

**WEIGHT STANDARDS - NYGD 1308
PREFACE**

FOR THE COMMANDER

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OFFICIAL:



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1. Purpose. This Directive establishes the Maximum Allowable Weight (MAW) for New York Guard Officers and Enlisted personnel and procedures for the implementation a Weight Reduction Program.

2. Application

- a. Format and procedures established in this publication apply to all NYG personnel
- b. This publication is directive in nature. These formats and procedures will be followed, except when, in the judgment of the commander, exceptional circumstances dictate otherwise.

3. Scope. This publication describes the NYG Weight Standards and Weight Reduction Program.

4. Basis. Consolidated Laws SNY, Military Law Chapter 36, State Militia Article III, Section 71 prescribes the qualifications for Officer's appointment to include meeting physical requirements of which specified weight parameters are a part. Consolidated Laws SNY, Military Law Chapter 36, State Militia Article III, Section 75, allow for a medical board to determine physical fitness for further service. Consolidated Laws SNY, Military Law Chapter 36, State Militia Article IV, cover Enlisted personnel and refer to regulations issued thereunder, of which this applies.

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CHAPTER I

POLICY

1. Because of the physical work demands of many military occupations, to ensure proper military bearing and appearance, and to limit the state's liability for weight related medical care resulting from duty performance, this Directive establishes the Maximum Allowable Weight (MAW) for NYG Officers and Enlisted Personnel.
2. Additionally, some guidance is provided to advise individuals of ideal weight standards and the health risks of being overweight. Within the resources available, the NYG will also provide when requested in writing, consultation on dietary programs to assist our personnel in achieving their ideal weight.

CHAPTER II

RESPONSIBILITIES

1. Commander New York Guard. .will approve/disapprove all exception to the policy of this directive for all New York Guard personnel

2. The J-1, Deputy Chief of Staff for Personnel & Administration, will; Publish and periodically review NYG Weight Standards.

3. Commanders and Supervisors of New York Guard Components. Commanders of the Army Division, Air Division and Civil Affairs Units will;

a. Implement the NYG Weight Control Program to include evaluation of weight and military appearance of all soldiers under their jurisdiction. Compliance is a Command responsibility.

b. Insure continued evaluation of all soldiers under their command or supervision against weight standards prescribed in this directive.

c. Maintain accurate data on solders in their command or under their supervision who enter a weight control program or either meet the weight standards prescribed in this directive or were separated from the New York Guard for reasons related to overweight conditions.

d. Encourage soldiers to establish a personal weight goal.

4. Medical Staff, New York Guard. Professionally qualified medical personnel on staff and in units of the NYG will;

a. Institute weight reduction and counseling programs in NYG Medical Facilities in support of the NYG Weight Reduction Program.

b. Provide appropriate literature and training aids for use by soldiers, supervisors, and commanders is selection of a proper diet.

5. Individuals

a. Each New York Guard (Commissioned Officer, Warrant Officer, and Enlisted) is responsible for meeting the standards prescribed in this directive.

b. Soldiers should strive to select their personal weight goals within the Healthy Weight guidelines listed and strive to maintain that weight through the adjustment of life styles and fitness routines

c. The Healthy Weight listing ranges from a Body Mass Index (BMI) of 18 kg/m² to a BMI of 24 kg/m². This is a calculation developed through recent studies by the US Air Force, the National Heart, Lung, and Blood Institute, and Centers for Disease Control and Prevention. To find your BMI you calculate your height in meters (1 inch = .0254 meters), squared, divided into your weight in kilograms (1 pound = .453592 kilograms). To find a benchmark (say at 24kg/m²) take your height (say 70") convert to meters (1.778m) and square (3.16m²) multiply by the BMI (24) to arrive at kilograms(75.84Kg). To convert to pounds divide by .453592 (167 pounds).

d. Following are the recommended parameters of Body Mass Indices;

- (1) Underweight, a BMI less than 18.5.
- (2) Healthy Weight, a BMI of 18.5 to 24.9.
- (3) Overweight, a BMI of 25 to 29.9.
- (4) Obese, a BMI of 30 to 39.9.
- (5) Extremely Obese, a BMI of 40 and above.

