

BMI	SERVICE	RANK	GENDER	NUMBER	Notes
35 and over	ARMY	Captain	M	1	
35 and over	ARMY	Corporal/Lance Corporal	F	2	
35 and over	ARMY	Corporal/Lance Corporal	M	12	
35 and over	ARMY	Lieutenant Colonel	M	1	
35 and over	ARMY	Major	M	4	
35 and over	ARMY	Private	M	23	
35 and over	ARMY	Seargent/Staff Seargent	F	1	
35 and over	ARMY	Seargent/Staff Seargent	M	8	
35 and over	ARMY	Warrant Officer Class 1/Class 2	M	11	
35 and over	ARMY	Warrant Officer Class1/Class 2	F	1	
35 and over	NAVY	Petty Officer/Chief Petty Officer	F	2	
35 and over	NAVY	Petty Officer/Chief Petty Officer	M	1	
35 and over	NAVY	Seaman	M	1	
35 and over	RAAF	Aircraftsman	M	1	
35 and over	RAAF	Corporal	M	9	
35 and over	RAAF	Flight Lieutenant	M	1	
35 and over	RAAF	Flying Officer	M	2	
35 and over	RAAF	Leading Aircraftsman	M	5	
35 and over	RAAF	Leading Aircraftswoman	F	3	
35 and over	RAAF	Seargent/Flight Seargent	M	13	
35 and over	RAAF	Squadron Leader	M	3	
35 and over	RAAF	Warrant Officer	M	5	
35 and over	RAAF	Wing Commander	M	1	
30-34.9	ARMY	Captain	F	5	
30-34.9	ARMY	Captain	M	49	
30-34.9	ARMY	Colonel	M	6	
30-34.9	ARMY	Corporal/Lance Corporal	F	7	
30-34.9	ARMY	Corporal/Lance Corporal	M	152	
30-34.9	ARMY	Lieutenant	M	13	
30-34.9	ARMY	Lieutenant Colonel	F	1	
30-34.9	ARMY	Lieutenant Colonel	M	13	
30-34.9	ARMY	Major	F	2	
30-34.9	ARMY	Major	M	61	
30-34.9	ARMY	Officer Cadet	M	1	
30-34.9	ARMY	Private	F	6	
30-34.9	ARMY	Private	M	168	
30-34.9	ARMY	Seargent/Staff Seargent	F	7	
30-34.9	ARMY	Seargent/Staff Seargent	M	94	
30-34.9	ARMY	Star Rank	M	1	
30-34.9	ARMY	Warrant Officer Class 1/Class 2	F	4	
30-34.9	ARMY	Warrant Officer Class 1/Class 2	M	126	
30-34.9	NAVY	Able Seaman	M	2	
30-34.9	NAVY	Chief Petty Officer	M	6	
30-34.9	NAVY	Leading Seaman	M	2	
30-34.9	NAVY	Lieutenant	M	3	
30-34.9	NAVY	Lieutenant Commander	F	1	
30-34.9	NAVY	Lieutenant Commander	M	2	
30-34.9	NAVY	Petty Officer	M	9	
30-34.9	NAVY	Seaman	M	1	
30-34.9	RAAF	Aircraftsman	M	4	
30-34.9	RAAF	Corporal	F	4	

BMI	SERVICE	RANK	GENDER	NUMBER	Notes
30-34.9	RAAF	Corporal	M	45	
30-34.9	RAAF	Fight Lieutenant	F	1	
30-34.9	RAAF	Fight Lieutenant	M	23	
30-34.9	RAAF	Flying Officer	F	1	
30-34.9	RAAF	Flying Officer	M	5	
30-34.9	RAAF	Leading Aircraftswoman	F	8	
30-34.9	RAAF	Leading Aircraftsman	M	37	
30-34.9	RAAF	Pilot Officer	M	1	
30-34.9	RAAF	Sergent/Flight Sergent	F	5	
30-34.9	RAAF	Sergent/Flight Sergent	M	61	
30-34.9	RAAF	Squadron Leader	F	2	
30-34.9	RAAF	Squadron Leader	M	20	
30-34.9	RAAF	Star Rank	M	1	
30-34.9	RAAF	Warrant Officer	M	20	
30-34.9	RAAF	Wing Commander	M	12	
25-29.9	ARMY	Captain	F	13	
25-29.9	ARMY	Captain	M	166	
25-29.9	ARMY	Colonel	M	7	
25-29.9	ARMY	Corporal	F	22	
25-29.9	ARMY	Corporal	M	412	
25-29.9	ARMY	Fight Lieutenant	M	1	Likely error in data entry
25-29.9	ARMY	Lance Corporal	F	7	
25-29.9	ARMY	Lance Corporal	M	166	
25-29.9	ARMY	Lieutenant	F	9	
25-29.9	ARMY	Lieutenant	M	84	
25-29.9	ARMY	Lieutenant Colonel	F	5	
25-29.9	ARMY	Lieutenant Colonel	M	48	
25-29.9	ARMY	Major	F	17	
25-29.9	ARMY	Major	M	171	
25-29.9	ARMY	Officer Cadet	F	1	
25-29.9	ARMY	Officer Cadet	M	17	
25-29.9	ARMY	Private	F	43	
25-29.9	ARMY	Private	M	635	
25-29.9	ARMY	Sergent/Staff Sergent	F	24	
25-29.9	ARMY	Sergent/Staff Sergent	M	230	
25-29.9	ARMY	Squadron Leader	M	1	Likely error in data entry
25-29.9	ARMY	Star Rank	M	4	
25-29.9	ARMY	Warrant Officer Class 1/Class 2	F	9	
25-29.9	ARMY	Warrant Officer Class 1/Class 2	M	253	
25-29.9	NAVY	Able Seaman	F	2	
25-29.9	NAVY	Able Seaman	M	6	
25-29.9	NAVY	Captain	M	1	
25-29.9	NAVY	Commander	M	2	
25-29.9	NAVY	Leading Seaman	F	3	
25-29.9	NAVY	Leading Seaman	M	8	
25-29.9	NAVY	Lieutenant	F	3	
25-29.9	NAVY	Lieutenant	M	9	
25-29.9	NAVY	Lieutenant Commander	M	9	
25-29.9	NAVY	Midshipman	M	1	
25-29.9	NAVY	Petty Officer/Chief Petty Officer	F	2	
25-29.9	NAVY	Petty Officer/Chief Petty Officer	M	12	

