

# BMI STANDARDS FOR ADF ENTRY

All applicants applying for entry into the ADF are required to meet the entry Body Mass Index (BMI) standards. The ADF uses the National Health and Medical Research Council endorsed BMI approach to assess healthy weight ranges. BMI is the most reliable method to assess body mass and its link to health effects on the body. Individuals who are not in the healthy weight range are at higher risk of being injured during training, as well as developing long term health complications.

The 'healthy' BMI range is considered to be between 20 and 25. Defence recognises that individual body build has an impact on the BMI and sets a standard with that in mind. Evidence strongly supports that for those who do not meet the BMI standards experience significant health and injury risks in military training. Defence will not accept candidates who do not meet the defined standard. The standards are in place to not only protect the individual member but also other ADF colleagues and the ADF mission.

“BMI IS THE MOST RELIABLE METHOD TO ASSESS BODY MASS AND ITS LINKS TO HEALTH EFFECTS ON THE BODY.”



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## WHAT ARE THE STANDARDS?



### Maximum BMI

The maximum allowable BMI for entry to the ADF is 32.9 (29.9 for pilot candidates who also have additional weight requirements).



### Minimum BMI

Candidates with a BMI less than 18.5 are also potentially at risk of injury in training and may be deemed temporarily unfit by DFRC medical staff.

Candidates are advised that a BMI between 18.5 and 30 is ideal. It will allow candidates to maximise fitness and minimise the risk of injury in a military environment. Your BMI measurements will be conducted on Assessment Day as part of your medical examination. Your BMI will be measured again on the day of entry to the ADF (enlistment or appointment day) and if you do not meet the standards, you will not be able to join at that time. This can be very disappointing and all candidates are encouraged to make sure that any exercise program or pre joining preparation does not result in a significant change to their BMI.

**“A BMI BETWEEN 18.5 AND 30 IS IDEAL.”**

Medical fitness for entry does not solely rely on meeting the BMI standards. Prior to conducting any lifestyles changes and/or commencing any fitness

programs in an attempt to achieve this BMI it is recommended that you consult your treating doctor first. You should also understand that should you undergo lifestyle changes (e.g. weight loss and fitness program) that this will not necessarily guarantee you will meet entry medical standards.



## HOW IS MY BMI MEASURED?

BMI is calculated by the formula:

Weight (kg) divided by height (in metres) squared (e.g. kg/m<sup>2</sup>). This is a guideline of an appropriate range of body weight. A BMI calculator is available on the Defence Jobs website: [defencejobs.gov.au](https://defencejobs.gov.au)

$$\frac{\text{KG}}{\text{M}^2}$$

- 1 Once you have located the website click the following tabs which will direct you to the BMI calculator:



- >> Recruitment Centre
- >> Can I join?
- >> Health and Fitness

- 2 Click on **'Launch BMI Calculator'**



- 3 Enter your height from the drop down box (this is recorded in cms and will be converted automatically to m<sup>2</sup>)

152cm	▼
153cm	
154cm	

- 4 Enter weight and click on 'Calculate' and your BMI will be calculated for you.



## BMI OUTCOMES

BMI	
+ 33	UNFIT FOR ENTRY
18.5-33	ACCEPTABLE RANGE FOR ENTRY
- 18.5	THIS MAY TEMPORARILY AFFECT YOUR MEDICAL FITNESS

### BMI less than 18.5.

This may temporarily affect your medical fitness.

### BMI 18.5 to 33

You fall within the acceptable range for entry.

### BMI above 33.

You will be classified unfit for entry to the ADF, and how long that lasts will depend on your individual situation. Should you undergo a weight loss program you will need to provide evidence of achieving and maintaining a BMI between 18.5 and 33 for at least 6 months.

Note: BMI is also conducted on the day of enlistment and you must meet the BMI standard for entry.

Learn more about BMI, fitness and life in the ADF by calling **13 19 01** or visiting [defencejobs.gov.au](https://defencejobs.gov.au)