

1. Does your force have a policy/guideline/rule in place relating to an acceptable BMI/weight/fat ratio for new applicants to your force? If so could you please provide me with a copy?

Currently we only have a draft policy, however please see below the section relating to BMI which we are currently working to.

5.6: Height, weight and body mass index

These measurements are relevant to both the assessment of fitness to train and function as a police officer and fitness to obtain full health benefits from the police pension. All recruits must demonstrate a level of physical fitness and agility. Excessive weight, in relation to height, militates against having a sufficient level of fitness and agility. Body mass index (BMI) is one measure of the height to weight ratio. Home Office Medical Standards for Police Recruitment (2004)³ refer to a normal range of 18-30. A BMI of 30 or more is considered to constitute being obese. It is an estimate of body fat and the risk of the occurrence of diseases that might lead to early retirement, such as coronary vascular disease. The risk increases with BMI and waist circumference. A BMI of over 30 and a large waist circumference (more than 40 inches for a man; more than 35 inches for a women) is associated with a very high risk of type 2 diabetes, hypertension and coronary vascular disease⁴. BMI may overestimate body fat in muscular athletes. Consequently, it is sensible to individually assess applicants with high BMI.

2. In the year from 1/4/21 to 28/2/22 please state how many people have been accepted in total to start training to become a police officer with your force?

The number of people who have accepted training to become a police officer during this period stands at 611. This is based on a recruitment status moving to hired during the period (as that is when we'd accept them) rather than people who actually joined in that period.

3. How many of these new recruits identified in Question 2 had a BMI/weight/fat ratio that was greater than that stated in the policy/guidelines/rules? If so please state what the measurement was for each individual that exceeded the policy/guidelines/rules.

For the time period specified - 0