Body Composition Program (BCP)

Last Updated: 2/11/2015

Overview

- **Program Objective:** Facilitates healthy body composition in active duty Navy personnel who have failed that part of the Physical Readiness Test
- **MTF:** Quantico
- **Implementation Dates:** 2004-Present
- **To reach local point of contacts, visit MilitaryInstallations**
- **Total Force Fitness Domains:** Nutritional, Psychological, Social, Physical

Program Description

- Active Duty members are referred to the Body Composition Program (BCP) via a referral from the Command Fitness Leader (CFL) or Primary Care doctor to Ms. King, the registered dietitian stationed at the fitness center.
- Those referred are expected to show up and work with Ms. King to develop a plan to meet their body composition standards, including meal plans, shopping lists, recommended portion intake, etc.

Evidence of Program Effectiveness

- Due to restrictions it has been **difficult to track data** and measure progress of the program
- **Qualitative success has been shown when participants' influences and parameters were closely developed and guarded by the BCP team**
- For example, a Sergeant Major allowed a Staff Sergeant with a history of difficult roadblocks to relocate where he stayed in in bachelor housing and received: extensive training (2-3 times per week), a comprehensive exercise plan, group exercise, and a dietitian developed meal plan. **He lost 15 lbs. in 6 weeks.**

Costs and Required Resources

- 10 hours per week of Registered dietitian
- 1 GS-11 dietitian salary: $57,562 (avg.)

Lessons Learned

- **No oversight or required follow-up from CFLs.** Many times those referred do not show up and there is no repercussion or enforcement.
- Many **challenges to measuring program success and tracking progress**, as Ms. King and the Semper Fit staff have no access to health data (such as BMI) of the program attendees
- Differences in staffing models at various Marine Corps installations make obtaining large-scale data difficult. Ms. King is one of just 2 registered dietitians in the Marine Corps; most others with Health Promotions centers staff **health educators, who can only offer classes, not basic counseling, to those enrolled in BCP.**
- **Need to have command support and an op-order to collect data and track through the MTF**. Complicated because ShipShape (similar program) is run out of the MTF that is run by Navy.