



Athlete Health Report

Today we measured 4 things that tell you about your health. Please discuss results with your doctor.



Body Mass Index tells how heavy you are compared to height and helps predict risk of cardiovascular disease (CVD), diabetes and high blood pressure.



Bone Mineral Density tells how strong your bones are and helps predict risk of future fracture.



Blood Pressure tells the amount of force pushing against your artery walls when your heart beats and rests, and it helps predict risk of stroke.



Waist to Height Ratio- WHtR measures the distribution of body fat. Higher values of WHtR $>.5$ indicate elevated risk of CVD, type 2 diabetes, hypertension, stroke and other chronic diseases.

Body Mass Index or BMI

<18.5 – Adults $<5^{\text{th}}$ - Youth	18.5-24.9 Adults and 5^{th} – 84^{th} Youth	25.0-29 Adults 85^{th} – 94^{th} Youth	>30 Adult $>95^{\text{th}}$ 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 Urgent Referral	Osteopenia Referral	healthy 	Too high Referral

Blood Pressure or BP Refer to separate referral chart for ages 18 and lower

$<90/60$	Less than 120 and Less than 80	120-139/80-89	140 or higher 90 or higher	$>180/120$
Hypotension Referral	Healthy 	High BP Elevated to Stage 2a Referral	Very High BP Stage 2b Retest. If still high, urgent Medical Services referral	Dangerous Stage 3 & 4 Retest. If still high, urgent ER referral

Waist-to-Height Ratio Chart Males and Females \geq age 5

WHtR Value	Classification	Action
$.4$ or less	Slender	Referral
$.4$ - $.5$	Healthy	
$.5$ - $.6$	High central fat	Referral
$\geq .6$	Very high central fat	Referral

Athletes are encouraged to use a length of string as long as is their height. Fold string in half, wrap around their waist just above their navel or the iliac crest. If the string ends don't touch, the athlete's waist is more than half their height, and this indicates a ratio above $.5$. For additional information, see reverse side and [M. Ashwell Shape Chart](#).

Health Promotion Athlete Health Report

Date: _____

Recently _____ participated in a Health Promotion event and participated in **four health screenings including BMI, waist to height ratio (WHtR), bone density and blood pressure**. See results on the reverse side of this report. If none of the athlete's screening results are checked, they are in normal ranges. Results may be used as baseline for athletes who may not have been screened earlier. The checked results suggest the need for follow-up involving:

Recommendations for all athletes

- Work with a registered dietitian/nutritionist or physician for advice on a nutrient rich diet that balances calories with need.
- [Steps to maintain healthy vitamin D levels \(40-60 ng/ml\)](#).
- [Provide instruction on regular aerobic, weight-bearing and strength building activities](#).
- If the athlete uses tobacco, provide cessation support.
- Advise no or minimal alcohol use.

_____ **Body Mass Index: underweight, overweight or obese.** BMI assess a person's weight in proportion to their height. A high BMI shows elevated risk for high blood pressure, diabetes, heart disease, stroke, liver disease and breathing problems. **If checked**, we recommend follow-up with the athlete's primary provider or a registered dietitian for further assessment, nutrition and exercise counseling. Follow recommendations for athletes listed above.

_____ **Waist to Height Ratio (WHtR)** measures the distribution of body fat. Higher values (**WHtR >0.5**) show elevated risk of CVD, type 2 diabetes, hypertension, stroke and other chronic diseases. WHtR is a measure of the distribution of body fat. As the WHtR ratio rises above .5 it correlates with a progressively higher proportion of visceral fat which correlates with elevated risk of non-communicable diseases. The ratio applies to people ages 5 and older, independent of age, gender and ethnicity. **If checked** follow-up with athlete's primary provider or a registered dietitian for further assessment, nutrition and exercise counseling. Follow recommendations for athletes listed above.

_____ **Bone Mineral Density: low T-score.** The BMD T-score compares bone density to that of a healthy 30-year-old. The T-score is a predictor of future fracture. **If checked**, we recommend that you address lifestyle changes with the athlete; consider DXA and 25(OH) D test, assess medications for negative bone health side effects and work with a nutritionist or physician for advice on a balanced diet with bone building nutrients. Follow recommendations for all athletes listed above.

_____ **Blood Pressure: high or low.** Lifestyle changes shown to lower blood pressure, protect heart health, and carry other health benefits. Low blood pressure treatment is based on underlying cause. **If checked** and athlete is not being treated for high (or low) BP, we recommend athlete's BP be tracked over the next few weeks. Results should be reviewed by the health care provider for possible intervention. Follow recommendations for athletes listed above.

We hope to work with you to improve the health of all athletes who participate in Special Olympics. If you have any questions, please feel free to contact the Health Promotion Clinical Director or Special Olympics staff.

Name Clinical Director _____ email _____ phone _____

Name: Special Olympics Health Manager email _____ phone _____