

**APPENDIX A
NOAA DIVING PROGRAM
BODY COMPOSITION STANDARDS**

All divers at time of initial medical certification and periodic medical exam will submit their height and weight. This will be compared to the data in the following table. The weight must be less than or equal to the listed weight in the table. Weights exceeding the table are classified as obese per the DHHS Centers for Disease Control and Prevention. The values below represent a Body Mass Index of 29.9 or less.

Those individuals exceeding the maximum weight for height will be required to undergo cardiac risk screening if a second risk factor as listed in Section 12 is present.

Height (inches)	Maximum Weight (Pounds)
58	142
59	147
60	152
61	157
62	163
63	168
64	173
65	179
66	185
67	190
68	196
69	202
70	208
71	214
72	220
73	226
74	232
75	239
76	245

[Source: http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm]