



Texas State Guard

INSTRUCTION

1330.01
30 JUNE 2020
NGTX-TSU

SUBJECT: Texas State Guard Height and Weight Management Program

1. PURPOSE. This instruction establishes procedures for enforcement and management of height and weight standards within the Texas State Guard.
2. APPLICABILITY AND SCOPE. This instruction applies to all TXSG personnel.
3. DEFINITIONS. NA
4. DIRECTIVE/POLICY. This instruction supports the height and weight standards established in TXSG Regulation 1710.20, Standards of Medical Fitness.
 - a. TXSG Height/Weight Standards
 - (1) The TXSG height/weight standards are published in Tables 2-1 and 2-2 of [TXSG Regulation 1710.20](#).
 - (2) For the purposes of initial entry into the Texas State Guard, a 5% tolerance above the height/weight standard will be allowed. Updated height/weight charts to include this 5% tolerance can be found in Enclosures 1 and 2 to this instruction.
 - (3) As referenced within this instruction, Body Mass Index (BMI) refers to the BMI table published by the U.S. Department of Health and Human Services, and this table can be found at Enclosure 3.
 - (4) The BMI calculator used in this instruction can be found on the [Center for Disease Control web page](#).
 - b. Weight Management Plan (General)
 - (1) All TXSG members will weigh-in twice annually, once during Annual Training (AT) and once at the 6-month mid-point between AT periods.
 - (2) Unit commanders have the authority to direct a weigh-in or a medical screening for the following reasons:
 - (a) Personnel who missed a scheduled weigh-in
 - (b) Personnel with an observed change in health status

(c) To ensure compliance with height/weight standards prior to promotion, schooling, or other operational requirements

c. Height/Weight Assessment of New Applicants

(1) Applicants meeting the height/weight standard will be allowed entry to TXSG.

(2) Applicants within +5% of allowed max weight will be allowed entry to TXSG, referred to medical personnel for counseling on healthy weight loss and required to meet the height/weight standard within 6 months—or be honorably discharged at that time.

(3) Applicants who exceed +5% max weight will not be allowed entry to TXSG.

d. Height/Weight Assessment for Current Members

(1) Height/weight data will be collected on all current TXSG members and immediately recorded in RMS. Commanders will ensure all members have height/weight data recorded in RMS that is no older than 6 months.

(2) Current TXSG members exceeding height/weight standard in the table must have a Body Mass Index (BMI) calculated. RMS will calculate this automatically based on entered height and weight. BMI is accessible through the height/weight report in RMS (Management Tab > Reports > Height Weight Compliance Roster).

(3) Commanders will ensure medical unit personnel review height/weight data for the organization. Commanders will take the following actions for personnel not meeting height/weight standards.

(a) If BMI \geq 40, the member will be honorably discharged from TXSG and be eligible for re-entry upon meeting the height/weight standards as published in TXSG Regulation 1710.20.

(b) If BMI < 40, refer member to medical personnel for deployment assessment and counseling regarding healthy weight loss. Member may continue service in TXSG if they continue to make satisfactory progress in losing weight.

e. Periodic Weigh-ins for Personnel not Meeting Standard

(1) New members in the +5% range will be weighed monthly from date of entry for 6 months or until meeting the height/weight standard—whichever comes first. Monthly weigh-in data will be immediately entered in RMS. If they do not meet the height/weight standard they will be honorably discharged as per paragraph 4.c.(2) above.