Number of ADF personnel with BMI recorded in HealthKEYS
2011

BMI	SERVICE	RANK	GENDER	NUMBER	Notes
25-29.9	NAVY	Recruit	M	2	
25-29.9	NAVY	Seaman	M	2	
25-29.9	NAVY	Star Rank	M	1	
25-29.9	NAVY	Sub Lieutenant	F	1	
25-29.9	NAVY	Sub Lieutenant	M	2	
25-29.9	NAVY	Warrant Officer	M	1	
25-29.9	RAAF	Aircraftswoman	F	2	
25-29.9	RAAF	Aircraftsman	M	16	
25-29.9	RAAF	Corporal	F	16	
25-29.9	RAAF	Corporal	M	124	
25-29.9	RAAF	Fight Lieutenant	F	18	
25-29.9	RAAF	Fight Lieutenant	M	84	
25-29.9	RAAF	Flying Officer	F	6	
25-29.9	RAAF	Flying Officer	M	13	
25-29.9	RAAF	Group Captain	M	7	
25-29.9	RAAF	Leading Aircraftswoman	F	29	
25-29.9	RAAF	Leading Aircraftsman	M	114	
25-29.9	RAAF	Officer Cadet	M	7	
25-29.9	RAAF	Pilot Officer	F	1	
25-29.9	RAAF	Pilot Officer	M	2	
25-29.9	RAAF	Seargent/Flight Seargent	F	20	
25-29.9	RAAF	Seargent/Flight Seargent	M	132	
25-29.9	RAAF	Squadron Leader	F	6	
25-29.9	RAAF	Squadron Leader	M	58	
25-29.9	RAAF	Star Rank	M	6	
25-29.9	RAAF	Warrant Officer	M	46	
25-29.9	RAAF	Wing Commander	F	1	
25-29.9	RAAF	Wing Commander	M	26	
Total				4249	

BMI	SERVICE	RANK	GENDER	NUMBER	NOTES
35 and over	ARMY	Captain	F	1	
35 and over	ARMY	Captain	M	1	
35 and over	ARMY	Corporal/Lance Corporal	M	5	
35 and over	ARMY	Lieutenant	F	1	
35 and over	ARMY	Major	M	2	
35 and over	ARMY	Private	M	8	
35 and over	ARMY	Seargent/Staff Seargent	F	1	
35 and over	ARMY	Seargent/Staff Seargent	M	6	
35 and over	ARMY	Warrant Officer Class1/Class 2	M	3	
35 and over	NAVY	Able Seaman	M	1	
35 and over	RAAF	Corporal	M	2	
35 and over	RAAF	Group Captain	M	1	
35 and over	RAAF	Seargent/Flight Seargent	M	1	
30 - 34.9	ARMY	Captain	M	17	
30 - 34.9	ARMY	Colonel	F	1	
30 - 34.9	ARMY	Colonel	M	1	
30 - 34.9	ARMY	Corporal/Lance Corporal	F	3	
30 - 34.9	ARMY	Corporal/Lance Corporal	M	59	
30 - 34.9	ARMY	Lieutenant	F	1	
30 - 34.9	ARMY	Lieutenant	M	5	
30 - 34.9	ARMY	Lieutenant Colonel	F	1	
30 - 34.9	ARMY	Lieutenant Colonel	M	10	
30 - 34.9	ARMY	Major	F	2	
30 - 34.9	ARMY	Major	M	28	
30 - 34.9	ARMY	Private	F	4	
30 - 34.9	ARMY	Private	M	58	
30 - 34.9	ARMY	Seargent/Staff Seargent	F	5	
30 - 34.9	ARMY	Seargent/Staff Seargent	M	43	
30 - 34.9	ARMY	Warrant Officer Class1/Class 2	M	13	
30 - 34.9	ARMY	Warrant Officer Class1/Class 2	M	38	
30 - 34.9	NAVY	Able Seaman	M	4	
30 - 34.9	NAVY	Commander	M	2	
30 - 34.9	NAVY	Leading Seaman	F	1	
30 - 34.9	NAVY	Leading Seaman	M	2	
30 - 34.9	NAVY	Lieutenant	F	1	
30 - 34.9	NAVY	Lieutenant	M	1	
30 - 34.9	NAVY	Lieutenant Commander	M	5	
30 - 34.9	NAVY	Petty Officer/Chief Petty Officer	M	2	
30 - 34.9	NAVY	Petty Officer/Chief Petty Officer	M	4	
30 - 34.9	NAVY	Seargent	M	1	Likely data entry error
30 - 34.9	RAAF	Aircraftswoman	F	1	
30 - 34.9	RAAF	Corporal	F	2	
30 - 34.9	RAAF	Corporal	M	22	
30 - 34.9	RAAF	Flight Lieutenant	F	1	
30 - 34.9	RAAF	Flight Lieutenant	M	9	
30 - 34.9	RAAF	Flying Officer	M	1	
30 - 34.9	RAAF	Group Captain	M	1	
30 - 34.9	RAAF	Leading Aircraftsman	M	10	
30 - 34.9	RAAF	Seargent/Flight Seargent	M	32	
30 - 34.9	RAAF	Squadron Leader	M	10	
30 - 34.9	RAAF	Warrant Officer	F	2	
30 - 34.9	RAAF	Warrant Officer	M	11	

