IFSC REDs HEALTH CERTIFICATE – GUIDANCE TO NATIONAL FEDERATIONS

CALCULATIONS OF THE % MEDIAN BMI

1. **% Median BMI = (athlete's actual BMI divided by the 50% BMI for that athlete's age and sex) X 100**

2. **Males 20 years old or older: less than or equal to the 75% median BMI is a BMI less than or equal to 17.25**

   - 50% BMI for males 20 years old and older: 23

   - (17.25 divided by 23) X 100 = 75%

3. **Females 20 years old or older: less than or equal to the 75% median BMI is a BMI less than or equal to 16.28**

   - 50% BMI for females 20 years old and older: 21.7

   - (16.28 divided by 21.7) X 100 = 75%

4. **For athletes younger than 20 years old:**

There are no charts that reflect the 75% of the median for every sex, age, height, and weight; it is a specific calculation for each child/adolescent.

a. Look at the CDC BMI chart (female and male charts below) to identify the 50% BMI for your athlete's sex and age

CDC 2 to 20 years: Girls; BMI-for-age percentiles

CDC 2 to 20 years: Boys; BMI-for-age percentiles

For example: the 50% BMI for a 17-year-old female is **20.85**

b. Calculate your athlete's BMI: BMI =weight in kg divided by the height in meters squared or use the CDC Child and Teen BMI calculator (calculator.html)

For example: 17-year-old female who weighs 38.5 kg and is 157.5 cm tall has a BMI of **15.5**

c. Calculate the % median BMI: % median BMI= (actual BMI divided by the 50% BMI for the athlete's sex and age) X 100

For example: (Actual BMI is **15.5** divided by the 50% BMI of **20.85)** x 100 = **74.3%**

A person with a BMI less than or equal to 75% median BMI for age and sex often requires inpatient medical treatment. A BMI of 15.5 in this athlete is well below the REDs Health Certificate Basic Measurement cut-off of 17.5 and this athlete should have undergone a full medical evaluation for REDs.