Nutrition:
BMI, Osteoporosis, and Food Safety

FSU College of Medicine
LC 3190

WHAT IS A BMI?

What is a BMI?

BMI= Body Mass Index

- Screening tool for body fatness
- Can help indicate weight problems and health risks

$$BMI = \frac{Weight\ (pounds)}{[Height\ (inches)]^2} \times 703$$

Example: 165 lbs, 5'5" (65 inches)

$[165 \div (65)^2] \times 703 = 27.45$ (BMI)

READING YOUR BMI RESULTS

	BMI
Underweight	< 18.5
Normal Weight	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	> 30.0

This should just be used as an estimate!

OSTEOPOROSIS

Symptoms
- Fragile bones that are likely to break
- Sudden and severe back pain
- Height loss

Treatment
- Calcium
- Vitamin D
- Weight Bearing Exercise
- Prevention of falls

Deterioration of vertebral support

ADAM.

Does osteoporosis only affect women?

Answer: No, men can also be affected by this condition

SCREENING FOR OSTEOPOROSIS

Why screen for osteoporosis?

Prevent future osteoporosis-related fractures

How screening is done?

X-ray is used to measure the BMD or bone mineral density

Who should be screened?

Women over the age of 65 years

FOOD SAFETY

Populations at higher risk of foodborne illness

- Infants and small children
- Older adults
- Pregnant Women
- Immuno-compromised individuals
- Homeless and those living below the poverty line

Risk of foodborne illness increased in

- Unprepared or under-prepared meats/fish
- Poorly canned, unsealed food

FOOD SAFETY

❑ Foodborne illness susceptibility <u>increases with age</u>

Body functions are impaired

- **Vision decline**

    Unable to read instructions/prep/expiration dates

- **Sense of smell less acute**

    Cannot smell if the food is rotten

- **Fingers lose strength and dexterity**

    Unable to peel or clean properly

- **Weakened immune system**

    More vulnerable to food poisoning, can take longer to recover