

YOUNG BLOOD DONOR HEIGHT-WEIGHT REQUIREMENTS

Donor well-being is LifeStream's #1 priority. In this pursuit, minimum height and weight requirements for blood donors 16 through 18 years of age have been adjusted.

For more information about donor eligibility, call 1-877-24-BLOOD or visit www.lifestreamcascade.org.



MALE DONORS

Height (ft., in.)	4'10"	4'11"	≥ 5'0"
Minimum Weight (lb.)	118	114	≥ 110

FEMALE DONORS

Height (ft., in.)	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	≥ 5'6"
Minimum Weight (lb.)	146	142	138	133	129	124	120	115	≥ 110