



2023 NATIONAL JAMBOREE

PHYSICAL FITNESS

While the 2023 National Jamboree will occupy a smaller area than in the past Jamborees, physical fitness will still be important due to the hills and distances to some venues – not to mention it is part of the Scout Oath. All participants should prepare physically to attend. Obesity and being overweight have been shown to increase the likelihood of certain diseases and other health problems: hypertension, heart attack, dyslipidemia, and stroke. The risk increases with age. Anyone who is obese and has multiple risk factors for cardiovascular/cardiopulmonary disease would be at much greater risk of suffering an acute cardiovascular/cardiopulmonary event from the environmental stresses of the Summit. Our goal is to prevent any serious health-related event from occurring, and ensure that all our participants and staff are “physically strong”

The Centers for Disease Control and Prevention (CDC) is the national body that monitors our overall health as a country, and it makes recommendations to help us stay or become healthy. The CDC suggests using a body mass index (BMI) as a screening tool for obesity; it is easy and only requires knowing your height and weight. The simple online calculator to determine your BMI can be found at www.cdc.gov/healthyweight/assessing/bmi/.

The CDC defines the BMI Healthy Weight as follows:

- If your BMI is less than 18.5, it falls within “underweight” range.
- If your BMI is 18.5 to 24.9, it falls within the “normal” or Healthy Weight range.
- If your BMI is 25.0 to 29.9, it falls within the “overweight” range.
- If your BMI is 30.0 or higher, it falls within the “obese” range.

We know that BMI is just one of the factors to be considered, and we will take those other “co-morbidities” into account as we make our decisions about an individual’s inclusion in the Jamboree.

Accordingly, it is the policy of the 2023 National Jamboree that:

- The National Jamboree will uphold a decision by an applicant’s personal healthcare practitioner to deny participation for medical reasons.
- The National Jamboree will accept applicants who are recommended for participation by their healthcare practitioner and who have a BMI of 31.9 or less.
- The Jamboree medical staff will review all applicants with a BMI of 32.0 to 39.9 and consider Jamboree participation based on 1) health history 2) submitted health data, and 3) recommendation of the applicant’s personal healthcare provider. For applicants with a BMI higher than 31.9, a recommendation of “no contraindications for participation” by the applicant’s personal healthcare provider does not necessarily guarantee full Jamboree participation. The Jamboree medical staff will have the final determination of full Jamboree participation.
- The National Jamboree will consider for participation applicants with a BMI of 32.0 to 39.9 and/or one of the following risks:
 - Hypertension
 - Diabetes mellitus
 - Tobacco use
 - Dyslipidemia
 - Prior heart attack
 - Coronary angioplasty/stent
 - Prior stroke or transient ischemic attack (TIA), coronary artery surgery
 - Family history of premature (before age 55) coronary artery disease
 - Sleep apnea requiring CPAP or BiPAP+CPD

Applicants may be requested to provide further documentation, including cardiac testing, pulmonary testing, or further information from their physician, to ensure the applicant’s ability to participate.

Jamboree medical services will provide specific instructions to the practitioner to determine eligibility.

The Jamboree cannot accept for participation any adult applicant with a BMI of 40.0 or higher.

