



DEPARTMENT OF THE NAVY  
BUREAU OF MEDICINE AND SURGERY  
2300 E STREET NW  
WASHINGTON DC 20372-5300

IN REPLY REFER TO

6100

Ser M3/07/UM33000

2 Feb 2007

From: Chief, Bureau of Medicine and Surgery  
To: Commander, Navy Medicine East  
Commander, Navy Medicine West  
Commander, National Capital Area  
Commander, Navy Medicine Support Command

Subj: SHIPSHAPE WEIGHT MANAGEMENT PROGRAM

Ref: (a) OPNAVINST 6110.1H  
(b) OPNAVINST 6100.2A

1. ShipShape is an evidence-based, eight week behavioral health program specifically designed for individuals who exceed Navy body composition assessment (BCA) standards. It is Navy's official weight management program. Per references (a) and (b), active duty members who exceed BCA standards are to be referred for attendance in the ShipShape program. It is expected that the ShipShape program be offered at all Medical Treatment Facilities (MTF) to assure easy access, high quality, and standardization for our active duty population. The purpose of this letter is to highlight the roles and responsibilities that support these objectives.
2. Regional Commanders must ensure all MTFs have an active ShipShape program staffed by trained personnel who are able to meet the access demands of both fleet and shore-based active duty populations. Any modifications or adjustments to the standard ShipShape program must be coordinated with and approved by Navy Environmental Health Center (NEHC). Training of staff is the responsibility of Commander, Navy Medicine Support Command, via NEHC. NEHC is responsible for overseeing ShipShape instructor training and tracking overall program effectiveness. Each MTF must submit their ShipShape performance metrics semiannually to the online NEHC metric report at <http://www-nehc.med.navy.mil/hp/shipshape/index.htm>. Program outcomes will be reported to the respective Regional Commander for inclusion in the Command Scorecard. The BUMED Health Promotion Program will provide policy management and funding for the ShipShape Program.
3. For additional information, please contact CDR Pat Dorn (M3B3) at (202) 762-3585 or [pwdorn@us.med.navy.mil](mailto:pwdorn@us.med.navy.mil).

D. C. ARTHUR