e. Health implications of being overweight includes hypertension, dyslipidemia, type 2 diabetes (adult onset Diabetes) coronary heart disease, congestive heart failure, stroke, gallstones, osteoarthritis, sleep apnea, various cancers, reproductive health problems in women, and various behavioral health problems. Other findings indicated that 6% of medical costs could be related to overweight personnel at military establishments.

f. Despite all the fad diets, studies indicated that a higher physical activity level was associated with a lower risk of gaining weight or becoming overweight. Dietary habits also played a critical role in the prevention of excess body weight. Increase in fat mass and the development of obesity occur when energy intake consistently exceeds total daily expenditure over a prolonged period. At the personal level, the benefits of primary prevention of excess body weight through control of dietary intake and exercise can improve your health and reduce health related costs.

CHAPTER III

PROCEDURES

1. New York Guard Standards

The following New York Guard standards are to be followed

Acceptable Weight in pounds as related to age and height for MALES								
Height Inches	Healthy Weight	NGB MAW	NYG Maximum Allowable Weight (MAW) by age					
			17-24	25-30	31-40	41-50	51-60	61 up
60	95-125	153	158	162	167	171	176	181
61	100-130	155	160	164	169	174	178	183
62	100-135	158	163	167	172	177	182	187
63	105-140	160	165	170	174	179	184	189
64	105-145	164	169	174	179	184	189	194
65	110-145	169	174	179	185	189	194	199
66	115-150	174	179	185	190	195	200	205
67	115-155	179	184	190	196	200	206	211
68	120-160	184	189	195	201	206	212	217
69	125-165	189	195	200	206	212	217	222
70	125-170	194	200	206	212	217	223	229
71	130-175	199	205	211	217	223	229	235
72	135-180	205	211	217	223	230	236	242
73	140-185	211	217	224	230	236	243	249
74	140-190	218	225	231	237	244	251	257
75	145-195	224	231	237	244	251	258	264
76	150-200	230	237	244	250	258	264	271
77	155-205	236	243	250	257	264	271	278
78	160-210	242	249	256	264	271	278	285
79	165-215	248	255	263	270	278	285	292
80	170-220	254	262	270	277	284	292	300
+1		+6	+103%	+106%	+109%	+112%	+115%	+118%

NOTES:

- (1) For every inch less than 60 inches, subtract 2 pounds from the MAW.
- (2) For every inch over 80 inches, add 6 pounds to the NGB MAW and adjust for age group.
- (3) Measure height in stocking feet (without shoes), standing on a flat surface with chin parallel to the floor. The body should be straight but not rigid, similar to a position of attention. The measurement should be rounded to the nearest inch with the following guidelines:
 - (a) If the height fraction is less than 1/2 inch, round down to the nearest whole number.
 - (b) If the height fraction is 1/2 inch or greater, round up to the nearest whole number.
- (4) Subtract three (3) pounds for any military uniform or two (2) pounds for gym clothing.

Acceptable Weight in pounds as related to age and height for FEMALES								
Height Inches	Healthy Weight	NGB MAW	NYG Maximum Allowable Weight (MAW) by age					
			17-24	25-30	31-40	41-50	51-60	61 up
60	95-125	136	140	144	148	152	156	160
61	100-130	138	142	146	150	155	159	163
62	100-135	141	145	149	154	158	162	166
63	105-140	144	148	153	157	161	166	170
64	105-145	147	151	156	160	165	169	173
65	110-145	150	155	160	163	168	175	177
66	115-150	155	160	165	169	174	178	183
67	115-155	159	164	169	173	178	184	188
68	120-160	164	169	174	178	184	189	194
69	125-165	168	173	178	183	188	195	200
70	125-170	173	178	184	188	194	199	204
71	130-175	177	182	188	192	198	204	209
72	135-180	182	187	193	198	204	209	215
73	140-185	188	194	199	204	211	216	222
74	140-190	194	200	206	211	217	223	229
75	145-195	199	205	211	217	223	229	235
76	150-200	205	211	217	223	230	236	242
77	155-205	210	216	223	229	235	241	248
78	160-210	215	221	228	234	241	247	254
79	165-215	221	228	234	241	248	254	260
80	170-220	226	233	240	246	253	260	267
+1		+6	+103%	+106%	+109%	+112%	+115%	+118%

