



DEPARTMENT OF THE ARMY
UNITED STATES ARMY COMBINED ARMS SUPPORT COMMAND
2221 ADAMS AVENUE
FORT LEE, VIRGINIA 23801-2102

CASCOM POLICY 18-36

DEC 19 2018

ATCL-CG

MEMORANDUM FOR SEE FOR DISTRIBUTION

SUBJECT: United States Army Combined Arms Support Command and Fort Lee Army Body Composition Program Policy

1. References:

- a. AR 600-9, The Army Body Composition Program, 28 June 2013.
- b. AR 40-501, Standards of Medical Fitness, 14 December 2007/RAR4 August 2011.
- c. U.S. Army Public Health Center Technical Guide (TG) 358, Army Weight Management Guide, October 2013.
- d. AR 600-8-2, Suspension of Favorable Personnel Actions (FLAG), 11 May 2016.

2. Over the past two decades the national obesity rate has continued to rise. The Army is no exception with approximately 78,000 Active Duty Soldiers considered to be clinically obese. 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 CASCOM 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 our installation. Through this commitment, I have collaborated with the Army Wellness Center and Kenner Army Health Clinic (KAHC) (Encl 1) to accommodate all individuals enrolled in our Army Body Composition Program.

3. The goal of this collaboration is to promote physical readiness, increase the Army Physical Fitness Test 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 Fort Lee. The mission of the AWC is to provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles. The purpose of the AWC is to improve the overall well-being of Soldiers and their Family members; 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, I highly encourage all Soldiers placed in the Army Body Composition Program (ABCP) receive the following services/classes from the AWC: initial assessment and a post assessment upon release from the ABCP (Encl 2).

a. The initial assessment consists of metabolic testing, a health assessment, and a body composition assessment.

b. Soldiers who are released from the ABCP should conduct a post assessment at the AWC within 3 days of being released from the ABCP in order to evaluate their progress.

c. The Soldier should bring a copy of their Soldier Action Plan and DA Form 5500 or DA Form 5501 to both the KAHC Dietitian and AWC to every visit for review and to check on progress.

5. This policy letter is effective until superseded or rescinded.

6. Point of contact is the Chief Preventive Medicine Department at (804) 734-9211.



RODNEY D. FOGG
Major General, U.S. Army
Commanding

2 Encls

1. KAHC Services Guide
2. AWC Services and Description

DISTRIBUTION:
LEEKEY

Army Body Composition Program

Kenner Army Health Clinic Services Guide

Welcome to the ABCP Program! Kenner Army Health Clinic is committed to providing you with all the services needed to help you attain your goals and reach Army Height/Weight Standards. Upon receiving your counseling, creating your Action Plan, and completing 123Move please complete the following steps to schedule your various Clinic Appointments:

1. Call 804-734-9993 or 804-734-9164 to schedule an appointment with the Dietitian. Bring your DA 5500 or DA 5501 and your action plan to your first appointment.
2. Call 804-734-9925 to schedule an appointment with the Army Wellness Center. Bring your DA 5500 or DA 5501 and your action plan to your first appointment.
3. If you would like a medical appointment to speak with a provider regarding your weight gain or inability to lose weight or body fat, please feel free to call 804-734-9000 or go online at www.tricareonline.com to schedule an appointment with the Active Duty Clinic.

The Army Wellness Center offers several other services as well. Please feel free to take advantage of all available resources and services.

The Kenner Team is committed to helping you to achieve your fitness and wellness goals. Please provide feedback utilizing the Kenner Interactive Customer Evaluation (ICE) for any comments, compliments, or concerns about ABCP experience at Kenner Army Health Clinic!

Sincerely,

Kenner Army Health Clinic

Army Wellness Center Services

Initial Assessment:

Review of Health Assessment: Prior to coming for an appointment at the AWC a health assessment should be conducted online at <https://awc.army.mil/>. The results of this assessment will be reviewed and discussed with a Health Educator or a Health Promotion Technician.

Metabolic testing for caloric need determination: The metabolic testing is a 15-20 minute testing that determines the amount of calories that your body consumes in a resting state. This information is beneficial when determining the amount of caloric intake your body needs in order to reach your desired weight and body fat percentage.

Body Composition Testing: Body Composition can be determined by one of two tests, the BOD POD and Body Metrix ultrasound. The BOD POD assessment uses air displacement plethysmography to measure percentage of lean mass vs fat mass. The Body Metrix ultrasound uses ultrasound to determine the percentage of lean mass vs mass.

Post Assessment:

Review of Health Assessment: The assessment will be compared to the initial assessment to determine positive health habits that have been acquired during the time of weight loss.

Body Composition Testing: Body composition will be conducted using either the BOD POD or the Body Metrix and the measurements will be used to compare results from the initial testing and the final testing.

Other Services available to the Soldier

Upping your Metabolism: Upping Your Metabolism is a highly recommended class that will intimately review the results of the Metabolic Testing with each Soldier or Service Member. This class is offered every Wednesday.

Health Coaching: Health Coaching is the highlight of our program. Health Coaching is the ability for the AWC to develop an individualized plan for the patron utilizing all the other services that are offered. Also serves as an accountability partner to help achieve goals.

VO2 Sub-axial Testing: Determines your overall fitness level and endurance level and is able to provide recommended training zones for fat burning and endurance.

Stress Management: Classes once a month and biofeedback courses which include one-on-one practice with coping techniques for stress in a massage chair.

Lung Age Testing: Determine how old your lungs are. Ideal for tobacco users.

Healthy Sleep Habits Education: Class once a month. Helps to improve overall quality of sleep.