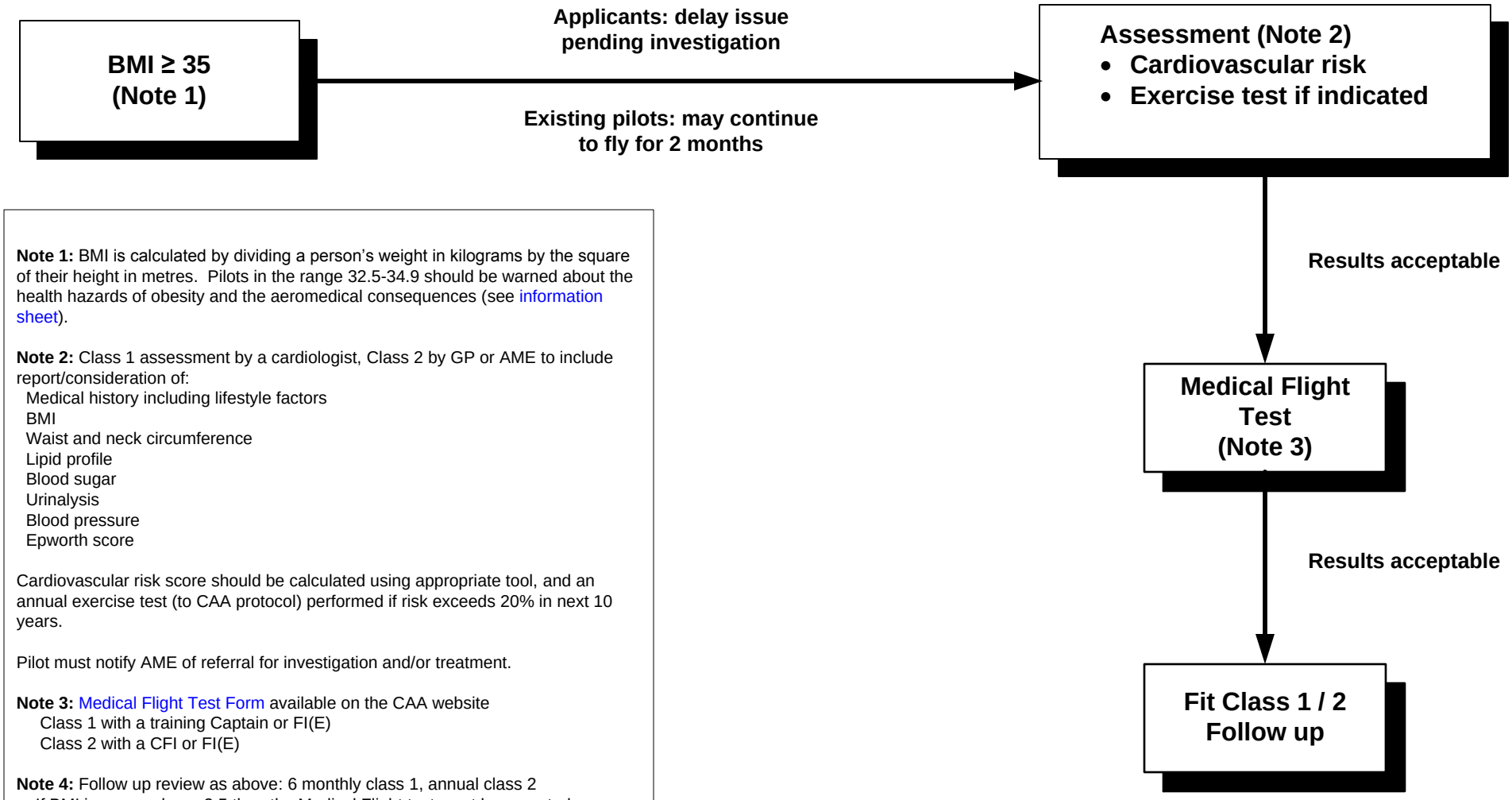
Class 1/2 Certification - Obesity



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 >=2.5 then the Medical Flight test must be repeated.

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