Number of ADF personnel with Body Mass Index (BMI) recorded in HealthKEYS
2012

BMI	SERVICE	RANK	GENDER	NUMBER	NOTES
30 - 34.9	RAAF	Wing Commander	M	3	
30 - 34.9	RAAF	Star Rank	M	1	
25 - 29.9	ARMY	Captain	F	7	
25 - 29.9	ARMY	Captain	M	73	
25 - 29.9	ARMY	Colonel	F	1	
25 - 29.9	ARMY	Colonel	M	6	
25 - 29.9	ARMY	Corporal/Lance Corporal	F	16	
25 - 29.9	ARMY	Corporal/Lance Corporal	M	243	
25 - 29.9	ARMY	Lieutenant	F	4	
25 - 29.9	ARMY	Lieutenant	M	31	
25 - 29.9	ARMY	Lieutenant Colonel	M	30	
25 - 29.9	ARMY	Major	F	9	
25 - 29.9	ARMY	Major	M	80	
25 - 29.9	ARMY	Officer Cadet	M	7	
25 - 29.9	ARMY	Private	F	14	
25 - 29.9	ARMY	Private	M	275	
25 - 29.9	ARMY	Sergeant/Staff Sergeant	F	14	
25 - 29.9	ARMY	Sergeant/Staff Sergeant	M	71	
25 - 29.9	ARMY	Star Rank	M	4	
25 - 29.9	ARMY	Warrant Officer Class1/Class 2	F	7	
25 - 29.9	ARMY	Warrant Officer Class1/Class 2	M	103	
25 - 29.9	NAVY	Able Seaman	M	1	
25 - 29.9	NAVY	Captain	M	1	
25 - 29.9	NAVY	Commander	M	5	
25 - 29.9	NAVY	Leading Seaman	M	5	
25 - 29.9	NAVY	Lieutenant	F	1	
25 - 29.9	NAVY	Lieutenant	M	2	
25 - 29.9	NAVY	Lieutenant Commander	M	5	
25 - 29.9	NAVY	Petty Officer/Chief Petty Officer	M	5	
25 - 29.9	NAVY	Petty Officer/Chief Petty Officer	M	6	
25 - 29.9	NAVY	Seaman	M	1	
25 - 29.9	NAVY	Warrant Officer	M	2	
25 - 29.9	RAAF	Aircraftswoman	F	3	
25 - 29.9	RAAF	Aircraftsman	M	6	
25 - 29.9	RAAF	Corporal	F	9	
25 - 29.9	RAAF	Corporal	M	49	
25 - 29.9	RAAF	Flight Lieutenant	F	3	
25 - 29.9	RAAF	Flight Lieutenant	M	28	
25 - 29.9	RAAF	Flying Officer	M	6	
25 - 29.9	RAAF	Group Captain	M	4	
25 - 29.9	RAAF	Leading Aircraftswoman	F	7	
25 - 29.9	RAAF	Leading Aircraftsman	M	52	
25 - 29.9	RAAF	Officer Cadet	M	1	
25 - 29.9	RAAF	Sergeant/Flight Sergeant	F	6	
25 - 29.9	RAAF	Sergeant/Flight Sergeant	M	64	
25 - 29.9	RAAF	Squadron Leader	F	1	
25 - 29.9	RAAF	Squadron Leader	M	33	
25 - 29.9	RAAF	Warrant Officer	F	5	
25 - 29.9	RAAF	Warrant Officer	M	11	
25 - 29.9	RAAF	Wing Commander	F	1	
25 - 29.9	RAAF	Wing Commander	M	10	
Total				1779	

