



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON WIESBADEN
UNIT 29623
APO AE 09005-9623

IMWB-ZA

3 April 2019

MEMORANDUM FOR United States Army Garrison (USAG) Wiesbaden Community

SUBJECT: USAG Wiesbaden Command Policy Letter #55, Army Body Composition Program Policy

1. References:

- a. Army Regulation (AR) 600-9, The Army Body Composition Program, 28 June 2013
- b. AR 40-501, Standards of Medical Fitness, 14 December 2007/RAR, 4 August 2011
- c. U.S. Army Public Health Center Technical Guide (TG) 358, Army Weight Management Guide, October 2013
- d. U. S. Army Public Health Center, 2018 Health of the Force Report

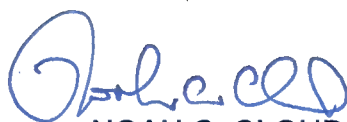
2. Over the past two decades, the national obesity rate has continued to rise. The Army is no exception with 17.3% of Active Duty Soldiers being categorized as obese and nearly half exceeding the authorized weight for their height, age, and sex. Obesity is an obvious threat to Soldier readiness as it increases the rate of musculoskeletal injuries, non-deployability, PT failures, and chronic illnesses. As the USAG Wiesbaden Garrison Commander, I am committed to Soldier readiness and the overall health of my command. It is for this reason that I take special interest in the successful rehabilitation of those placed in the Army Body Composition Program (ABCP) by providing all the necessary tools and resources to maintain readiness across the Wiesbaden community. Through this commitment, I have collaborated with the Army Wellness Center to accommodate all individuals enrolled in our Army Body Composition Program.

3. The goal of this collaboration is to promote physical readiness, increase Army Physical Fitness scores, meet height/weight standards, prevent new injuries, and minimize the effects of previous injuries. The Army Wellness Center (AWC) is an invaluable asset to the U.S. Army. The mission of the AWC is to provide integrated and sustainable healthy lifestyles. The purpose of the AWC is to improve the overall well-being of Soldiers, Family Members, DA Civilians, and Retirees; therefore, assisting individuals from a state of non-readiness to a state of readiness. I am fully invested in ensuring that all Soldiers who are not currently in a state of readiness receive ample support and resources to become mission ready.

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4. In addition to the guidelines outlined in AR 600-9, it is mandatory that all Soldiers placed in the ABCP receive the following services/classes from the AWC: Initial and post assessments which consist of metabolic testing and health and body composition assessments.
5. Commanders will ensure the following:
 - a. Soldiers enrolled in the ABCP will conduct an initial assessment at the AWC.
 - b. Soldiers who are released from the ABCP will conduct a post assessment at the AWC within 1 week of being released from the ABCP.
 - c. AWC's initial and post assessments are annotated on the Soldier's Action Plan in addition to other requirements as mandated by AR 600-9.
 - d. The Soldier will bring a copy of their Soldier Action Plan and DA Form 5500 or DA Form 5501 to the AWC every visit for review, check on progress, and for command verification.
6. Leaders at every level will support this initiative and ensure their Soldiers adhere to the requirements set forth by this policy.
7. Exemptions to this policy are outlined in AR 600-9.
8. Point of contact for this memorandum is LTC Stacey S. Freeman, Wiesbaden Army Health Clinic Commander, stacey.s.freeman.mil@mail.mil, DSN: 590-1386.



NOAH C. CLOUD
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