NOTES:

- (1) For every inch less than 60 inches, subtract 2 pounds from the MAW.
- (2) For every inch over 80 inches, add 6 pounds to the NGB MAW and adjust for age group.
- (3) Measure height in stocking feet (without shoes), standing on a flat surface with chin parallel to the floor. The body should be straight but not rigid, similar to a position of attention. The measurement should be rounded to the nearest inch with the following guidelines:
 - (a) If the height fraction is less than 1/2 inch, round down to the nearest whole number.
 - (b) If the height fraction is 1/2 inch or greater, round up to the nearest whole number.
- (4) Subtract three (3) pounds for any military uniform or two (2) pounds for gym clothing.

2. Weigh-ins

- a. Commanders will establish routine weigh-ins, to be accomplished at the unit level a minimum of once annually at home station.
- b. Official weigh-in for the record will be conducted upon reporting for Annual Training (AT)

3. Additional Measurement standards

- a. Maximum allowable percent body fat standards (if weight verses and body fat is a factor in maintaining active duty status).

b. The New York Guard members will need to contact their personal physicians to do a body fat measurement

- | | |
|---|---|
| <p>(1) Age Group: 17-24.
 Male (% body fat): %21
 Female (%body fat): %29</p> <p>(2) Age Group: 25-30
 Male (% body fat): %24
 Female (%body fat): %31</p> <p>(3) Age Group: 31-40
 Male (% body fat): %25
 Female (%body fat): %33</p> | <p>(4) Age Group: 41-50
 Male (% body fat): %27
 Female (%body fat): %35</p> <p>(5) Age Group: 51-60
 Male (% body fat): %28
 Female (%body fat): %36</p> <p>(6) Age Group: 61 & Older
 Male (% body fat): %29
 Female (%body fat): %37</p> |
|---|---|

4. Restrictions Personnel who exceed table weight or body fat:

- a. Will not be considered promotable.
- b. Will not be allowed to reenlist or extend their enlistment.
- c. Will not be authorized to perform State Active Duty with pay (SAD/WP).
- d. Will not be assigned to command positions.
- e. NYG Members who exceed weight standards by 10% or more will not wear their uniforms while on a weight reduction program.

5. Exceptions to policy

a. Only the Commander of the New York Guard is the final authority on all New York Guard members with final approval or exceptions to the policy, which may include:

- (1) New York Guard members who are otherwise physically fit and have performed their duties in a satisfactory manner.
- (2) Individuals who have a temporary medical condition which preclude loss of weight.
- (3) Pregnant soldiers.
- (4) Medically documented conditions that preclude attainment of required standards, if the weight excess does not exceed 10% of standard.

b. Request for exceptions to policy will be forward through the chain of command with the commander's personal recommendation and appropriate comment at each level. As a minimum request will include:

- (1) The physicians evaluation.
- (2) A record of progress in a weight control program.
- (3) Current height and weight.
- (4) Body fat content.
- (5) Years of service.
- (6) Other pertinent information.

6. Documentation

a. The request will clearly show methods of weight measurement, staff or medical person taking or monitoring the data and/or measurement, and a certification by appropriate Unit Commander.

b. The MAW information for individuals when it is required or requested will be submitted as an attachment to the promotion package and/or a request prior to the date posted for the appropriate grade level promotion board or for State Active Duty (SAD).

c. The requested weight information will clearly show methods of weight measurement name and grade of medical person taking or monitoring the data and/or measurement. A signed letter or prescription form is required when a personal physician measures and determines body fat. Whatever documentation is submitted it must be certified by the individual's Unit Commander.

7. Weight Reduction Program

a. Soldiers who exceed the Weight Standards will be advised by memorandum (Copy furnished MPRJ) that they have been placed on a Weight Reduction Program and referred to health care personnel for counseling. A personal or NYG physician must approve all weight loss programs in writing.

b. Monthly weigh-ins will be conducted to verify progress of a minimum loss of three pounds per month, until the MAW is achieved.

c. While on the program the soldier is flagged for favorable personnel actions in accordance with paragraph 4 above.

d. Failure to make progress within six months, without documented exceptions per paragraph 5 above, may result in involuntary discharge actions.