Number of ADF personnel with Body Mass Index (BMI) entered in HealthKEYS
2013

BMI	SERVICE	RANK	GENDER	NUMBER	NOTES
35 and above	ARMY	Captain	M	1	
35 and above	ARMY	Corporal/Lance Corporal	M	3	
35 and above	ARMY	Corporal/Lance Corporal	M	2	
35 and above	ARMY	Lieutenant Colonel	F	1	
35 and above	ARMY	Lieutenant Colonel	M	1	
35 and above	ARMY	Major	M	1	
35 and above	ARMY	Private	M	18	
35 and above	ARMY	Sergeant/Staff Sergeant	M	3	
35 and above	ARMY	Warrant Officer Class 1/Class 2	F	1	
35 and above	ARMY	Warrant Officer Class 1/Class 2	M	10	
35 and above	NAVY	Able Seaman	M	1	
35 and above	NAVY	Petty Officer/Chief Petty Officer	M	1	
35 and above	RAAF	Flight Lieutenant	M	2	
35 and above	RAAF	Leading Aircraftsman	M	4	
35 and above	RAAF	Sergeant/Flight Sergeant	F	2	
35 and above	RAAF	Sergeant/Flight Sergeant	M	5	
30 - 34.9	ARMY	Captain	M	8	
30 - 34.9	ARMY	Colonel	M	2	
30 - 34.9	ARMY	Corporal/Lance Corporal	F	2	
30 - 34.9	ARMY	Corporal/Lance Corporal	M	47	
30 - 34.9	ARMY	Lieutenant	M	3	
30 - 34.9	ARMY	Lieutenant Colonel	M	2	
30 - 34.9	ARMY	Major	F	2	
30 - 34.9	ARMY	Major	M	15	
30 - 34.9	ARMY	Private	F	4	
30 - 34.9	ARMY	Private	M	91	
30 - 34.9	ARMY	Sergeant/Staff Sergeant	F	1	
30 - 34.9	ARMY	Sergeant/Staff Sergeant	M	33	
30 - 34.9	ARMY	Star Rank	M	1	
30 - 34.9	ARMY	Warrant Officer Class 1/Class 2	F	1	
30 - 34.9	ARMY	Warrant Officer Class 1/Class 2	M	35	
30 - 34.9	NAVY	Able Seaman	F	1	
30 - 34.9	NAVY	Able Seaman	M	1	
30 - 34.9	NAVY	Commander	M	4	
30 - 34.9	NAVY	Leading Seaman	M	3	
30 - 34.9	NAVY	Lieutenant	M	5	
30 - 34.9	NAVY	Lieutenant Commander	M	3	
30 - 34.9	NAVY	Petty Officer/Chief Petty Officer	M	1	
30 - 34.9	NAVY	Petty Officer/Chief Petty Officer	M	4	
30 - 34.9	NAVY	Warrant Officer	M	2	
30 - 34.9	RAAF	Aircraftsman	M	1	
30 - 34.9	RAAF	Corporal/Lance Corporal	F	2	
30 - 34.9	RAAF	Corporal/Lance Corporal	M	21	
30 - 34.9	RAAF	Flight Lieutenant	F	3	
30 - 34.9	RAAF	Flight Lieutenant	M	5	
30 - 34.9	RAAF	Flying Officer	M	2	
30 - 34.9	RAAF	Leading Aircraftswoman	F	2	
30 - 34.9	RAAF	Leading Aircraftsman	M	31	
30 - 34.9	RAAF	Officer cadet	M	1	
30 - 34.9	RAAF	Sergeant/Flight Sergeant	F	2	
30 - 34.9	RAAF	Sergeant/Flight Sergeant	M	34	
30 - 34.9	RAAF	Squadron Leader	M	7	
30 - 34.9	RAAF	Warrant Officer	F	1	
30 - 34.9	RAAF	Warrant Officer	M	12	

