

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – November 2014

If I pass the BCA, am I healthy?

Depending on a member's body type and proportions, they may pass the BCA and actually be overweight or even obese.

To identify a service member's risk level for obesity-related illness, cardiac disease, and/or sudden death the Waist Circumference Measurement (WCM) and the Body Mass Index (BMI) are utilized to better assess a member's overall health. The WCM and/or BMI are used solely to identify service members at increased health risk.

(1) The WCM is used to determine a member's risk level for obesity-related illness, cardiac disease, and/or sudden death. Any male with a WCM greater than 40 inches and any female with a waist measurement greater than 35 inches are considered high risk. Members should strive to be within moderate risk category or lower to reduce potential for obesity-related issues (see below for risk level ranges).

(a) The WCM measurement is taken at the iliac crest (top of hip bone) at the intersection of the mid-axillary line (side of torso) and with tape parallel to the deck. This measurement is used to measure central adiposity.

(b) WCM Risk Categories:

Gender	Low Risk	Moderate Risk	High Risk
Male	Less than 36 in	36 to 40 in	Greater than 40 in
Female	Less than 32 in	32 to 35 in	Greater than 35 in

(2) Body Mass Index. The BMI is used to help determine if a service member's weight is healthy for their height. No matter what the BMI value, exercise can help reduce the risk of heart disease and diabetes. How to determine BMI:

(a) Multiply weight in pounds by 703.

(b) Divide that answer by height in inches.

(c) Divide that answer by height in inches again.

(d) Use the chart below to see what category your BMI falls into.

BMI	CATEGORY
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30.0 - 39.9	Obese
Over 40	Extreme or high risk obesity

Tip of the Month!

Small steps that get your family to move more can help all of you maintain a healthy weight.

Walk whenever possible. Walk instead of driving, whenever you can.

Avoid the elevator and park at the far side of the parking lot.