What is a BMI?

**BMI = Body Mass Index**

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

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

Example: 165 lbs, 5’5” (65 inches)

\[
[165 \div (65)^2] \times 703 = 27.45 \text{ (BMI)}
\]
# Reading Your BMI Results

This should just be used as an estimate!

<table>
<thead>
<tr>
<th></th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt; 18.5</td>
</tr>
<tr>
<td>Normal Weight</td>
<td>18.5 – 24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0 – 29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>&gt; 30.0</td>
</tr>
</tbody>
</table>
Does osteoporosis only affect women?

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