Number of ADF personnel with Body Mass Index (BMI) entered in HealthKEYS
2013

BMI	SERVICE	RANK	GENDER	NUMBER	NOTES
30 - 34.9	RAAF	Wing Commander	M	5	
25 - 29.9	ARMY	Captain	F	6	
25 - 29.9	ARMY	Captain	M	44	
25 - 29.9	ARMY	Colonel	M	7	
25 - 29.9	ARMY	Corporal/Lance Corporal	F	13	
25 - 29.9	ARMY	Corporal/Lance Corporal	M	184	
25 - 29.9	ARMY	Lieutenant	F	2	
25 - 29.9	ARMY	Lieutenant	M	18	
25 - 29.9	ARMY	Lieutenant Colonel	F	1	
25 - 29.9	ARMY	Lieutenant Colonel	M	22	
25 - 29.9	ARMY	Major	F	8	
25 - 29.9	ARMY	Major	M	54	
25 - 29.9	ARMY	Officer Cadet	M	2	
25 - 29.9	ARMY	Private	F	13	
25 - 29.9	ARMY	Private	M	316	
25 - 29.9	ARMY	Sergent/Staff Sergent	F	6	
25 - 29.9	ARMY	Sergent/Staff Sergent	M	67	
25 - 29.9	ARMY	Warrant Officer Class 1/Class 2	F	7	
25 - 29.9	ARMY	Warrant Officer Class 1/Class 2	M	59	
25 - 29.9	NAVY	Able Seaman	F	2	
25 - 29.9	NAVY	Able Seaman	M	7	
25 - 29.9	NAVY	Commander	M	3	
25 - 29.9	NAVY	Leading Seaman	F	3	
25 - 29.9	NAVY	Leading Seaman	M	5	
25 - 29.9	NAVY	Lieutenant	F	3	
25 - 29.9	NAVY	Lieutenant	M	5	
25 - 29.9	NAVY	Lieutenant Commander	M	9	
25 - 29.9	NAVY	Petty Officer/Chief Petty Officer	F	1	
25 - 29.9	NAVY	Petty Officer/Chief Petty Officer	M	20	
25 - 29.9	NAVY	Private	M	1	Likely error in data entry
25 - 29.9	NAVY	Seaman	M	2	
25 - 29.9	RAAF	Aircraftswoman	F	1	
25 - 29.9	RAAF	Aircraftsman	M	6	
25 - 29.9	RAAF	Corporal/Lance Corporal	F	12	
25 - 29.9	RAAF	Corporal/Lance Corporal	M	73	
25 - 29.9	RAAF	Flight Lieutenant	F	4	
25 - 29.9	RAAF	Flight Lieutenant	M	43	
25 - 29.9	RAAF	Flying Officer	F	2	
25 - 29.9	RAAF	Flying Officer	M	9	
25 - 29.9	RAAF	Group Captain	M	5	
25 - 29.9	RAAF	Leading Aircraftswoman	F	15	
25 - 29.9	RAAF	Leading Aircraftsman	M	107	
25 - 29.9	RAAF	Officer cadet	M	1	
25 - 29.9	RAAF	Pilot Officer	F	2	
25 - 29.9	RAAF	Pilot Officer	M	2	
25 - 29.9	RAAF	Sergent/Flight Sergent	F	8	
25 - 29.9	RAAF	Sergent/Flight Sergent	M	71	
25 - 29.9	RAAF	Squadron Leader	F	3	
25 - 29.9	RAAF	Squadron Leader	M	23	
25 - 29.9	RAAF	Warrant Officer	M	22	
25 - 29.9	RAAF	Wing Commander	M	11	
Total				1766	

Number of ADF personnel with Body Mass Index (BMI) entered in HealthKEYS
2014

BMI	SERVICE	RANK	GENDER	NUMBER
35 and above	ARMY	Corporal	M	2
35 and above	ARMY	Major	M	1
35 and above	ARMY	Private	F	2
35 and above	ARMY	Private	M	10
35 and above	ARMY	Seargent/Staff Seargent	M	3
35 and above	ARMY	Warrant Officer Class1/Class 2	F	1
35 and above	NAVY	Petty Officer/Chief Petty Officer	M	2
35 and above	NAVY	Warrant Officer	M	1
35 and above	RAAF	Corporal	M	1
35 and above	RAAF	Flight Lieutenant	M	1
35 and above	RAAF	Leading Aircraftsman	M	1
35 and above	RAAF	Seargent/Flight Seargent	F	1
35 and above	RAAF	Seargent/Flight Seargent	M	4
35 and above	RAAF	Squadron Leader	M	1
30 - 34.9	ARMY	Captain	F	1
30 - 34.9	ARMY	Captain	M	8
30 - 34.9	ARMY	Corporal/Lance Corporal	F	1
30 - 34.9	ARMY	Corporal/Lance Corporal	M	28
30 - 34.9	ARMY	Lieutenant Colonel	M	1
30 - 34.9	ARMY	Major	F	2
30 - 34.9	ARMY	Major	M	14
30 - 34.9	ARMY	Private	F	1
30 - 34.9	ARMY	Private	M	45
30 - 34.9	ARMY	Seargent/Staff Seargent	M	23
30 - 34.9	ARMY	Warrant Officer Class1/Class 2	F	2
30 - 34.9	ARMY	Warrant Officer Class1/Class 2	M	21
30 - 34.9	NAVY	Able Seaman	M	2
30 - 34.9	NAVY	Leading Seaman	M	3
30 - 34.9	NAVY	Lieutenant	M	2
30 - 34.9	NAVY	Lieutenant Commander	M	2
30 - 34.9	NAVY	Petty Officer/Chief Petty Officer	M	4
30 - 34.9	NAVY	Seaman	M	1
30 - 34.9	RAAF	Aircraftsman	M	1
30 - 34.9	RAAF	Corporal	F	1
30 - 34.9	RAAF	Corporal	M	13
30 - 34.9	RAAF	Flight Lieutenant	F	2
30 - 34.9	RAAF	Flight Lieutenant	M	8
30 - 34.9	RAAF	Flying Officer	F	1
30 - 34.9	RAAF	Flying Officer	M	1
30 - 34.9	RAAF	Group Captain	F	1
30 - 34.9	RAAF	Leading Aircraftsman	M	13
30 - 34.9	RAAF	Leading Aircraftswoman	F	2
30 - 34.9	RAAF	Pilot Officer	M	1
30 - 34.9	RAAF	Seargent/Flight Seargent	F	2
30 - 34.9	RAAF	Seargent/Flight Seargent	M	21
30 - 34.9	RAAF	Squadron Leader	F	1
30 - 34.9	RAAF	Squadron Leader	M	8
30 - 34.9	RAAF	Star Rank	M	1
30 - 34.9	RAAF	Warrant Officer	M	8
30 - 34.9	RAAF	Wing Commander	M	4
25 - 29.9	ARMY	Captain	F	5
25 - 29.9	ARMY	Captain	M	32

