

All active duty NOAA Corps officers, as well as officer candidates and applicants, must meet specific body composition standards. To ensure compliance, a Body Composition Assessment (BCA) is conducted during the initial physical examination for applicants and annually for officers. Here's how the assessment works:

1. BMI Assessment: Officers and applicants will first undergo a Body Mass Index (BMI) screening. To meet the standards, an individual's BMI must fall between 19 (minimum) and 27.5 (maximum), regardless of age or gender. If the BMI is within this range, the officer or applicant is considered compliant. However, if the BMI exceeds these limits, further assessment is required.

2. BCA Method: For officers, the Body Composition Assessment is conducted using Bioelectrical Impedance Analysis (BIA). For officer applicants, the BCA takes place at Military Entrance Processing Stations (MEPS) using the tape measure method.

If the results are compliant, the individual passes the screening. If an officer's BCA does not meet the standards, they will be referred to the Dietitian Nutritionist Program Manager for further evaluation. Applicants who exceed the BCA standards at MEPS will not be able to continue with the application process.

BMI Standards

18.5 - 27.5

BCA* - Body Composition Assessment

Sex	Age Group		
	<30 years	30-40 years	40 + years
Male	22%	24%	26%
Female	32%	34%	36%

*The numbers listed represent the maximum allowable body fat percentage.