



## Texas State Guard

# INSTRUCTION

1330.20

21 October 2020

NGTX-XZ

SUBJECT: Texas State Guard Weight Compliance Program

### REFERENCES.

- a. [TXSGI 1330.01](#) TXSG Height and Weight Management Program, 30 JUN 20
- b. [AR 600-9 The Army Weight Control Program](#).
- c. [DA Form 4856](#), Developmental Counseling Form
- d. [Center for Disease Control BMI Calculator](#)
- e. [Center for Disease Control Weight Loss Guidelines](#)
- f. [USAPHC TG 358](#), Army Weight Management Guide

1. PURPOSE. This instruction describes the compliance program for TXSG members who do not meet specified height and weight standards.

2. APPLICABILITY AND SCOPE. This instruction applies to all TXSG personnel.

3. DEFINITIONS. NA.

4. POLICY. This instruction supports the height and weight management program described in TXSGI 1330.01.

a. General.

1) Unit commanders will ensure all assigned members are weighed twice annually. Members will be weighed in PT clothes and without shoes.

2) Each individual guard member is responsible for meeting the height-weight and Body Mass Index (BMI) standards in TXSGI 1330.01, paragraph 4(a).

3) Guard members who do not meet those standards are overweight and will be placed in the TXSG Weight Compliance Program (WCP) by their commander.

b. Exemptions.

1) Pregnant guard members are exempt for the duration of the pregnancy plus the period of 180 days after the pregnancy ends.

2) Members who have been hospitalized continuously for 30 days or longer are exempt for the duration of their hospitalization, plus the period of 90 days following their discharge from the hospital.

c. Weight Control Program Enrollment.

1) Members who are overweight will be enrolled in the WCP and notified in writing by their commander using the enrollment letter format and DA4856 counseling form enclosed with this instruction.

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2) The unit medical officer, in coordination with the BDE or TXSG Surgeon, will counsel the individual enrolled in the WCP on healthy weight loss.

3) The unit medical officer will review documentation (if any) describing member underlying medical condition(s) causing weight gain or preventing weight loss and will consult with BDE/TXSG Surgeon for final determination of member status in WCP.

4) Members enrolled in the WCP will be weighed in monthly by their unit. Height/weight will be recorded on the DA4856 and in RMS monthly.

5) Members enrolled in the WCP are expected to make satisfactory progress in weight loss, defined as loss of 3 to 8 pounds per month.

6) Failure to make satisfactory progress for 3 consecutive months will result in discharge from the State Guard.

d. Weight Control Program Release.

1) Commanders will, in writing, release members from the TXSG WCP once they meet the screening table weight. Use the release letter format enclosed with this instruction.

2) If a guard member becomes overweight within 24 months of release from the WCP, commanders will discharge that member from the State Guard.

3) Guard members that become overweight after 24 months but prior to 36 months of release from the WCP will be re-enrolled in the WCP and have 90 days to meet the standard or be discharged from the State Guard.

5. RESPONSIBILITIES. TXSG Commanders and leaders will:

- a. Enforce the guidance and procedures described in this instruction.
- b. Ensure guard members' medical privacy is protected.
- c. Ensure WCP members are counseled in writing by medical personnel regarding healthy weight loss.
- d. Ensure WCP monthly weigh-ins are conducted in a timely fashion and recorded on both the DA4856 and in RMS.
- e. Maintain documentation of member enrollment in and release from WCP for 36 months following release.

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. Weight Compliance Program Enrollment Letter
2. DA4856 Counseling Form
3. Weight Compliance Program Release Letter



ROBERT J. BODISCH, SR.  
Major General, TXSG  
Commanding

NGTX-XZ  
SUBJECT: Texas State Guard Weight Compliance Program

Enclosure 1 to TXSGI 1330.20, Weight Compliance Program Enrollment Letter



**TEXAS MILITARY DEPARTMENT**  
TEXAS STATE GUARD  
POST OFFICE BOX 5218  
AUSTIN, TX 78763-5218  
(512) 782-5001

OFFICE SYMBOL

DATE

MEMORANDUM FOR (Guard Member's Name, Unit)

SUBJECT: TXSG Weight Compliance Program Enrollment

1. You have been determined to exceed the height/weight table screening standard and Body Mass Index standard in TXSGI 1330.01. Effective today you are enrolled in the TXSG Weight Compliance Program. While enrolled, you will complete the following:

a. Read the online USAPHC TG 358 (Army Weight Management Guide) available at [https://phc.amedd.army.mil/PHC%20Resource%20Library/USAPHC\\_TG\\_358\\_Army\\_Weight\\_Management\\_Guide.pdf](https://phc.amedd.army.mil/PHC%20Resource%20Library/USAPHC_TG_358_Army_Weight_Management_Guide.pdf) within 14 days of enrollment. This is an informational document provided for your reference and education on nutrition and weight management.

b. Read the Centers for Disease Control's information on losing weight, available at [https://www.cdc.gov/healthyweight/losing\\_weight/index.html](https://www.cdc.gov/healthyweight/losing_weight/index.html)

c. Meet with the BDE Surgeon or designated BDE medical personnel for counseling on healthy weight loss within 30 days of enrollment.

d. Participate in monthly unit weigh-ins to track progress in meeting the height/weight standard.

e. May request counseling with the TXSG Wellness Officer.

f. May request medical exam at own expense for determination of whether underlying medical condition exists causing weight gain or inability to lose weight.

2. While enrolled in the Weight Compliance Program the following restrictions apply:

a. May not deploy.

b. May not be placed in a paid State Active Duty status.

c. May not attend Professional Military Education courses.

d. May not be promoted or laterally transferred in rank (e.g. MSG to 1SG, or SGM to CSM).

3. A goal of 3 to 8 pounds of weight loss per month is considered to be satisfactory progress. Failure to make satisfactory progress for 3 consecutive months will result in discharge from the Texas State Guard. You must meet the screening table weight to be removed from the WCP.

(Commander's Name)  
(Rank), TXSG  
Commanding

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Enclosure 2 to TXSGI 1330.20, DA4856 Counseling Form

[Link to DA 4856, TXSG Weight Compliance Program Counseling](#)

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Enclosure 3 to TXSGI 1330.20, Weight Compliance Program Release Letter



**TEXAS MILITARY DEPARTMENT**

TEXAS STATE GUARD  
POST OFFICE BOX 5218  
AUSTIN, TX 78763-5218  
(512) 782-5001

OFFICE SYMBOL

DATE

MEMORANDUM FOR (Guard member's Name, Unit)

SUBJECT: Release from the TXSG Weight Compliance Program

1. It has been determined you are in compliance with the provisions of the TXSG Weight Management Program (TXSGI 1330.01) and are therefore removed from the TXSG Weight Compliance Program effective this date.
2. Your current weight is *(number)* pounds. Screening table weight ceiling is *(number)* pounds for present age category, which is within TXSGI 1330.01 standards.
3. If you exceed the screening table weight ceiling within 24 months after release from the TXSG WCP, you will be discharged from the State Guard. If you exceed the screening table weight ceiling after 24 months but prior to 36 months, you will be re-enrolled in the TXSG WCP and have 90 days to meet the standard or be discharged from the State Guard.
4. Documentation of your enrollment and release from the TXSG WCP will be retained in your local unit and electronic personnel file (RMS) for 36 months from this date.

(Commander's Name)  
(Rank), TXSG  
Commanding