Number of ADF personnel with Body Mass Index (BMI) entered in HealthKEYS
2014

BMI	SERVICE	RANK	GENDER	NUMBER
25 - 29.9	ARMY	Colonel	M	5
25 - 29.9	ARMY	Corporal/Lance Corporal	F	9
25 - 29.9	ARMY	Corporal/Lance Corporal	M	129
25 - 29.9	ARMY	Lieutenant	F	4
25 - 29.9	ARMY	Lieutenant	M	9
25 - 29.9	ARMY	Lieutenant Colonel	F	1
25 - 29.9	ARMY	Lieutenant Colonel	M	14
25 - 29.9	ARMY	Major	F	3
25 - 29.9	ARMY	Major	M	42
25 - 29.9	ARMY	Officer Cadet	F	1
25 - 29.9	ARMY	Private	F	5
25 - 29.9	ARMY	Private	M	167
25 - 29.9	ARMY	Seargent	F	4
25 - 29.9	ARMY	Seargent	M	43
25 - 29.9	ARMY	Star Rank	M	1
25 - 29.9	ARMY	Warrant Officer Class1/Class 2	F	2
25 - 29.9	ARMY	Warrant Officer Class1/Class 2	M	56
25 - 29.9	NAVY	Able Seaman	F	1
25 - 29.9	NAVY	Able Seaman	M	3
25 - 29.9	NAVY	Commander	M	10
25 - 29.9	NAVY	Leading Seaman	F	1
25 - 29.9	NAVY	Leading Seaman	M	3
25 - 29.9	NAVY	Lieutenant	M	4
25 - 29.9	NAVY	Lieutenant Commander	M	4
25 - 29.9	NAVY	Petty Officer/Chief Petty Officer	F	1
25 - 29.9	NAVY	Petty Officer/Chief Petty Officer	M	8
25 - 29.9	NAVY	Seaman	M	1
25 - 29.9	NAVY	Sub Lieutenant	M	1
25 - 29.9	NAVY	Warrant Officer	M	1
25 - 29.9	RAAF	Aircraftsman	M	3
25 - 29.9	RAAF	Corporal	F	4
25 - 29.9	RAAF	Corporal	M	44
25 - 29.9	RAAF	Flight Lieutenant	F	1
25 - 29.9	RAAF	Flight Lieutenant	M	33
25 - 29.9	RAAF	Flying Officer	F	1
25 - 29.9	RAAF	Flying Officer	M	8
25 - 29.9	RAAF	Group Captain	M	3
25 - 29.9	RAAF	Leading Aircraftswoman	F	2
25 - 29.9	RAAF	Leading Aircraftsman	M	62
25 - 29.9	RAAF	Officer Cadet	F	1
25 - 29.9	RAAF	Officer Cadet	M	3
25 - 29.9	RAAF	Pilot Officer	F	1
25 - 29.9	RAAF	Pilot Officer	M	3
25 - 29.9	RAAF	Seargent/Flight Seargent	F	5
25 - 29.9	RAAF	Seargent/Flight Seargent	M	34
25 - 29.9	RAAF	Squadron Leader	F	3
25 - 29.9	RAAF	Squadron Leader	M	24
25 - 29.9	RAAF	Warrant Officer	M	18
25 - 29.9	RAAF	Wing Commander	M	8
Total				1112

