



# 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 heart disease, 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**  $>.5$  show higher risk of cardiovascular disease, 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 $5^{\text{th}}$ – $84^{\text{th}}$ Youth	25.0-29 Adults $85^{\text{th}}$ – $94^{\text{th}}$ 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  Referral	Osteopenia  Referral	healthy 	Too high  Referral

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

$<90/60$	90/60 to 139/89	120/80 to 159/99	160/100 to 179/109	$>180/110$
Hypotension  Referral	Healthy 	High BP age Elevated to Stage 2a  Referral	Very High BP Stage 2b  Retest. If still high, <b>urgent Medical Services referral</b>	Dangerous Stage 3 & 4  Retest. If still high, <b>urgent ER referral</b>

## WHtR Waist-to-Height Ratio Chart

Females age 2 and older

WHtR Value	Classification	Action
.34 or less	Extremely Slim	Referral
.35 to .41	Slim	
.42-.48	Healthy	
.49-.77	Overweight	Referral
.78-.54	Very Overweight	Referral
.58 + above	Morbidly Obese	Referral

## WHtR Waist-to-Height Ratio Chart

Males ages 2 and older

WHtR Value	Classification	Action
0.34 or less	Extremely Slim	Referral
0.35 to 0.42	Slim	
0.43 to 0.52	Healthy	
0.53 to 0.57	Overweight	Referral
0.58 to 0.62	Very Overweight	Referral
0.63 +above	Morbidly Obese	Referral

## Health Promotion Athlete Health Report

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

\_\_\_\_\_ **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 dietitian for further assessment, nutrition and exercise counseling.

- Work with a nutritionist or physician for advice on a nutrient rich diet that balances calories with need.
- [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.

\_\_\_\_\_ **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; also consider DXA and 25(OH) D test. Suggested lifestyle steps include:

- Work with a nutritionist or physician for advice on a balanced diet with bone building nutrients.
- [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.

\_\_\_\_\_ **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. Suggested lifestyle steps include:

- Work with a nutritionist or physician for advice on eating a balanced diet and reducing salt intake.
- Maintain a healthy weight or a BMI below 25.
- [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.

\_\_\_\_\_ **Waist to Height Ratio WHtR: high or low.** The 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. Elevated visceral fat correlates with elevated risk of non-communicable diseases including metabolic syndrome, cardiovascular disease, type 2 diabetes, hypertension, stroke, atherosclerosis, non-alcoholic fatty liver disease, some cancers and other metabolic based conditions. The ratio applies to people ages 2 and older and is independent of age, sex and ethnicity. Athletes are encouraged to use a length of string as long as their height, fold it in half, wrap around their waist just above the iliac crest. If the ends don't touch, the athlete's waist is more than half their height, and this indicates a ratio above .5.

We hope to work together to improve the health of all athletes who participate in Special Olympics. If you have any questions please feel free to contact me by email \_\_\_\_\_ or phone \_\_\_\_\_

You may also contact Special Olympics by email \_\_\_\_\_ or phone \_\_\_\_\_.