



















Athlete Personal Health Report Screener's Reference Sheet

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.

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

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

 Blood Pressure or BP				
<90/60	90/60 up to 139/89	140/90 up to 159/99	160/100 – up to 179/109	>180/110
Hypotension  Referral	Healthy 	High BP age (Stage I)  Referral	Very High BP (Stage II)  Urgent Referral to Medical Services	Dangerous (III & IV)  Urgent referral to ER

NOTE: BP Pressure cutoffs are different for youth under the age of 20. Please refer to the BP referral chart for pediatric BP referrals.