Defence e-Health System Report

BMI by Service, Rank and Gender for the year 2014 as at 10 December 2014												
		BMI 25-29				BMI 30-35			BMI 35 and above			Total
		U	M	F	Total	M	F	Total	M	F	Total	
Army	Star Rank		5		5							5
	Colonel		10	1	11	1		1	1		1	13
	Lieutenant Colonel		48	2	50	19		19		2	2	71
	Major		135	5	140	53	4	57	7	1	8	205
	Captain		125	9	134	52	2	54	5		5	193
	Lieutenant		64	5	69	8	1	9	2		2	80
	Officer Cadet		15	2	17	2	2	4				21
	Warrant Officer Class 1		79	4	83	23	1	24	7	5	12	119
	Warrant Officer Class 2		164	9	173	114	1	115	32	1	33	321
	Sergeant/Staff Sergeant	1	164	7	172	114	12	126	45	5	50	348
	Corporal		256	23	279	146	24	170	75	2	77	526
	Lance Corporal		115	8	123	31		31	3		3	157
	Private		659	35	694	319	18	337	53	2	55	1,086
	Mr		39		39	4		4	10		10	53
Total	1	1,878	110	1,989	886	65	951	240	18	258	3,198	
Royal Australian Air Force	Star Rank		3	1	4	1		1				5
	Group Captain		5	1	6	1		1		1	1	8
	Wing Commander		29	1	30	10	1	11				41
	Squadron Leader		85	7	92	25	2	27	1		1	120
	Flight Lieutenant		110	8	118	28	6	34	5		5	157
	Flying Officer		24	5	29	7	1	8				37
	Pilot Officer		8		8							8
	Officer Cadet		6	1	7		1	1				8
	Warrant Officer		60	1	61	25	3	28	2		2	91
	Flight Sergeant		48	1	49	42	3	45	2		2	96
	Sergeant		80	14	94	62	4	66	7		7	167
	Corporal		94	9	103	51	14	65	20	2	22	190
	Leading Aircraftsman/woman		133	18	151	64	4	68	11	3	14	233
	Aircraftsman/woman		9	0	9	0	1	1	0	0	0	10
Total		694	67	761	316	40	356	48	6	54	1,171	

		BMI 25-29				BMI 30-35			BMI 35 and above			Total
		U	M	F	Total	M	F	Total	M	F	Total	
Royal Australian Navy	Star Rank		2		2							2
	Captain		12		12	2	1	3				15
	Commander		23		23	14	2	16	2		2	41
	Lieutenant Commander		51	2	53	27	3	30	3	1	4	87
	Lieutenant		54	8	62	13	2	15	3	1	4	81
	Sub Lieutenant		12		12	2		2	2		2	16
	Midshipman		8		8	1		1				9
	Warrant Officer		18		18	8		8	2		2	28
	Chief Petty Officer		63	3	66	42	6	48	8	1	9	123
	Petty Officer		48	6	54	31	4	35	11	2	13	102
	Leading Seaman		71	9	80	49	15	64	9		9	153
	Able Seaman		119	22	141	47	14	61	15	8	23	225
	Seaman		20	0	20	7	2	9	3	0	3	32
	Recruit		7	2	9					2	2	11
Total			508	52	560	243	49	292	58	15	73	925
Total		1	3,080	229	3,310	1,445	154	1,599	346	39	385	5,294

Notes:

U = unspecified/not recorded

53 Army personnel had rank recorded as "Mr"

SENATE ESTIMATES BRIEF

Group Top Issues Brief
VCDF's pack

OBESITY IN DEFENCE

Key Facts

<ul style="list-style-type: none">• An estimated 15 per cent of ADF personnel have a Body Mass Index (BMI) in the obese range.• Research has shown that there is no conclusive impact of elevated BMI on injury, illness and separation rates.	<ul style="list-style-type: none">• Defence undertakes health promotion activities and supports nutritional programs to manage obese members.• A weight reduction program utilising Weight Watchers has been trialled.• The Defence Science and Technology Organisation is evaluating the trial.
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Key Issues

- Levels of obesity amongst ADF personnel are monitored on a routine basis.
- It is estimated that 15 per cent of ADF personnel have a BMI in the obese range i.e. BMI 30 or higher. The Canadian Forces have a similar population to that of the ADF and have reported a 24 per cent obesity rate.
- BMI is an assessment measure based on height and weight (kilograms per metre squared) and has limitations. For example, a short person who is very muscular may have a high BMI but have low body fat and be quite healthy.
- There is ongoing community concern and media interest about the levels of obesity in the Australian population and among ADF personnel as a sub-group of the population, as obesity is associated with long term adverse health outcomes.
- Since 2005, ADF entry standards have allowed applicants with a BMI between 30 and 32.9 to join the ADF provided they are well and can pass fitness tests.

- A formal study of a group of ADF entrants recruited under this revised standard was conducted by the Centre for Military and Veterans' Health. It showed that in the first 12 months of service there was no conclusive impact of elevated BMI on injury, illness and separation rates.

Way Ahead

- Routine health assessments have been reviewed. BMI is supplemented with waist circumference measurement to better assess health status and risk.
- Joint Health Command is developing a national nutrition framework to enhance the current preventive health program and support a coordinated approach both to the prevention and management of overweight and obesity, and to the optimisation of health and force capability. The concept for the framework has been agreed by the Defence Nutrition Committee and aligns with the pillars of the Australian Strategic Framework for Public Health Nutrition.
- The framework document is in development and will be supported by existing or new publications in a range of areas. These include health policy (specifically about prevention and management of overweight and obesity) catering policy (the Defence Catering Manual has undergone significant revision and several revised chapters have been published) and technical reports from the Defence Science and Technology Organisation, such as the ADF Educators Guide to Healthy Eating, available mid 2013.
- A weight reduction program utilising Weight Watchers was trialled in 2011 as an adjunct to the health and support services provided by ADF. The results were encouraging and an extended program was conducted in 2012. The Defence Science and Technology Organisation are conducting an extended evaluation of this program.

