance of the event and its impact on the Soldier and the Family.
  - may extend the period of bereavement for eligible Soldiers because of operational requirements/deployment.
  - may authorize bereavement leave in combination with chargeable leave and other types of non-chargeable leave.
- The first general officer in the Soldier's chain of command holds the authority to disapprove a bereavement leave request.

### Eligible Soldiers:

- must provide administratively acceptable documents to their company-level commander or equivalent 30 calendar days after returning from leave. Failure to do so will result in the reduction of the Soldier's ordinary leave account following return to service.
- will not be authorized bereavement leave in connection with the death of person who is not their spouse or child and loss of child resulting from stillbirth/miscarriage.
- will not be extended on, or recalled back to, active service solely to permit the use of bereavement leave.

### Pertinent Regulations/Policies:

- SECARMY Memo (Bereavement Leave for Soldiers), 08 May 2023.
- 10 USC § 701
- PL 117-81
- DODI 1327.06
- Directive-type Memo 23-003
- AR 600-8-10
- AR 600-20

**United States Army Training Center & Fort Jackson**



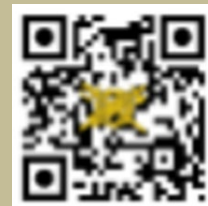
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