(2) Current members <40 BMI will be weighed monthly until they meet height/weight standards or fail to make satisfactory weight loss progress. Monthly weigh-in data will be immediately entered in RMS.

f. TXSG personnel exceeding height/weight standard may not:

(1) Deploy (In Accordance With TXGS Regulation 1710.20)

- (2) Receive State Active Duty Stipend (SAD pay)
 - (3) Attend Professional Military Education courses
 - (4) Be promoted or laterally transferred in rank
5. RESPONSIBILITIES. TXSG Commanders and Leaders will:
- a. Enforce the guidance and procedures described in this instruction.
 - b. Be responsible for tracking progress of and taking appropriate actions for TXSG personnel not meeting height/weight standard who are subject to periodic weigh-ins as described in paragraph 4.e.
 - c. Ensure unit personnel involved in the recording, monitoring, and reporting of height/weight data have [current PII certification](#) on record in RMS.
6. INFORMATION REQUIREMENTS. NA
7. RELEASABILITY. Unlimited.
8. EFFECTIVE DATE. This instruction will expire 2 years from the effective date of publication unless sooner rescinded or superseded.
9. POINT OF CONTACT. The point of contact for this instruction is the TXSG Surgeon at (512) 782-6595.

- 3 Enclosures
1. Male Height/Weight Table
 2. Female Height/Weight Table
 3. Body Mass Index Table



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DISTRIBUTION: A

Enclosure 1 to TXSGI 1330.01, Male Height/Weight Table with +5%

MEN: Height and Weight Table									
Height (inches)	Minimum Weight	Maximum Weight (with +5% tolerance)							
		17-20 years	17-20 +5%	21-27 years	21-27 +5%	28-39 years	28-39 +5%	40 years and over	40 +5%
60	100	160	168	162	171	164	173	167	176
61	102	166	175	168	177	170	179	174	183
62	103	170	179	173	182	176	185	179	188
63	104	176	185	178	187	182	192	185	195
64	105	182	192	184	194	188	198	191	201
65	106	187	197	190	200	193	203	197	207
66	107	193	203	196	206	199	209	204	215
67	111	200	210	202	213	206	217	209	220
68	115	206	217	208	219	212	223	215	226
69	119	212	223	214	225	217	228	222	234
70	123	217	228	221	233	224	236	229	241
71	127	223	235	227	239	231	243	235	247
72	131	230	242	233	245	237	249	242	255
73	135	236	248	239	251	244	257	248	261
74	139	243	256	246	259	251	264	255	268
75	143	250	263	253	266	258	271	262	276
76	147	256	269	260	273	265	279	269	283
77	151	263	277	267	281	271	285	276	290
78	153	270	284	274	288	278	292	284	299
79	159	277	291	281	296	285	300	290	305
80	166	284	299	288	303	293	308	298	313

Enclosure 2 to TXSGI 1330.01, Female Height/Weight Table with +5%

WOMEN: Height and Weight Table									
Height (inches)	Minimum Weight	Maximum Weight (with +5% tolerance)							
		17-20 years	17-20 +5%	21-27 years	21-27 +5%	28-39 years	28-39 +5%	40 years and over	40 +5%
58	90	129	136	132	139	137	144	140	147
59	92	133	140	137	144	141	149	145	153
60	94	138	145	141	149	146	154	150	158
61	96	143	151	146	154	151	159	155	163
62	98	148	156	152	160	158	166	160	168
63	100	153	161	158	166	162	171	166	175
64	102	158	166	162	171	167	176	170	179
65	104	162	171	167	176	171	180	176	185
66	106	168	177	173	182	177	186	182	192
67	109	171	180	177	186	183	193	186	196
68	112	177	186	183	193	189	199	192	202
69	115	182	192	187	197	193	203	198	208
70	118	187	197	193	203	199	209	204	215
71	122	192	202	198	208	204	215	209	220
72	125	198	208	204	215	210	221	216	227
73	128	204	215	209	220	216	227	222	234
74	130	210	221	217	228	223	235	228	240
75	133	216	227	223	235	230	242	235	247
76	136	223	235	230	242	237	249	240	252
77	139	229	241	236	248	243	256	247	260
78	141	235	247	242	255	248	261	253	266
79	144	240	252	247	260	255	268	260	273
80	147	246	259	253	266	261	275	267	281

Enclosure 3 to TXSGI 1330.01, Body Mass Index Chart

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Height	Body Weight (pounds)																	
(inches)																		
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295
BMI	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height	Body Weight (pounds)																	
(inches)																		
58	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443