

Supporting Information

Hruby, *et al.* Body Mass Index at Accession and Incident Cardiometabolic Risk Factors in US Army Soldiers, 2001–2011.

S2 Table. Body Fat Percentage Standards Based on US Army Regulation 40-501.*

| Valid Dates | Maximum body fat by age (years) | | | |
|---------------------------------|---------------------------------|-------------|-------------|-----------|
| | 17–20 years | 21–27 years | 28–39 years | ≥40 years |
| Male | | | | |
| January 1991 through June 2006 | 24% | 26% | 28% | 30% |
| July 2006 through December 2011 | 26% | 26% | 28% | 30% |
| Female | | | | |
| | 17–20 years | 21–27 years | 28–39 years | ≥40 years |
| January 1991 through June 2006 | 30% | 32% | 34% | 36% |
| July 2006 through December 2011 | 32% | 32% | 34% | 36% |

Bold text indicates changed body fat standard from prior interval.

*Adapted from US Department of the Army. Standards of Medical Fitness, Army Regulation 40-501. US Department of the Army, Washington, D.C.; Available at: http://armypubs.army.mil/epubs/40_Series_Collection_1.html. In brief, there were three primary intervals in the time period of interest: (1) October 1991 (introduction of body fat standards) through June 2006; (2) July 2006 (increase in body fat standards for 17–20-year olds effective July 2006 and following widespread introduction of the Assessment of Recruit Motivation and Strength Study (ARMS) fitness-based waivers in February 2006 [references below] through December 2007; and (3) January 2008 (changes to minimum body weight in men and women, and maximum body weight in women) through December 2011 (study cutoff date). Results of ARMS appeared in: Niebuhr DW, Scott CT, Li Y, Bedno SA, Han W, Powers TE. Preaccession fitness and body composition as predictors of attrition in US Army recruits. *Mil Med.* 2009;174(7):695-701; and in Niebuhr DW, Page WF, Cowan DN, Urban N, Gubata ME, Richard P. Cost-effectiveness analysis of the US Army Assessment of Recruit Motivation and Strength (ARMS) program. *Mil Med.* 2013;178(10):1102-1110. doi:10.7205/MILMED-D-13-00108.