



















## Athlete Health Report Screener's Reference Tool

Today we measured 3 things that tell you about your health. We recommend that you share these results with your doctor.

- **Body Mass Index**, or BMI, tells how much body fat you have and helps predict risk of heart disease, diabetes and high blood pressure.
- **Bone Mineral Density**, or BMD, tells how strong your bones are and helps predict risk of future fracture.
- **Blood Pressure**, or BP, tells the amount of force pushing against your artery walls when your heart beats and rests, and it helps predict risk of stroke.

 <h3>Body Mass Index or BMI</h3>			
<18.5 – Adults <5 <sup>th</sup> – Youth	18.5-24.9: Adults 5 <sup>th</sup> – 84 <sup>th</sup> : Youth	25.0-29.9: Adults 85 <sup>th</sup> – 94 <sup>th</sup> : Youth	>30: Adult >95 <sup>th</sup> : Youth
underweight	healthy	overweight	obese
			
Referral		Referral	Referral

 <h3>Bone Mineral Density or BMD</h3>			
< -2.5	-2.4 to -1.0	-0.9 to +3.4	>+3.5
Osteoporosis	Osteopenia	healthy	Too high
			
Referral	Referral		Referral

 <h3>Blood Pressure or BP</h3>				
<90/60	90/60 up to 120/80	120/80 up to 159/99	160/100 up to 180/120	>180/120
Hypotension	Healthy	High BP age (Elevated – Stage 2a)	Very High BP (Stage 2b)	Dangerous (3 & 4)
				
Referral		Referral	Retest. If still high, <b>urgent referral to Medical Services</b>	Retest. If still high, <b>urgent referral to ER</b>

**NOTE:** BP Pressure cutoffs are different for youth aged 12 and under. Please refer to the BP referral chart for pediatric BP referrals.