

## A top-down view of several plastic crates filled with fresh vegetables. The crates are arranged in a grid-like fashion. The top-left crate contains bright orange carrots. The top-middle crate is filled with green beans. The top-right crate contains yellow potatoes. The middle-left crate is filled with green eggplants. The middle-right crate contains red onions. The bottom-left crate is filled with green beans. The bottom-middle crate contains green leafy vegetables. The bottom-right crate contains red and yellow tomatoes. The vegetables are fresh and vibrant in color.

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# 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

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

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

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

## 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



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 increases with age

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