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Date: 10 May 2013

CONTACT OFFICER:

A/Director General Strategic Health
Coordination

Date: 7 May 2013

BACKGROUND

- It is estimated that approximately 15 per cent of the ADF population have a BMI of 30 or higher. This is based on information derived from measurements entered into a Defence electronic health database over the last five years which covers approximately 70 per cent of personnel. The implementation of the Joint electronic Health Data and Information system (JeHDI) will facilitate the monitoring of BMI and other health indices.
- Approximately 28 per cent of adult Australian males are classified as obese (2011-2013 National Health Survey, Australian Bureau of Statistics, Preliminary findings for 2011-12).
- Defence members with complicated obesity (obesity plus other related conditions) may be referred into the Australian Defence Force Rehabilitation Program by their treating medical practitioner.
- In 2012, 116 ADF members were referred to the Australian Defence Force Rehabilitation Program with their primary condition identified as obesity, compared to 180 in 2011 and 192 in 2010. Of these, 35 (30 per cent) were Navy, 58 (50 per cent) were Army and 23 (20 per cent) were Air Force.
- The BMI cut-off for recruiting was revised in 2005 to allow entry of applicants with a BMI in the obese range (i.e. 30 or over). This occurred to ensure that the ADF had contemporary recruitment policies and procedures that reflected community standards and demographics. Anyone recruited under this revised standard must be well in all other respects and pass a fitness test.
- The Centre for Military and Veterans' Health (CMVH) conducted a formal review of ADF entrants recruited under this revised standard. These entrants were monitored over a 12 month period to determine if the revision of the standard has had any effect on rates of injury, illness or training failure.
- The CMVH Study was inconclusive in determining whether individuals recruited with higher BMI developed morbidity at a significantly greater rate than that experienced by personnel with lower BMI. This may be because BMI does not specifically estimate body fat. BMI is continuing to be used as an initial screening tool but is being supplemented with waist circumference measurement to better assess health status.
- The ADF takes a preventive approach to health care based on national guidelines as well as managing acute conditions. ADF members are educated about maintaining their health and fitness. They are also given individual advice concerning these matters.
- A coordinated approach is being developed to the prevention and management of overweight and obesity. The Defence Nutrition Committee supports and informs this strategy. The periodic health examination has been revised and includes the addition of waist circumference measurement to better assess health risks.
- JHC is reviewing Health Directive 206 Management of Overweight and Obesity in the ADF, to ensure it's currency against national guidelines and the wider literature.
- The ADF Educator's Guide to Healthy Eating has been approved for publication and should be available by mid 2013.
- As an adjunct to existing medical and support services within the ADF, an 18 week weight reduction program utilising Weight Watchers was trialled in three ADF establishments in Sydney involving 60 personnel from August to December 2011.
 - On average, over the 18 week period, participants lost 7 kg in weight, 7 per cent of body weight and 9 cm around the waist. A weight loss of 5 per cent or more of body weight confers a real health benefit. Just over 63 per cent of participants achieved this.
 - Of the 19 individuals who commenced the program with a BMI of 35 and over, 10 (53 per cent) achieved a BMI under 35. These 10 individuals would therefore be suitable for a deployable medical classification, providing they had no other significant health issues.
 - Of the 31 individuals with a BMI of 30-35, 10 (32 per cent) achieved a BMI under 30.

- The trial was extended in 2012 with 123 personnel enrolled in a six month program at three sites in Sydney and one in Canberra. The Defence Science and Technology Organisation is conducting a formal evaluation of this program that will assess outcomes up to two years after completion of the program.
- Preliminary analysis shows that
 - of the 26 ADF members who started the program with a BMI of 35 or over (complicated obesity), 14 (54 per cent) achieved a BMI under 35 and 15 (58 per cent) achieved at least a 5 per cent reduction in body weight.
 - of the 66 ADF members who started the program with a BMI between 30 and 35, 18 (27 per cent) achieved a BMI under 30 and 26 (39 per cent) achieved at least a 5 per cent reduction in body weight.
 - Those who attended more than 50 percent of Weight Watchers sessions were more successful at losing weight than those who attended fewer than 50 per cent of sessions
- Seventy-five participants completed a survey at the end of the 26 week program. Their feedback suggests that
 - About a third of respondents found that it was very or moderately easy to attend the Weight Watchers sessions, which were held at the work place and in work hours. Those who found it neither easy nor difficult (18 per cent) or very or moderately difficult (44 per cent) reported work commitments, excessive work travel and lack of supervisor support as the major reasons for difficulty with attendance.
 - The majority of respondents (80 per cent) found the Weight Watchers content very or moderately easy to follow. Many respondents felt that they had acquired the skills and knowledge to be able to maintain weight control and a healthy lifestyle, however there was less confidence that behaviour change could be sustained in the long term.
 - Respondents highlighted that support from family members, peers and workplace colleagues was essential in allowing them to progress in the program. Factors which negatively affected progress included social situations, family food habits, unsupportive family or spouse, lack of variety and healthy food options in the mess and work commitments combined with excessive travel.
- The evaluation is ongoing and further results will be reported as they become available.