**Class 1/2 Certification - Obesity**

**Note 1:** BMI is calculated by dividing a person’s weight in kilograms by the square of their height in metres. Pilots in the range 32.5-34.9 should be warned about the health hazards of obesity and the aeromedical consequences (see information sheet).

**Note 2:** Class 1 assessment by a cardiologist, Class 2 by GP or AME to include report/consideration of:
- Medical history including lifestyle factors
- BMI
- Waist and neck circumference
- Lipid profile
- Blood sugar
- Urinalysis
- Blood pressure
- Epworth score

Cardiovascular risk score should be calculated using appropriate tool, and an annual exercise test (to CAA protocol) performed if risk exceeds 20% in next 10 years.

Pilot must notify AME of referral for investigation and/or treatment.

**Note 3:** Medical Flight Test Form available on the CAA website
- Class 1 with a training Captain or FI(E)
- Class 2 with a CFI or FI(E)

**Note 4:** Follow up review as above: 6 monthly class 1, annual class 2
- If BMI increases by \( \geq 2.5 \) then the Medical Flight test must be repeated.

**Results acceptable**

**Medical Flight Test (Note 3)**

**Results acceptable**

**Fit Class 1 / 2**

**Follow up**

**BMI \( \geq 35 \) (Note 1)**

Applicants: delay issue pending investigation

Existing pilots: may continue to fly for 2 months

Assessment (Note 2)
- Cardiovascular risk
- Exercise test if indicated

**PLEASE PRINT THIS DOCUMENT AND TAKE TO YOUR SPECIALIST ADVISOR**